



commit to be fit

TRANSFORMATION

Lower Body (Monday & Thursday)

Circuit- Complete all exercises before repeating

1. **Squats-** 10x (*pace- moderate*)
2. **Donkey Kicks-** 8x per side (*pace- moderate*)
3. **Kang Squats-** 10x (*pace- moderate*)
4. **3 Point Calf Raises-** 8x per position: traditional, in, and out (*pace- moderate*)
5. **Rest** for 1 minute

Repeat circuit for a total of 2-3 times

Upper Body (Tuesday & Friday)

Circuit- Complete all exercises before repeating

1. **Arnold Press-** 10x (*pace- moderate*)
2. **Alternating Bent-over Rows-** 8x per side (*pace- moderate*)
3. **Bicep Curls-** 10x (*pace- moderate*)
4. **Tricep Kickbacks-** 8x per side (*pace- moderate*)
5. **Rest** for 1 minute

Repeat circuit for a total of 2-3 times



21s Finisher- 7 lower + 7 upper + 7 full (= 1 set) Total- Complete **1 set.** (*pace- moderate*)

Bonus Ab Workout

Complete on a rest day or after a workout

1. **Plank Jacks-** 30 seconds = 1 set (perform 2-3 sets, with 30 second rest in between sets, then move to the next exercise)
2. **Alternating Tuck-ups-** 30 seconds= 1 set (perform 2-3 sets, with 30 second rest in between sets, then move to the next exercise)
3. **Figure 8s-** 30 seconds = 1 set (perform 2-3 sets with 30 second rest in between sets)

***Be sure to warm-up before every workout and stretch immediately following every workout.** Refer to the booklet for a warm-up and stretches.

RECOMMENDED WORKOUT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
Lower Body	Upper Body	Rest	Lower Body	Upper Body	1 Active Recovery Day & 1 Rest Day

While you do have flexibility on when to perform the workouts during the week, be mindful to never complete the same workout on two, consecutive days. Ex. If you do upper body on Monday, do not repeat it until after Tuesday.

LOWER BODY WORKOUT

Squat



Stand with your feet about shoulder-width apart with heels firmly planted into the ground. Bend your knees and push your bottom back as though sitting in a chair. Make sure your knees do not pass your toes. Push through your heels to return to start.

Donkey Kicks



To start, get on your hands and knees (hand under shoulders and knees under hips). Keeping your knee bent, extend one leg back and towards the ceiling. Hold for a few seconds and squeeze glutes. Lower and repeat.

Kang Squats



To start, stand with feet shoulder width apart, hands behind your head. Hinge at the hips and lower till head is parallel to the floor. Then bend your knees and push bottom back into a squat position. Straighten your legs, pushing bottom up to previous position. Stand up, squeezing your glutes.

3 Point Calf Raises



Traditional

Toes Out

Toes In

Arnold Press



Start by holding a dumbbell in each hand with your elbows bent 90 degrees in front of your chest, palms facing your forehead. Open your arms to each side and complete an overhead shoulder press by pushing weight overhead. Lower weight till arms are parallel to the ground. Bring elbows back in front of chest. Repeat.

Bicep Curls



To start, your elbows should rest at your sides with forearms extended out in front of your body, palms facing forward. Bring dumbbells up to your shoulders by bending at your elbows. Lower to starting position.

21s



Lower Half- Keeping elbows by body, hinge at the elbow until weight is parallel to the ground. Pause. Lower back down. Repeat 7x. Upper Half- Curl up towards shoulders. Lower down until arms are parallel to ground. Pause. Raise back toward shoulders. Repeat 7x. Complete 7 full curls.

UPPER BODY WORKOUT

Alternating Bent-over Rows



Hold a dumbbell in each hand with palms facing the body. Bend over about 45 degrees and keep your back straight. Contract your abs and lift one weight up, keeping weight close to body and elbow pointed towards ceiling. Lower and repeat on other side. Continue alternating.

Tricep Kickbacks



Place one hand on your thigh for support. Exhale and slowly extend your arm back behind you, keeping your arm in tight by your side, and engaging the tricep. Pause and slowly return to start. You may also rest your opposite knee on a chair for support in place of bending forward.

Plank Jacks



Start in a high plank position with your arms extended and hands under your shoulders, with feet together. Your body should be in a straight line. Engage your abs and jump both feet out wide to each side. Keeping a plank position, jump your feet back together. Continue.

AB WORKOUT

Alternating Tuck-ups



Start by laying with your back on the floor and hands above head. Simultaneously left your upper body and lower body (tucking up) while bringing one knee up closer to the chest. Lower back down and repeat, bringing your other knee closer to your chest. Continue to alternate in this manner.

Figure 8s



Start by lying on your back with knees slightly bent. Engage the core and crunch up, raising your shoulder blades off the floor, and begin "scissoring your legs" by bringing one knee up towards your chest and alternating. Using a small ball or object, pass the ball between the bent knee passing it to the other hand in a figure 8 pattern. See the video demo.

As a reminder, **this is a generalized workout program and may not be suitable for everyone.** Your doctor knows your medical history and trumps everything any personal trainer or health coach may say, so please **make sure that you are consulting your doctor if you have questions.**

POSSIBLE MODIFICATIONS

Below are some possible modifications to substitute in place of specific exercises. If you have any questions about the modifications, please email hjenkins@rappahannockschool.us. As a reminder, **this is a generalized workout program and may not be suitable for everyone**. Your doctor knows your medical history and trumps everything any personal trainer or health coach may say, so please **make sure that you are consulting your doctor if you have questions**.

Bird Dog



Kneel on the ground with arms under shoulders and knees hip-width apart. Point one arm straight out in front of you and the opposite foot extended behind you forming a straight line. Pause. Then return to start and switch to the other arm and leg.

Standing Crunch



Stand on one foot with opposite knee bent, foot off the ground. Hands are raised overhead and body is in a straight line. In one motion, lift knee while lowering hands and crunching abs. Clap under raised knee. Lower knee and straighten torso and hands overhead. Clap at the top. MODIFICATION- tap foot down in place of balancing. Also, you may hold on to a sturdy object in place of the arm movement.

Squat Pulse



Once in a squat position (see squat directions), push your feet into the ground and lift your body a couple inches. Lower back to a full squat position and continue the slight lifting & lowering motion (pulses). Be mindful that knees do not pass toes.

Walls Sit with Taps



Place your back flat against a wall. Stand with your feet shoulder width apart. Slide your back down the wall and walk out your feet until they are in a 90 degree angle. Hold and contract your abs. Alternate tapping your shoulders to count seconds.

Exercise	Possible Modifications
Kang Squat	Squat Substitution (Traditional Squat or Wall Sit)
Squat	Wall Sit
3 Point Calf Raises	Traditional Calf Raises
Arnold Press	Lateral Shoulder Raise
Alternating Bent-over Rows	Towel Pull-down or Bent-over Rows
Tricep Kick-back	Overhead Tricep Extensions
21 Finisher	Slow Bicep Curls
Plank Jacks, Tuck-ups, Figure 8s	Bird Dog, Standing Crunch Modifications