

Shank Tank Workout **Tactical Exercises**

1 The Shank Tank Workout is a no-equipment, all-muscle-group, 30-minute workout. Determine where to fit this 30-minute workout during your day. What gets scheduled, gets completed!

2 Start with a 1-2 minute warm-up. Warm-up with jumping jacks, jump rope or equivalent light exercise movement. Then continue with the workout.

SHANK TANK WORKOUT

Repeat the SHANK TANK routine 3 TIMES (total of 30 minutes).

Pull-ups (if you have a pull-up bar...skip if not)

- As many as you can do
- 1 minute rest

Push-ups

- As many as you can do
- 1 minute rest

Bicycles

- Lie on back, elbow to opposite knee continuously
- Continue for 30 seconds, work up to 1 minute
- 10-20 second rest

Forearm Plank

- Rest your body on your bent forearms and straightened knees.
- Pushing off the floor, raising your legs onto your toes, and resting mainly on your elbows.
- Tuck your stomach in and prevent it from sagging down. Keep your back straight preventing it from curling. Imagine yourself looking like a plank.
- 30 seconds, work up to 2 minutes
- 10-20 second rest

Right Side Plank

- Lie on your right side in plank position. Prop your upper body up on your elbow using either your knees or your feet to hold your body off of the ground as straight as possible.
- 15 seconds, work up to 30 seconds

- 10-20 second rest

Left Side Plank

- Lie on your left side in plank position. Prop your upper body up on your elbow using either your knees or your feet to hold your body off of the ground as straight as possible.
- 15 seconds, work up to 30 seconds
- 10-20 second rest

Bird Dog

- Kneel on all fours with knees hip-width apart and hands firmly on the ground about shoulder-width apart. Brace the abdominals.
- Practice lifting one hand and the opposite knee just an inch or two off the floor while balancing on the other hand and knee and keeping your weight centered.
- When you feel steady and ready to move on to full range of motion, point the arm out straight in front and extend the opposite leg behind you. You should form one straight line from your hand to your foot, keeping hips squared to the ground. If your low back begins to sag, raise your leg only as high as you can while keeping your back straight.
- Hold for a few seconds, then return your hands and knees.
- Work up to holding each arm/opposite leg out for 30 seconds each (no rest in between)

(Repeat this entire set 3 times, 1:00 minute rest between each set)