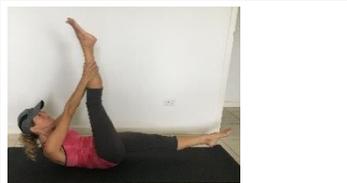


Week 6:	Exercise	Benefits	Correct form
	Boxing	Arms, shoulders, core	Stand with your feet hip-wide apart and your knees bent. Engage your abs and bent your upper body forward, keeping a straight back. Start with your arms by your side and elbows bent. Extend the right hand out straight in front while extending the left hand straight back at shoulder high. Reverse hands.
	Biceps front curls	Biceps	Stand with your legs together and abs engaged. Bring your arms straight out in front of you, palms facing upwards. Bent your arms at the elbows to form a 90 ° angle and then straighten them out again.
	Triceps dip on floor	Triceps, core	Sit on the floor with your knees bent in front and your arms behind you with your fingers facing towards your buttocks. Engage your abs and lift your buttocks off the floor. Lower your body by bending your arms and lifting it again by straightening your arms.
	Scissors	Quadriceps, abs	Lie on your back with your back imprinted, your arms by your side and your knees close to your chest. Lift your head and shoulders off the floor, straighten your legs and extend one leg to the ceiling and reaching your arms out to hold it while lowering the other leg. Switch legs.
	Bridge with leg pulses	Quadriceps, core	Lie on your back with your knees bent and your arms by your side. Engage your abs and slowly come up to a bridge position. Extend one leg straight up and make little pulses up. Repeat with the other leg.
	Side-lying adductor	Adductor	Lie on your side with your head on your arm. Bent both knees at a 90 ° angle. Lift your feet off the floor and open and close your legs by lifting your top leg up and down while pressing your feet together. Repeat on the other side.
	Russian twist	Core, abs, arms	Stand with your legs a bit wider than hip-wide apart, your knees soft. Using weights or a medicine ball, extend your arms straight out in front of you and slowly twist to one side and then the other.
	Roll up	Core, abs, strengthens back	Lie on your back with your hands extended over your head – nice and long. Engage your abs and slowly lift your body off the floor and touch your toes before rolling back down again.
	Reverse crunch	Core, upper abs,	Lie on your back with your hands by your side and your knees close to your chest. Lift your buttocks off the floor using your ab muscles and back down again.