GYM WORKOUT

1A

Grp	Sets	Exercise	Wgt	Reps
A1	1	**Cardio**	BW	5-15 min
		Can be done at start or end.		
A2	1	**Arm Circles**	BW	20
A2	1	**Hip Prep**	BW	1-2
		Hold each position 20 seconds.		
A2	1	**Adductor Stretch - Quadruped**	BW	30 sec
B1	2-3	**Leg Press**	90-180+ Lbs	8-12
B1	2-3	**Seated Row**	40-70+ Lbs	8-12
B2	2-3	**Hamstring Curl Machine**	30-60+ Lbs	8-12
B2	2-3	**Chest Press**	12-25+ Lbs	8-12
B3	2	**High Cable Pullthrough**	30-60+ Lbs	8-12
B3	2	**Tommy Climbers**	BW	8-12/s
B4	2	**Side Plank**	BW	30 sec
B4	2	**Alternating Superman**	BW	8-12/s

Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps

C1	1	**Spine Twist**	BW	30 sec							
C1	1	**Quad Stretch - Seated**	BW	30 sec							
C1	1	**Hamstring Stretch - Seated**	BW	30 sec							
C1	1	**Pec Stretch - Wall**	BW	30 sec							

GYM WORKOUT

1A

Scan for video

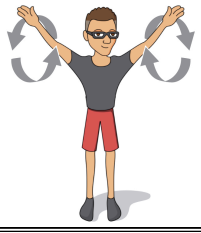
Cardio *(Can be done at start or end.)*

• Bike, rower, treadmill, elliptical, stairs, rope, you choose!



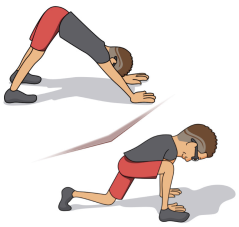
Arm Circles

• From a standing position, slowly move your arms in a circular pattern.
• You can vary the size of the circles, but make some of them large to get a stretch in the shoulders.
• Perform the circles in both directions.



Hip Prep *(Hold each position 20 seconds.)*

• From a quadruped position, push hips in air, straighten knees and push heels to ground (downward dog)
• Hold for 10 seconds, then step one foot forward to outside of hand. Lower back knee to ground.
• Tuck tailbone and squeeze glutes to drive pelvis forward. Hold for 10 seconds.
• Turn to the side and shift weight over one leg, dropping into a lateral lunge, keeping opposite leg straight. Hold for 10 seconds.
• Repeat all three positions on the opposite side.



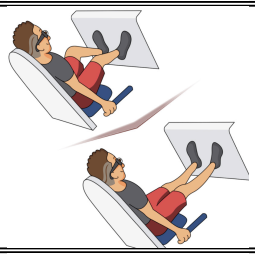
Adductor Stretch - Quadruped

• Start in a quadruped position. Slide one leg straight out to the side, keeping toes pointed forward.
• To increase the stretch, move the straight leg out further.
• Play with angles of the stretch by sitting your hips back towards your heel.



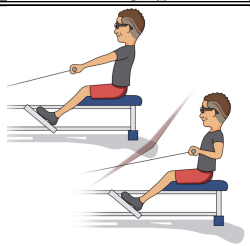
Leg Press

• Sit on the machine with feet hip width apart turned out 20-30 degrees.
• Keep spine long and braced as you press the platform up, stop before knees lock out.
• Slowly lower the platform down to a comfortable position.
• Keep knees pressed out (in line with toes). Don't let low back push into the back pad.
• Press the platform back to the top position, then repeat.



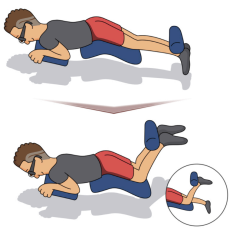
Seated Row

• Sit on the bench, place feet on foot platform and grab handle around shoulder width apart.
• Lean back slightly at the hips and keep shoulders neutral (no shrugging).
• Pull the handle to the abdomen by drawing the elbows straight back to your sides.
• Pause, then slowly return the arms to a straight position.



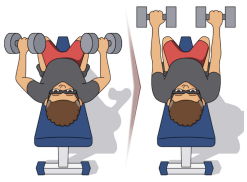
Hamstring Curl Machine

• Prone: Lie face down on the machine. Adjust position so your knee is just off the edge of the pad.
• Seated: Sit on the machine. Adjust position so your knee is just off the edge of the seat.
• Pull the ankle pad towards your hips by bending your knees. Slowly return to the start position.
• Keep your toes pointed straight forward, not turned out to sides.
• Pull toes to shins to allow calves to assist. Point toes down to prevent calf assistance.



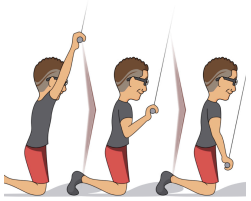
Chest Press

• Lie face up on a bench (or floor). Hold weights straight up above your shoulders, palms facing your knees.
• Lower weights to a comfortable position, bending at the elbows and keeping the wrists in line above the elbows.
• Press the weight back to the starting position.



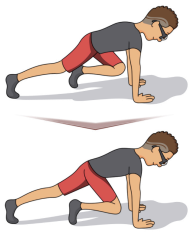
High Cable Pullthrough

• Kneel in front of a high cable machine, arms overhead with a straight bar (can use other attachments).
• Pull the bar down to the collar bones by drawing the elbows to your side.
• Then, press the bar down to your thighs by straightening the elbows.
• Control the bar back up to the collar bones by bending the elbows.
• Return to the start position overhead.



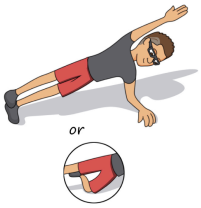
Tommy Climbers

• Start from a push-up position with hands shoulder width apart.
• Slowly bring one knee to the elbow without letting the foot touch the floor. Maintain the plank position.
• Step the foot back out, then repeat with the opposite leg.



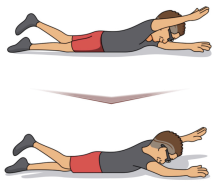
Side Plank

• Lie on your side. Place elbow of lower arm on the ground under shoulder.
• Use your feet (harder) or knees (bend feet behind you) as a pivot point.
• Lift your torso off the floor by pushing through your elbow and pivot point. Keep body in a straight line, looking ahead.
• To increase intensity, raise top leg horizontal to floor.
• Hold for time, then repeat on other side.



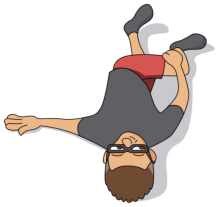
Alternating Superman

• Lay down on your stomach in a prone position, arms reaching out in front of you.
• Raise one arm and the opposite leg as much as possible by activating the muscles along your back.
• Keep a neutral neck by continuing to look at the floor. Hold this position for 2-3 seconds.
• Slowly lower yourself back to the starting position, then switch arm and leg.
• If you feel any pressure in the lower back, limit how much your back is extending off the floor.



Spine Twist

• Lie on your back with arms out to sides in a "T".
• Raise one leg in the air, grab the knee with the opposite hand and pull the leg across the body.
• Breathe out and relax as the spine twists, keeping the opposite arm on the ground.
• Optional: Pull the knee towards the shoulder for more glute stretch, straighten the knee for more hamstring.



Quad Stretch - Seated

• Sit on the ground with both legs at 90 degrees, dropped to one side.
• Fully bend the back knee as much as possible.
• Walk your torso away from that knee and drop your elbow to the floor.
• Squeeze your glutes to drive your pelvis forward until you feel a stretch in the thigh of the back leg.
• Optional: Reach the unsupported arm overhead (away from the stretched leg).



Hamstring Stretch - Seated

• Sit on bench, chair or floor. Straighten one leg out in front of you (or both legs to stretch both at once).
• Sit upright and think of pushing your tailbone out behind you.
• Increase the intensity of the stretch by pushing your belly button towards your toes.
• The stretch should be felt behind the straight leg in hamstring.
• To stretch the calf at the same time, pull your toes towards your shin during the stretch!



Pec Stretch - Wall

• Stand sideways to a wall or doorframe. Place elbow on wall at shoulder height.
• Step through with the foot closest to the wall, moving the body forwards relative to your elbow.
• Increase the stretch by turning your torso away from the wall.
• Try different shoulder angles, by placing the elbow higher or lower than shoulder height.

