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### Gym Workout #1

#### **Arm Wall Slides x 8-12**

- \* You will start with your arms in the down position (pictured below); then you will slide your arms up overhead without your wrists leaving the surface of the wall.
- \* Be sure to squeeze the shoulder blades together as you go up and down in this movement.



#### **TRX Lower Back / Hamstring Stretch x 6-10 \*\* Can hold your hands on anything \*\***

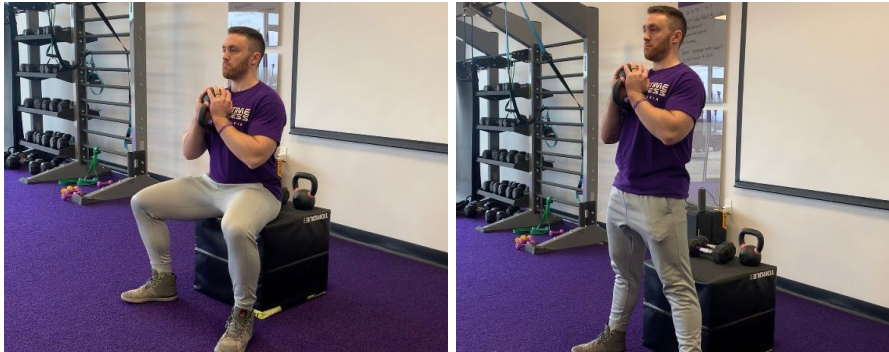
- \* You will take a few steps back to where you are creating tension on the straps. Once you have done so, you will sit back into your hips. Once you do so, you will feel your hamstrings and lower back muscles stretching very well.



## Gym Workout #1 Continued

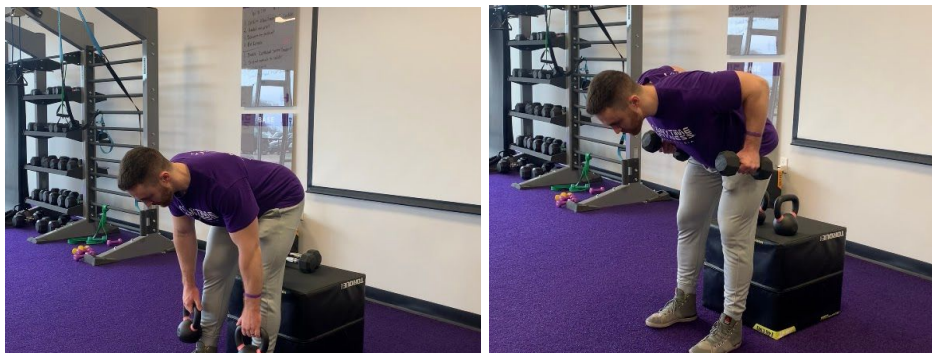
### **A1. Squat to Box/Chair w/ weight:**

- \* \_\_ Lb
- \* 12-15 Repetitions
- \* 18 Inch Box
- \* Keep a WIDE stance on the squats to the box. You need to be pushing your hips BACK while pushing the knees OUT. Do not go onto your toes.



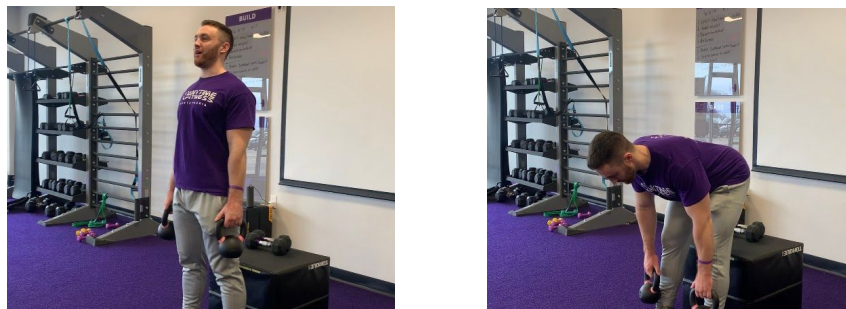
### **A2. Bent Over Dumbbell Row \*\* This can be one arm at a time \*\***

- \* \_\_ Lb
- \* 12-15/arm Repetitions
- \* Keep your posture in the bent over position with a 90 degree hip angle. You will feel a stretch in your hamstrings while doing this exercise. You will row up to one side and then control the weight back down while switching hands in the bottom position.



### **A3. Dumbbell RDL (romainian deadlift) \*\* Use water jugs if you don't have weights \*\***

- \* \_\_ Lb
- \* 12-15 Repetitions
- \* Keep a slight bend in the knees and bend at your waist to create a 90 degree angle. You should feel this primarily in your hamstrings.



## Gym Workout #1 Continued

### **A4. Overhead Dumbbell Raises \*\* This can be ANYTHING you lift overhead \*\***

\* \_\_ Lb weight

\* 15-20 Repetitions

\* Keep your posture strong and tall and when doing this exercise, raise your arms up overhead and squeeze your shoulder blades at the top.

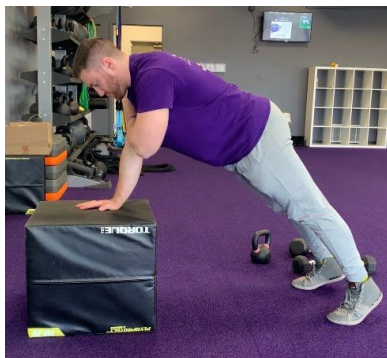


### **A5. Box Shoulder Taps \*\* This can be on a chair, box, or the floor \*\***

\* 12-18 inch box

\* 12 repetitions / side

\* Keep the core braced during this movement and do not let your hips sway back and forth.



## Core Workout

### **A1. Alternating Glute Extensions \*\* You can keep your arms straight if needed \*\***

\* Alternate for 20-30 seconds per set

\* Do for 2-3 sets

\* You will place your hands on the box and keep a strong midsection throughout the movement. Raise each leg just even with your hips and alternate. Be sure to squeeze the glute muscles.



### **A2. Inclined Knee Tucks \*\* You can keep your arms straight if needed \*\***

\* Alternate for 20-30 seconds per set

\* Do for 2-3 sets

\* You will bring your knees up to the box as close as you are able. You do not need to touch the box. Please keep the abdominal muscles contracted at all times. Be in a controlled manner.



## **Gym Workout #2 Continued**

### **A1. TRX Squats \*\* You can do regular air squats OR hold onto something stable \*\***

\* 12-20 Repetitions

\* 3-4 sets

\* Keep the chest up, shoulders pulled back, sitting back on the heels and while going down, please push the knees out.



### **A2. Dumbbell Overhead Press \*\* This can be w/ a bar, soup cans, or any weight/resistance \*\***

\* 12-20 Repetitions

\* \_\_ Lb Dumbbells

\* 3-4 sets

\* Keep the hips under your torso, core braced, chest upright, and fully extend the arms overhead while controlling down to the beginning.



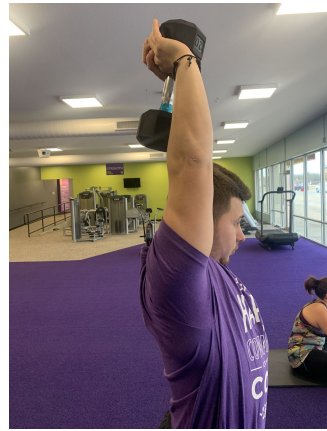
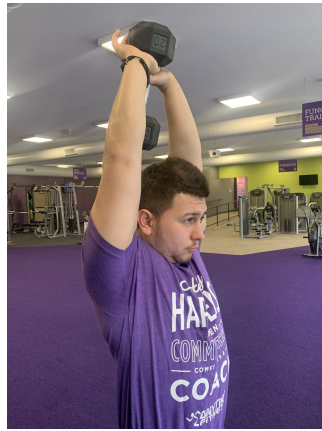
**A3. Dumbbell Overhead Tricep Extension \*\* This can be w/ ANY sort of weight \*\***

\* 12-20 Repetitions

\* \_\_ Lb Dumbbells

\* 3-4 sets

\* Keep the hips under your torso, core braced, chest upright, and fully extend the arms overhead while controlling down to the beginning.



**A4. Step-Ups \*\* This can be to a box, chair, or your staircase \*\***

\* 15-20 repetitions / leg

\* 3-4 sets

\* start with a 12 inch box, place one foot on it and drive through from the heel and switch feet.

\* add weight as needed



**A5. TRX Inverted Row \*\* You can anchor a bed sheet at an anchor point: ask if you need help \*\***

\*12-20 repetitions

\*3-4 sets

\*keep your core tight from start to finish, keep your chest and chin up and pull towards your rib cage.



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