



Sonki Fitness 30-Minute TOTAL BODY Workout

EXERCISE	DURATION	BENEFITS / DESCRIPTION
Jog in place	2 min	Warm-up
Stretch (Neck rotation, Arm circles, Trunk twists, Lat stretch, Hip rotation, Chest stretch, Knee rotation, Hamstring stretch, One leg over the other, Thigh stretch, Calf stretch)	4 min	Warm-up
Jumping jacks or jog in place	1 min	Warm-up
Push-ups	1 min	Chest, shoulders, and arms
Bicycle	1 min	Abs (<i>Lying down on your back with hands locked behind your head, crunch your body so that your elbow touches your opposite knee and then alternate to the other side.</i>)
Dips	1 min	Shoulders and triceps (<i>With your hands supporting your body on a table or chair, lower your entire body while banding your arms. Raise your body up to upright position and then repeat.</i>)
Side crunches	1 min each	Abs, obliques (<i>Lying on your back with legs positioned sideways, crunch up and down.</i>)
Push-ups	45 sec	Chest, shoulders, and arms
Elongated crunches	1 min	Abs (<i>Lie down with your legs slight bent at the knees and crunch up. Go half way and then back up. Repeat.</i>)
Swimmer's Exercise	1 min	Lower back, butt, and abs (<i>Position yourself on your hands and knees, and alternate raising opposite arm and leg straight up in the air. Hold at the top position while squeezing your back and butt muscles. Repeat.</i>)
Jumping jacks or jog in place	30 sec	Endurance and legs
Rear leg lifts	1 min each	Butt & hamstrings (<i>Position yourself on your hands and knees, and raise one leg up in the air while squeezing your butt and hamstrings. Bring it down parallel to the ground and then raise it back up. Repeat. When finished, switch to the other leg.</i>)
Side kicks	1 min	Abductors, butt, and hips (<i>Standing up with your body and legs straight, alternate raising your leg side ways, ensuring your leg is straight the entire time. Repeat.</i>)
Squats	1 min	Legs & butt (<i>With legs a little wider than shoulder width apart and back straight, lower your body as low as you can and then raise back up. Repeat.</i>)
Front kicks	1 min	Endurance, agility, quickness, & legs
Lunges	1 min each	Legs & butt
Jumping jacks	1 min	Endurance
Side hops	1 min	Endurance, legs (<i>Pick two points on the ground and hop from one side to the other.</i>)
Invisible jump rope or jumping jacks	1 min	Endurance, legs
Walk	1 min	Cool-down
Stretch	1 min	Cool-down

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