

LIFT DETOX/CLEANSE AT HOME WORKOUT

LIFT your body

LIFT your energy

LIFT your mind

DETOX/CLEANSE WORKOUT

Thank you for choosing to do LIFT's Detox/Cleanse at home workout! We have included some much needed info for you to complete this workout and how often to do it.

What you will need:

- Towel
- Water

How often do I do this work out?

- Beginners 2-3 times a week
- Intermediate 3-5 times a week
- Advanced 5-7 times a week

* As you feel fitter and stronger please feel free to bump yourself up to intermediate or advanced depending on the level you started

LET'S GET STARTED!!!

1. BREATHING EXERCISE X5



Breathe in for 5 Seconds Exhale for 7 seconds.

Start first by sitting in ANY position that is comfortable to you. See how tall you can sit. Place your hands on your thighs, or one palm on your chest and one on your lower belly. As you inhale feel your chest rise, abs expand forward and your belly and pelvic floor relax and as you exhale your chest falls and your belly gently pulls in. Try practicing inhaling for 5 seconds through the nose, hold for a moment and then exhale through your mouth for 7 seconds. Repeat at least 5 time or as much as you'd like!

2. CAT AND COW X30



Start on all fours with knees firmly planted below the hips and palms firmly below the shoulders. As you inhale relax your belly and let your belly drop and your head and chest lift. As you exhale draw your abs and belly up and in and round your spine, dropping your head between yours arms. Repeat, continuously focusing on your breathe and moving with your spine.

3. WINDMILL WARM UP X20 (10 EACH SIDE)



Standing with legs wider than shoulder width and a soft bend to them, arms straight out from the shoulders. Bend and reach your right arm to your left toes or shins, depending on your flexibility. Keep alternating sides with flow using your breath to warm up the body.

4. HIP OPENER X20 (10 EACH SIDE)



Sitting with your sit bones planted and knees bent wide in front, rock both knees to the left. Squeeze your glutes and push forward up to both knees. Rotate back down the same way you came up and switch sides

5. T-SPINE OPENER X15 (EACH SIDE)



Lying on side with knees 90 degrees from the hips and hands together extended from the body. Exhale as you drag your arm across your body, eyes and head follow your hand to end position. Bring arm back same way. Repeat 15x each side and hold open at the end.

6. PLANK HOLD (ADVANCED OUT AND IN WITH LEGS) HOLD FOR 30S-1.5 MINUTES



Start lying on stomach with elbows tucked beneath shoulders and toes tucked under. Squeeze your bum and tighten your legs. Slowly lift your entire body from floor keeping it stiff. Hold 30sec - 1.5 min

Beginners: 30 Seconds

Intermediates: 1 minute

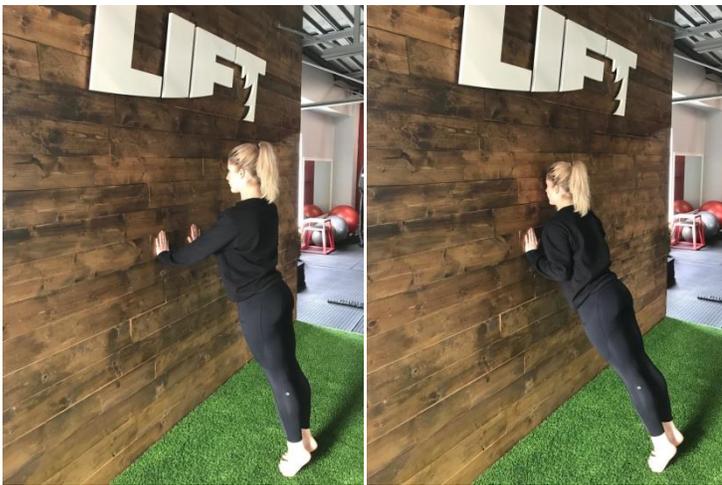
Advanced: 90 Seconds

7. LOWER ABS LEG DROPS X20 (10 EACH SIDE)



Start by lying on your back knees bent and stacked above the hips, arms out to the side for balance. Slowly lower legs to the left using your core, and head goes to the right. Using your abs bring legs back to center, then slowly lower through to opposite side.

8. SCAPULA PUSH-UPS X15



Keep palms directly in line with shoulders, on any incline suitable for you (bench, countertop, wall etc.). Keep elbows tight to body as you come down.

9. SUPERMAN'S X20



Arms 90 degrees from body. Exhale as you lift your upper body and legs off from the ground.

10. HIP BRIDGES X25



Lie on your back with knees bent, joints stacked below the knees. Exhale rolling your spine slowly from the ground lifting your bum first. Slowly lower down, continue repetitions, focusing on squeezing glutes at the top.

11. BIRD DOG X20



Start on all fours firmly pressing knees and hands even into the mat or floor. Exhale and extend out right arm and leg. As you inhale bring elbow and knee towards each other. Repeat 10x each side

12. FAST FEET 10 REPS WITH A SLIGHT REST IN BETWEEN REPEATED FOR 1 MINUTE



Choose a stance that's comfortable for you, keep on the balls of your feet. Alternate by running on the spot as fast as you can.

Way to go you have completed the LIFT Detox/Cleanse workout!!!! We hope you are sweating and smiling and ready to do it again soon! Woohoo we are proud of you!