



# WORKOUT

## OF THE DAY

### Maximum Support – Deva Carr

**Apparatus:** Even height objects (ex. chairs, boxes, bars), stretchy clothing, exercise mat.

**Description:** Shoulders and scapulas have a broad range of motion that can easily be overlooked in a traditional biceps and triceps workout. Today will challenge every direction of pressing through your arms and will require 360 degree core activation. Support is a gymnastic term that describes holding your full body weight up on your hands. The apparatus can be rings, bars, or even the floor. This upper body strength improves posture by lowering and retracting the shoulder blades, therefore it will be very important to take breaks if your shoulders start to rise.

**Warm up:** Focus on posture and stabilizing your trunk in all of these exercises. Do not hold any position to fatigue as you will not be able to recover to complete the workout. This workout will require patience and limiting yourself so you can complete each set safely.

- A. Arm Circles 10 reps per direction
- B. Alternating Samson Lunges x 10 reps
- C. Alternating Spiderman Twist Lunges x 10 reps
- D. Hollow Hold x 3 sets of 10 seconds
- E. Y-T-W Back Extensions x 5 reps
- F. Elevator Planks x 15 reps
- G. Three Legged Dog x 15 seconds per side

**Follow Along on our Youtube channel:**

#### Gymnastic Circuit:

Accumulate 1-3 minutes in a L-sit support position. Breaking as necessary to maintain posture.

Each break complete the following combo:

1 Inchworm

2 steps Dragon Crawl with Push ups

3 Pike Step ups

4 Dead Frogs

Rest as needed and return to your support position.



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**Movements:**

Accumulate 1-3 minutes in a support position. Breaking as necessary to maintain posture.

**Support Hold:** Place your supporting objects shoulder width apart. With your fingers curled over the edge of your support, press down firmly and raise your legs to hip height. Keep your shoulder blades back and down and break up the set if your shoulder blades rise.

**Note:** Failing to keep your shoulder blades down will likely cause soreness in your neck and the exercise will no longer be working as intended.

Regress to tuck support.

Progress to a lower height of support structure until you reach the floor.

Demo: <https://youtu.be/G4BDMG36WRg>





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#### Movements:



Each break complete the following combo:

1 Inchworm

2 steps Dragon Crawl with Push ups

3 Pike Step ups

4 Dead Frogs

Rest as needed and return to your support position.

Demo: <https://youtu.be/YMHuCl3npo>



Or try out these modifications

1 Plank Walk Out

2 Dragon lunge push up

3 Three Legged Dog per side

4 Dead Bugs

Rest as needed and return to your support position

Demo: <https://youtu.be/TTwSgS1vfcM>



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**Apparatus:** Even height objects (ex. chairs, boxes, bars), stretchy clothing, exercise mat.

**Movements:**

- 1) Inchworm: From a standing position, bend down and place your hands on the ground. Walk your hands out as far as you can reach while holding a tight core for stability. Keep your legs straight and walk your feet up to your hands.  
Regress to plank walk out.
- 2) Dragon Crawl with Push ups: From a plank position step one foot forward outside the hand. Bend your elbows to lower your chest and press back up. Lift your back leg and walk your hands forward until you approach a plank and repeat on the other side.  
Regress to Dragon Push ups from the knee.
- 3) Pike Step ups: With your feet against your support object, assume a downward dog position. Step both feet up onto your support object and straighten your shoulders so that your hips balance over your head. Safely step down to the floor.  
Regress to alternating 3 Legged Dog
- 4) Dead Frogs: On your back, reach your arms up to elevate your shoulder blades off the floor. Bend your knees to 90 degrees and open the knees to a straddle position and extend your legs. Bring your feet back together with extended legs and pull your knees back to 90 degrees.  
Regress to Dead bugs