



commit to be fit

TRANSFORMATION

Lower Body (Monday & Thursday)

Circuit- Complete all exercises before repeating

1. **Squat Hops**- 10x (pace- fast)- Low Impact Modification- Sumo Squats
2. **Walking Lunges**- 8x per side (pace-moderate)
3. **Glute Bridge**- 10x (pace- moderate)
4. **Single Calf Raises**- 10x per side (pace-moderate)
5. **Rest** for 45 seconds

Repeat circuit 3 times

Upper Body (Tuesday & Friday)

Circuit- Complete all exercises before repeating

1. **Push-up Challenge***- 10x (pace-moderate)
2. **Upright Rows**- 10x (pace-moderate)
3. **Concentration Curls**- 8x per side (pace- moderate)
4. **Single Leg Tricep Dips**- 10x (pace moderate)
5. **Rest** for 45 seconds

Repeat circuit 3 times

**Push-up Challenge- Start off by doing as many as you can on your toes. Once you can no longer maintain good form, drop down to your knees and keep going to complete set. If you can already complete 10 on toes, increase to 12-15 reps.*

Bonus Ab Workout

Complete on a rest day or after a workout

1. **Side Plank**- 15 seconds per side = 1 set (perform 2-3 sets, with 30 second rest in between sets, then move to the next exercise)
2. **Bicycle**- 30 seconds = 1 set (perform 2-3 sets, with 30 second rest in between sets, then move to the next exercise)
3. **Rope Climb**- 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 Hops



Start in a standing position with your feet wider than shoulder-width apart and toes pointed slightly outward. Lower into a squat position. Jump out of the squat position and land straight up with your feet together. Jump up and land back down in the squat position. Repeat.

Walking Lunge



Step forward with your right leg, putting the weight into your heel. Bend the right knee, lowering it down so that it's parallel to the floor in a lunge position. Pause for a moment. Without moving the right leg, move your left foot forward, repeating the same movement on the left leg.

Glute Bridge



Lie face up with your knees bent and feet flat on the floor. Keep arms at your sides. Lift your hips off the ground until your knees, hips, and shoulders form a straight line. Squeeze your bottom. Hold and lower back down.

Single Calf Raises



While holding on to a wall or a counter, stand on one foot with the other behind you. Raise up on the balls of your foot (heel off the ground) and pause for 1 sec. Lower back down.

Modifications

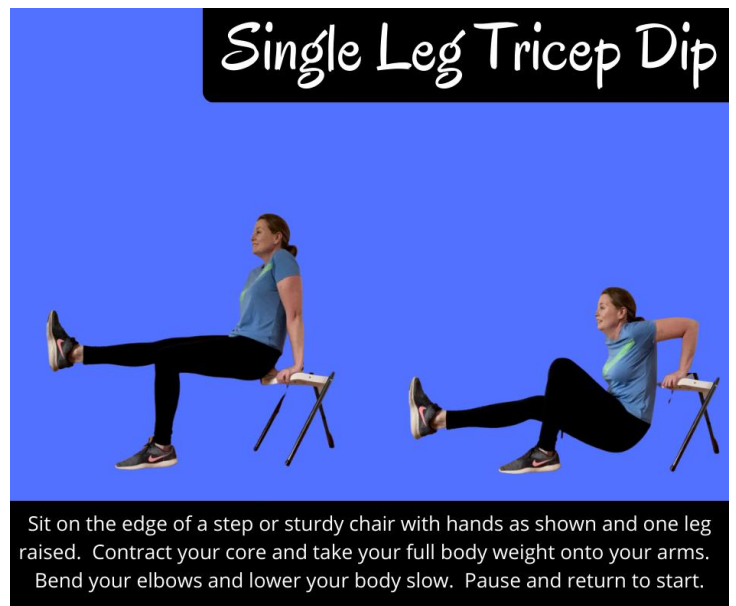
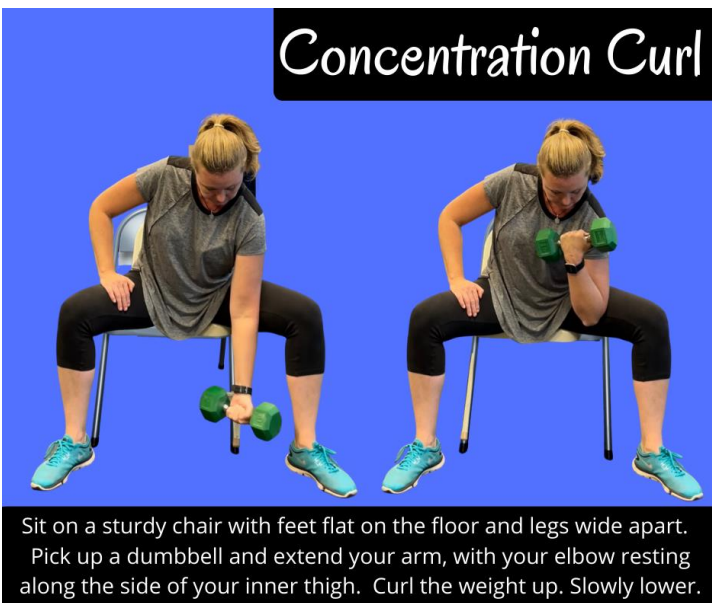
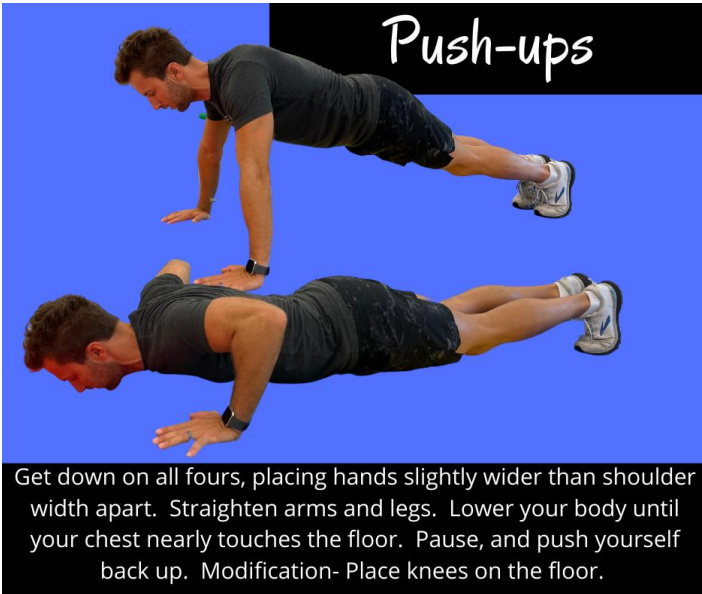
See modifications section below.

Need additional modifications?

Please contact Holly at hjenkins@rappahannockschools.us.

As a reminder, this workout may not be appropriate for everyone. Be sure to always consult your doctor before beginning any workout program.

UPPER BODY WORKOUT



Modifications

See modifications section below.

Need additional modifications?

Please contact Holly at hjenkins@rappahannockschoools.us.

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AB WORKOUT

Side Plank



Lie on your right side, legs extended and stacked from hip to feet. Your right elbow is directly under your shoulder. Engage your abs and lift your hips and knees up from the mat. Hold the torso in a straight line with no sagging or bending. After desired time, slowly lower to starting position.

Bicycle Crunch



Lay on your back with your hands gently holding your head. Contract your core. Slowly bring one knee up while straightening the other leg. Rotate your torso bringing your elbow to the opposite knee as shown. In a fluid motion, twist to the other side as you switch legs. Continue to repeat.

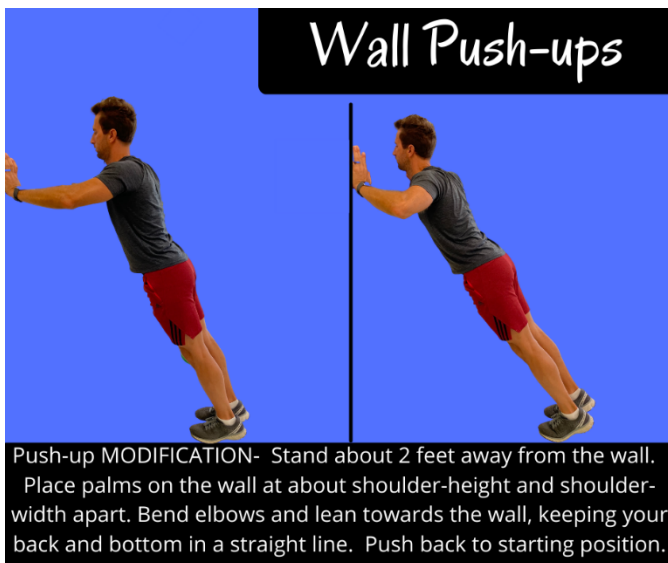
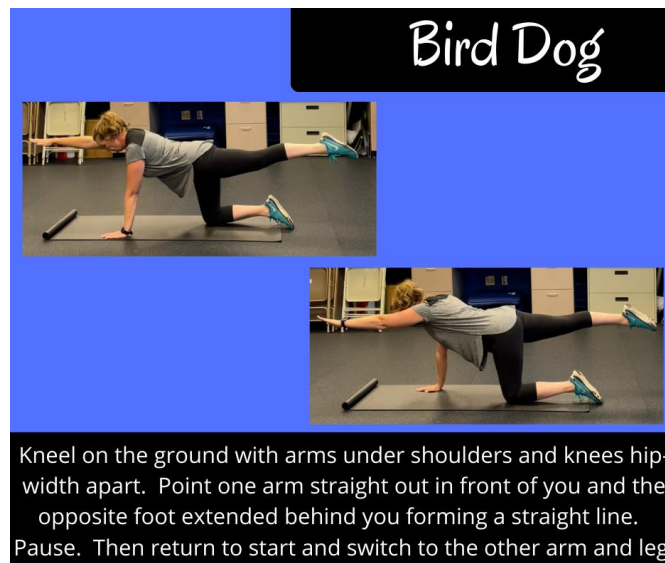
Rope Climb



Lay on your back with knees bent and feet flat on the floor. Raise hands over chest. Brace your abs and use one hand to reach up as if you are reaching for a rope overhead. Your shoulders and upper back should come off the ground. Then repeat with the other hand. Continue alternating.

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**.



Exercise	Possible Modifications
Squat Hops	Sumo Squats (week 2 & 4) or Leg Swings (from week 1 & 3)
Walking Lunges	Stationary Lunges (from week 1&3) or Alternating Lunges (week 2&4)
Glute Bridge	Squat
Single Calf Raises	Traditional Calf Raises (two feet)
Push-ups	Wall Push-ups (see above) or Wall Sit (see above)
Upright Rows	Towel Pull-down (from week 1&3)
Concentration Curls	Bicep Curls (from week 1&3)
Single Leg Tricep Dips	Tricep Dips (from week 2&4) or Overhead Tricep Extensions (week 1&3)
Side Plank, Bicycle, Rope Climb	Standing Crunch with tap (week 2&4) or Birddog