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BENEFIT PLANS FOR NOT-FOR-PROFITS
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Wonder Woman

workout



No equipment? No problem!

Exercise is essential for maintaining a healthy body at any and every age.

Weight bearing exercises strengthen bones and muscles by using bodyweight as resistance against gravity. Stronger, denser bones not only provide strength, balance, and overall support for our bodies, but decrease the risk of fractures and falls as we age.

3 x 3 x 3! Following a 5-10 minute warm-up, complete the 3 exercises within each of the 3 superhero circuits 3 times each. Perform as many reps of each exercise as you can for 1 minute, then move on to the next exercise. Take rest as needed and drink plenty of water throughout!

SUPER STRENGTH

Circuit
A#1

#1 Xena Wall Sit

- ✓ Stand with your back flat against a wall
- ✓ Step 2 feet away from the wall, separating the feet by 6 inches
- ✓ Slide your back down the wall until your thighs are parallel with the ground, and your knees are bent at a 90° angle
- ✓ Make adjustments as necessary if your knees are not directly above your ankles
- ✓ Continue the exercise for the set amount of time



#3 SPRINTING SIT-UP



- ✓ In a seated position with legs extended and slightly bent, lean back with a flat back, engaging the core (starting position)
- ✓ Drawing the chest up, raise the right knee while twisting the torso, aiming the left shoulder towards the elevated right knee
- ✓ Slowly lower to the starting position, then perform the same movement on the other side, raising the left knee and aiming the right shoulder towards the left knee
- ✓ Continue the exercise for the set amount of time

#2 IT'S A BIRD IT'S A PLANE PUSH-UP

- ✓ Begin in a high plank position, supporting your weight between extended arms and toes
- ✓ Slowly flare and bend the elbows to the sides, drawing your chest toward the ground
- ✓ Press the hands into the ground to return to start
- ✓ Maintaining a flat back and engaging the core throughout, slowly extend the right arm and the left leg, holding for 1-2 seconds before lowering
- ✓ Perform another push-up then slowly raise the left arm with the right leg, holding for 1-2 seconds before lowering
- ✓ Continue the exercise for the set amount of time



PURE POWER Circuit #2

#2 WONDER WOMAN DIP & KICK

- ✓ Firmly place your hands shoulder-width on a bench or chair, fingers pointing in the same direction as you are facing
- ✓ Walk your legs out in front of you and slide your bottom off the seat
- ✓ Slowly bend your elbows, lowering your body toward the ground
- ✓ Press your hands into the bench/chair to straighten your elbows, returning to start
- ✓ Lift your right leg off the ground and kick the air in front of you, bracing yourself with the left leg, arms, and an engaged core
- ✓ Lower the right leg, perform another dip, then kick the air with the left leg
- ✓ Continue the exercise for the set amount of time



#1 OKOYE LUNGE

- ✓ Standing upright, take a big step forward with your right foot such that you are in a split stance
- ✓ Flex the right hip and front knee, ensuring it does not go past the front toes (if it does, inch forward) while flexing the back left knee and lowering it to the ground
- ✓ Press down with the front right foot, lifting and launching it to the back (without touching the ground), creating a split stance with the left foot now in front
- ✓ Perform another lunge, flexing both the front and back knees
- ✓ Pressing down with the front left foot, lift and launch the right foot back to the front, continuing the lunge sequence
- ✓ Continue the exercise for the set amount of time, switching sides after 30 seconds



#3 BATGIRL CAPE TOSS PLANK

- ✓ With elbows beneath the shoulders, support your weight between your forearms and toes
- ✓ Your body should form a straight line from the crown of your head to your heels, engaging the core throughout
- ✓ Rotate the torso to the left, maintaining a straight line while lifting the left hand above head, "tossing" your imaginary cape
- ✓ Slowly drop your left arm, returning to the down-facing elbow plank before performing the same "cape toss" on the opposite side
- ✓ Continue the exercise for the set amount of time

MIGHTY MUSCLE

Circuit #3

#1 SUPERGIRL LIFT-OFF

- ✓ In an upright position, plant the feet shoulder-width apart
- ✓ Draw hips behind you, as if sitting into an imaginary chair
- ✓ Continue to lower, flexing the knees until thighs approach parallel to the floor
- ✓ Engage the core throughout while maintaining a flat back, ensuring knees to not surpass the toes
- ✓ Press the feet into the ground to return then pass the starting position, rising up onto the toes in one motion
- ✓ Hold the calf raise for 1-2 seconds before slowly returning the heels back to the ground
- ✓ Continue the exercise for the set amount of time



#2 CATWOMAN ROLL



- ✓ Sitting on the ground, place the legs in front of you and firmly place your hands to your sides, fingertips slightly pointing outwards
- ✓ Lift your hips up, engaging the core and supporting your weight between your arms and feet
- ✓ Raising the left hand and right foot, bring the left hand up and across the right side of your body while drawing the right foot under your left leg
- ✓ Facing down, plant the left hand and right toe
- ✓ Raising the right hand and left foot, twist the torso, bringing the right shoulder upwards, while drawing the left foot under your right leg
- ✓ Facing upward, plant the right hand and left foot
- ✓ Continue the exercise for the set amount of time, switching directions after 30 seconds

#3 SOARING HAWKGIRL

- ✓ In an upright position, plant feet shoulder-width apart
- ✓ Slowly lift the right foot, and while hinging at the hips, lower the chest toward the ground and the right foot toward the sky behind you
- ✓ Keep the left (planted) foot slightly bent while reaching the arms above-head
- ✓ Slowly return to start, raising the torso while lowering the right leg
- ✓ Continue the exercise for the set amount of time, switching sides after 30 seconds