

CHARGES INTERMEDIATE

START



- Resume a plank position
- Hands must be directly underneath your shoulders and shoulder width apart on the bench
- Feet are hip width apart
- Legs and arms are straight
- Tailbone is tucked under with abdominals tightly contracted
- There must be a straight line from the crown of your head to your feet

MIDDLE



- Draw your right knee into your chest by using your abdominal muscles
- Do not drag your feet along the floor
- Keep shoulders directly above the wrists
- Do not allow your shoulders to move either in front or behind your hands

END



- Extend your right leg back
- Do not bob your hips
- Maintain a straight line from heels to head
- Draw your left knee into your chest and continue to repeat the sequence
- To increase the cardiovascular effect, increase the speed of your leg motion

MUSCLES TARGETED

DELTOIDS & TRICEPS

- The shoulder muscles are activated to stabilize the upper arms
- Triceps are engaged to keep the arms straight

ABDOMINALS & GLUTES

- During the charges the abdominals and back muscles control hips and sustain core
- The Glutes contract to extend the hip

QUADRICEPS & HIP FLEXORS

- The quadriceps of your back leg fully engage to keep your leg erect
- Hip flexors work to draw up the knees towards the chest

NOTE

Charges are a full body exercise whereby the proper alignment is essential to maximize the muscles involved.