

Duvide Pullpushrope Workout #6

21-11-2011

Do each exercise for **one minute** with **30 seconds break** inbetween. Do 2-4 cycles.

After a full cycle pause for 1.5 minutes. If exercise is a single leg/arm exercise **change arm/leg** after 25 seconds. Cool down with stretching.

1



Abducted Balance Lunge

Extend leg to side while squatting.
Keep heel on ground.

2



Standing Roll-out

Hold rope with both hands overhead. Back towards anchor point. Pull down extended arms, keep shoulders steady & core engaged. Simulates ab-wheel.

3



Single-Leg/Single-Arm Plank

Support plank with one elbow while opposite foot is suspended in loop-end. Face the ground and keep hip and shoulders in line.

4



Single-arm Long Body Pull

Hang with one hand onto rope facing anchor point. Rotate torso as if to reach floor with other arm. Pull body up by focusing on back & core movement. Touch rope at maximum reach.

5



Suspended Abducted Lunge

Lunge with leg suspended out to side. Keep back straight.

6



Suspended Incline Push-up

Slip one foot into loop-end facing towards anchor point with rope behind back. Hold other leg parallel. Push body up body by engaging arms, shoulder & core.

Stretching



Calf Stretch



Cross Leg & Hip Stretch