

Consistency leads to RESULTS!!!! Let's make working out a sustainable habit! **20 minutes a day 6 Days a week** (If you can get to class for a full hour or 45 minutes... even better... but the goal is consistency)

WARM UP TO BE DONE BEFORE EACH WORKOUT: Roll and stretch anything that is tight or interfering with proper movement. Then do the following

Warm Up movement	Duration	Rounds
Hamsting scoops	30 seconds	1
Knee pulls	30 seconds	1
Inchworm plank shoulder tap	30 seconds	1
<u>PICK 3 OF THE FOLLOWING</u>		
Forearm plank	30 seconds	2-3
Bird Dog	30 seconds	2-3
Side plank clamshell or lateral leg raise	30 seconds	2-3
Marching Glute Bridge	30 seconds	2-3
Dead Bug	30 seconds	2-3

After warm Up, **complete one of the following workouts (next page). Will be about 20 minute workout including warm up.** Each workout has a focus for the day which will be your heaviest exercise. Consistency its key here. Try to do each of the workouts or replace with in person workout each week in order to integrate all of the essential movement patterns each week. Discontinue any movement that does not feel good on your joints for that day, and replace with another that feels better. Keep moving, and listen to your body. Challenge yourself safely. I'm here to answer any questions you may have (281-507-2007)

Workout Day: each for is a workout	<u>Main heavy Focus</u>	Exercises 1	Exercise 2	Exercise 3 (PICK ONE OF THE FOLLOWING	Optional cardio core burst	3-4 rounds 30 sec or 8-10 reps if heavier
Leg Day	<u>Squat emphasis</u>	Heavy Front Squat or Goblet Squat (8 reps or 30 seconds)	SUPER SET: 1) Walking lunge (30 seconds), followed by 2) split stance lunge pulse (30 seconds)	Bench or Ball Hip thrusts or Shoulder Bridge: Bonus.... Add dumbbells for additional load (bonus move: Chest Press)	Side shuffles	30secs to 1 min between rounds
Back and Biceps Day	<u>Pull Emphasis</u>	Split stance Single Arm Row	Bicep Curl with optional Curtsy Lunge (slight hinge, lighter than the heavy lunge weight)	2 Back Flys to 2 upright Rows (lighter dumbbells)	Mountain Climber or Frogger	30secs to 1 min between rounds
Leg Day	<u>Lunge Emphasis</u>	Split stance heavy lunge (30 seconds or 8-10 reps per side = 1 round)	Summo Elevator squat (down up half way, down up all the way... think of zipping up down the center)	Pick 1: 1)Single Arm Squat to OH press 2) Pick Up put away	Pick one: 1)Lunge Hop, 2)squat Jacks, 3) air squats, or 4)weighted Walking Lunges	30secs to 1 min between rounds
Chest and Triceps Day	<u>Push emphasis</u>	DB chest Press (from bench, ball, or Glute Bridge position)	Push up or Plank (come to a counter or bench to modify... focus on shoulder stability)	Split stance Kick Back or Over Head tricep Extension	Pick one: 1)Mountain Climber, 2)Plank Jack, 3)Ball Slam, or 4)Chest Ball Slam	30secs to 1 min between rounds
Back and Booty Day	<u>Lower Hinge Emphasis</u>	Heavy Deadlift, Focus on driving hips forward and engaging glutes (Can do summo, from ground, from standing)	Lateral Squat walk (banded) or Alternating Lateral Lunge (not banded) with optional Bicep Curl or over head press	Pick One: 1)Lawnmower pull, 2) Single Leg Deadlift 3) Squat to reverse lunge	Pick One: 1)Ball Slam 2)KB swing (if no back pain) 3)Running Man 4)Reverse Lunge To stabilization or Kick	30secs to 1 min between rounds