

BBB beginner, deel 1, dag 1, home

54 min · Lower Back, Abs, Legs

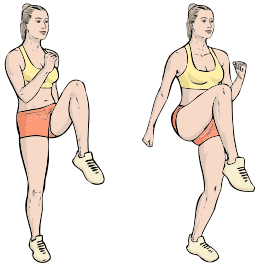


View online
or scan:



5 min warming up, 45 min workout, 5 min cooling down

High Knees

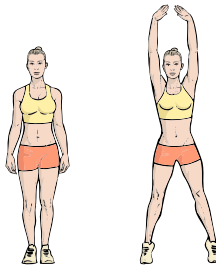


0:30
rest

2 sets 60 secs 30 sec rest

ren op je plek, breng je knieën naar je borst toe terwijl je ligt op je tenen staat. begin rustig het is je w...

Jumping Jacks

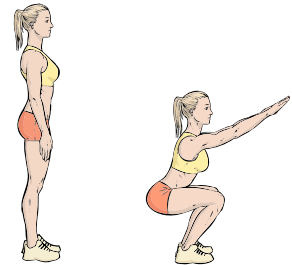


0:30
rest

2 sets 60 secs 30 sec rest

spring met je benen breed en armen omhoog. spring terug naar begin positie. begin rustig dit is je warming up.

Air Squats

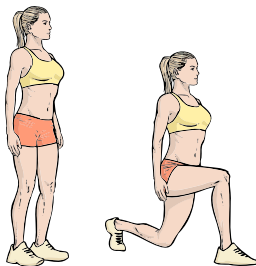


0:30
rest

4 sets 15 reps 30 sec rest

zak met je heupen naar achter en omlaag, kom daarna weer omhoog. houd de rug recht en je borst open.

Alternating Bodyweight Lunges

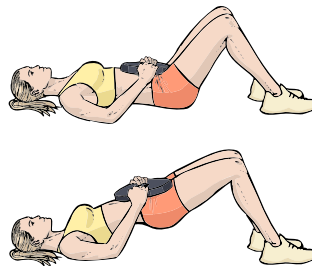


1:00
rest

8 sets 8 reps 30 sec rest

stap naar voren en buig beide knieën tot 90 graden, duw jezelf vanuit daar weer omhoog.

Weighted Glute Bridges

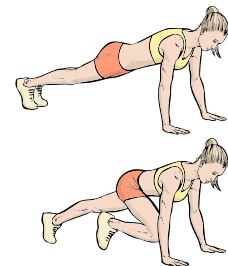


1:00
rest

4 sets 15 reps 30 sec rest

hef je heupen van de grond, span je billen aan boven in en zak weer rustig terug. houd je voeten op volledig o...

Mountain Climbers

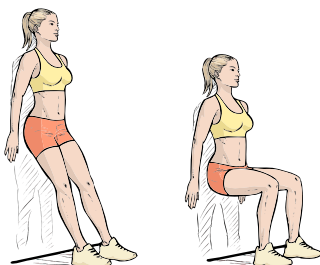


1:00
rest

4 sets 20 secs 30 sec rest

in de plank positie, trek afwisselend je knieën naar je borst. zorg dat je billen niet teveel omhoog staan.

Wall Sits

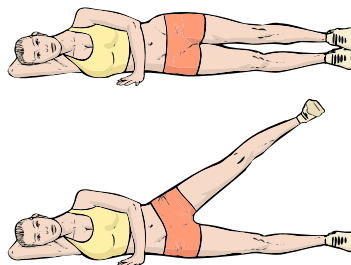


1:00
rest

4 sets 30 secs 30 sec rest

ga in een zithouding tegen de muur aan en houd vast.

Lying Side Leg Lifts

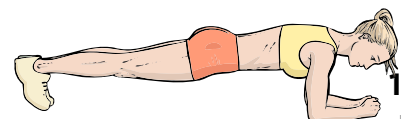


1:00
rest

6 sets 10 reps 30 sec rest

lig op je zij, til je bovenste been recht omhoog en laat rustig zakken.

Plank



1:00
rest

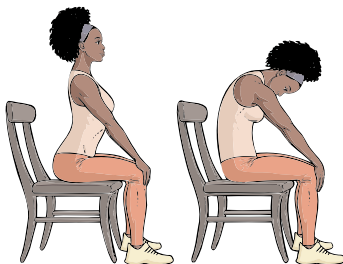
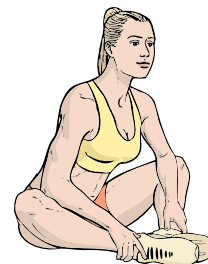
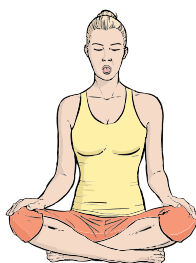
4 sets 20 secs 30 sec rest

houd een rechte lijn van hoofd tot hielen, leunend op je ellebogen. span je billen samen en trek je navel naar...



**Standing Hamstring Stretch****2 sets 30 secs**

2 x 30 seconds each leg

Seated Cat Cow**0:30**
rest**60 secs****Butterfly Stretch****0:30**
rest**60 secs****Cooling Breath · Sheetali Pranayama****10 breaths**

Lengthen spine · Keep chin parallel to floor
· Relax shoulders · Roll tongue and inhale ·
Exhale through t...



High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

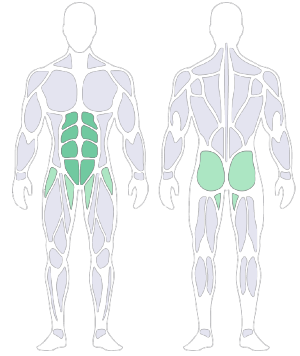
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Jumping Jacks / Star Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

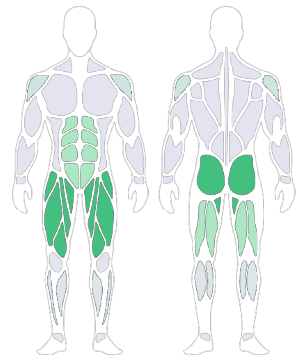
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

i This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.



Air Squats

Primary muscle group(s):

Quadriceps

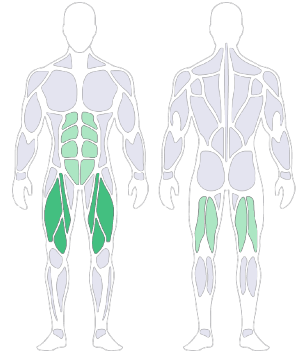
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Alternating Bodyweight Lunges

Primary muscle group(s):

Quadriceps

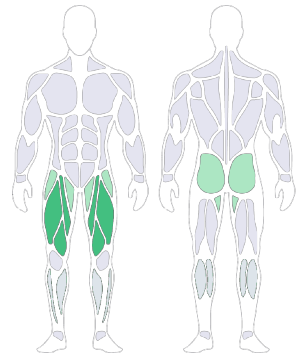
Secondary:

Calves, Glutes & Hip Flexors

Stand straight – that's the starting position. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Look forward.

Pause, then push off your left foot off the floor and return to the starting position as quickly as you can.

On your next rep, step forward with your right leg. Continue to alternate back and forth—doing one rep with your left, then one rep with your right.



Weighted Glute Bridges

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

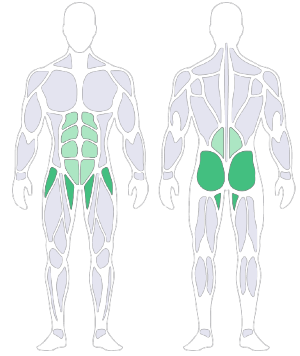
Abs, Lower Back

Select an appropriate weight for the plate you will be using. Place it next to where you will be laying.

Lay on flat on your back. Bend your knees, bringing your feet towards your hips. Bring the plate up and on to your pelvic area.

Tighten your core, flatten your back, and make sure your feet are firmly on the ground. Raise your hips up, creating a straight line from your head to your knees.

Slowly lower your hips and repeat the movement.



Mountain Climbers / Alternating Knee-ins

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.

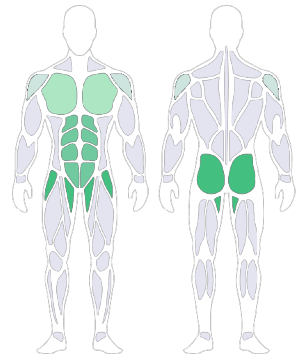
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.

Your body should be in a straight line, with your weight supported on your hands and toes only.

Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.

Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.

Continue alternating in this manner for the desired amount of time.



Wall Sit / Squats / Chair

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

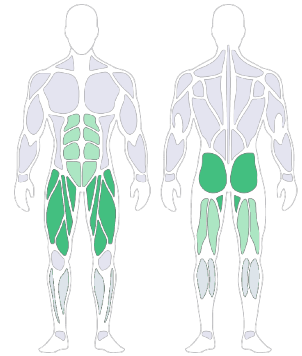
Stand tall against a wall with your head and back touching the wall.

Position your feet so that they are shoulder-width apart and a few inches away from the wall.

Rest your arms at your sides.

Bend your knees and lower into a squat position until your thighs are parallel to the floor and hold the position

Return to starting position by straightening your knees and standing tall again.



Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary muscle group(s):

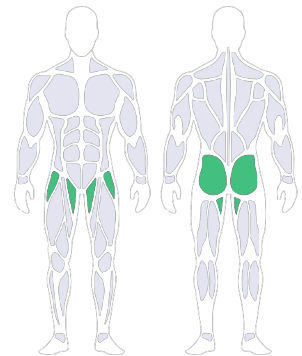
Glutes & Hip Flexors

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.



Plank

Primary muscle group(s):

Abs

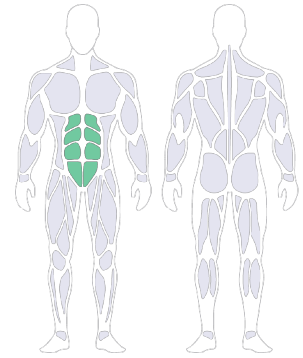
Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.



Standing Hamstring Stretch

Primary muscle group(s):

Hamstrings

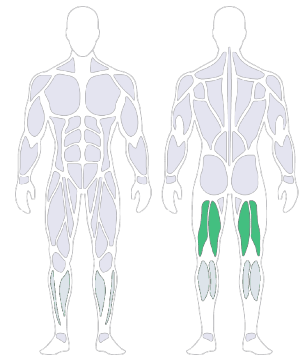
Secondary:

Calves

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.



Seated Cat Cow

Primary muscle group(s):

Abs, Lower Back

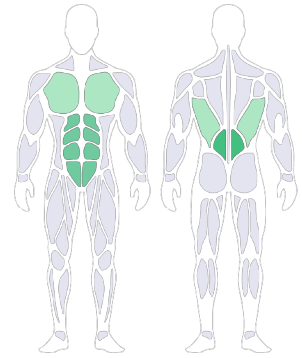
Secondary:

Chest, Middle Back / Lats, Neck & Upper Traps

Seat yourself comfortably on a solid chair, with your back straight and unsupported. Keep your feet planted about hip-width apart.

Slowly draw your abs in, hunching your back, and extending your spine.

Hold the stretch and then release, pushing your abs back outwards to the starting position, flexing your spine as you do so.



Butterfly Stretch

Primary muscle group(s):

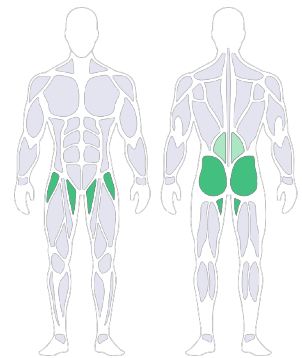
Glutes & Hip Flexors

Secondary:

Lower Back

While sitting on the floor with a straight back and tight core, bring each foot inward. Feet should be touching and your legs should make a diamond shape.

Grab your feet with your hands. Place your elbows on the inside of your knees. Slowly lean forward from the hips. Once you feel the stretch in your hip flexors, hold for 15 to 30 seconds. Slowly rise and repeat.



Cooling Breath

Primary muscle group(s):

Abs, Chest

Sit in a comfortable position. Lengthen your spine.

Rest your hands on your knees. Close your eyes. Exhale completely.

Open your lips and roll your tongue. Inhale slowly through your tongue, filling your belly.

Close your mouth. Exhale slowly through your nose.

Repeat 10 rounds of this breath.

Modification: If you can't roll your tongue, touch your teeth together and open your lips as you inhale through your mouth.

