

BEN OSWALT'S FULL BODY HOME WORK OUT

FOCUS: Strength and Endurance

As many reps as possible! (AMRAP)

Exercise Name	Form Tips
Dive Bomber Pushups	<ul style="list-style-type: none">● Focus on pushing your hands up and above your head, not outward.● Keep your elbows to your sides, rather than facing outward, the whole time.
Heel Tap Lunge	<ul style="list-style-type: none">● Slowly bend forward in the hips until you have reached down far enough to touch your foot.
Long Leg March	<ul style="list-style-type: none">● With a little bit of bend in the knees, push your hips off the floor and keep them hovering there throughout.● Slowly raise one foot to the toes' height of the other.● Keep marching like this with your hips remaining stationary.
Slick Floor Curl	<ul style="list-style-type: none">● Wearing socks, lay on a surface you can slide on● Press your hips up until you form a straight line between your shoulders and your knees.● Try to keep your hips as high as you can and let your heels slide out ahead of you.● Using your hamstrings, slide the heels in underneath of your hips.
Split Squat	<ul style="list-style-type: none">● Start with one foot in front of the other● The back foot should be a medium step behind you.● Squat and try to focus on one leg at a time.
Squat Jump	<ul style="list-style-type: none">● Start with your toes pointed forward and your feet shoulder width apart● Don't let your back bend forward or slouch.● Be sure to land with your feet in the initial position and let your legs bend to soften the landing
Step Ups	<ul style="list-style-type: none">● Place one foot on a chair, staircase, or box● to keep your torso perpendicular to the floor● Drive your opposite knee up as you rise and then go back down slowly.
Trap Raise	<ul style="list-style-type: none">● Lean against a flat wall● Starting with your elbows bent ninety degrees and your shoulders bent ninety degrees to your body, slowly raise your hands above your head while pushing the backs of your hands onto the surface as hard as you can● It's ok to let your elbows come off the ground a little as your arms rotate back to push your hands in
Tricep Extension	<ul style="list-style-type: none">● Find a chair, counter, or box. Start by placing your hands on the edge and walking your feet away from the edge you're using.● Keeping your shoulders stationary, slowly lower yourself by bending in the elbows.

	<ul style="list-style-type: none">● keep your upper arms in line with the rest of your body
V-tuck	<ul style="list-style-type: none">● Start by sitting down and straightening your body out while keeping your shoulders and feet off the ground.● Curl your chest up while also bringing your knees in and reaching for your heels