

CultFit Home Workout Week 2

Warmup

Same as week 1: **Head nods, Head side-to-side, rotate core, sideways reach, bend forwards.**

Plus this week add the following:

Arm circles

Hold out both arms at your sides and then rotate them as if you are drawing small circles with your fingers. Keep it up for a few seconds.

Knee raises

Stand next to a table, holding the edge, and then raise one knee as high as it comfortably goes. Then lower it and repeat on the other side.

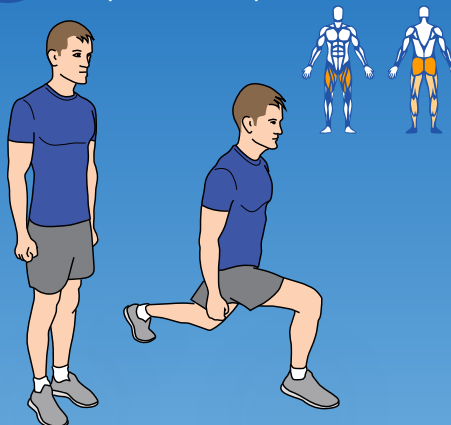
If all this feels OK, you're all set to carry on.



Rest for 30 seconds after each exercise

1 Lunges

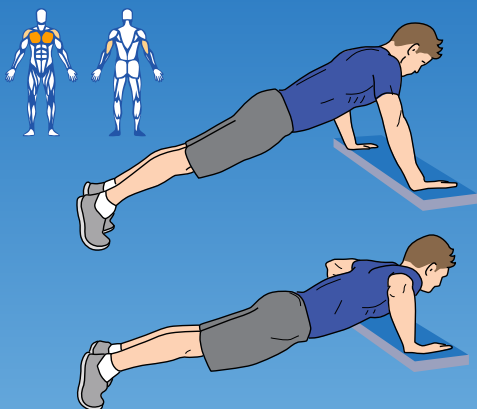
Up to 10 reps (both sides)



Stand with feet together. Keep your back upright as you take a big step forwards and lower yourself until one knee almost touches the floor. Return to the standing position and repeat on the other side.

2 Incline pushup

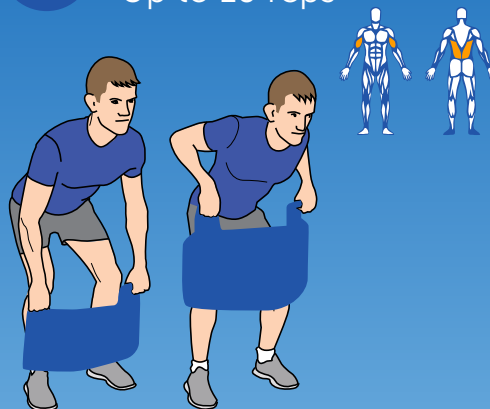
Up to 10 reps



Lean forward with your hands resting on a stable surface and your toes on the floor, keeping your neck, back and legs aligned. Slowly lower yourself by bending your elbows, until your chest nearly touches the surface. Then push back up to the start position.

3 Bent-over row

Up to 10 reps

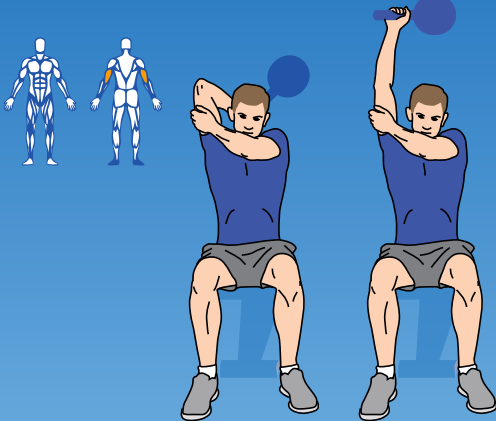


Keeping your back straight, bend at the hips holding a bag by its straps, one in each hand and let it hang down in front of you. Pull the bag toward you and then lower it down. Put books in the bag to adjust the weight.

4

Triceps extensions

Up to 10 reps

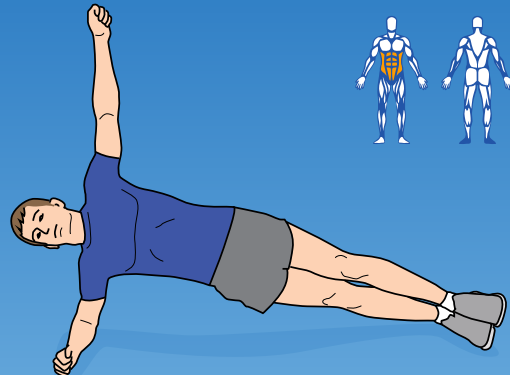


Sit holding a skillet or saucepan behind your back with one arm. Use the other arm to hold it in place. Raise the pan above your head. Lower slowly back to the start position. Repeat with the other arm.

5

Side plank

Up to 1 minute



Lie on your side and push yourself up onto one elbow and the side of one foot, keeping your body aligned and your other arm stretched out above you. Hold this position. Repeat on the other side.

AND REPEAT

Save this workout to Reps & Sets so you can log it on your iPhone or Apple Watch

[CLICK HERE](#)

See below for details

Illustrations by Graham Bower