



commit to be fit

TRANSFORMATION

Lower Body (Monday & Thursday)

Circuit- Complete all exercises before repeating

1. **Squats-** 10x (pace- **SLOW**)
2. **Stationary Lunges-** 8x per side (pace- moderate)
3. **Leg Swings-** 8x per side (pace- moderate)
4. **Calf Raises-** 10x (pace- moderate)
5. **Rest** for 1 minute

Repeat circuit for a total of 2-3 times



Step-ups (stairs and curbs will work too)- 15 per side (= 1 set)

Total- Complete 3 sets with 1 minute rest in between (pace- moderate)

Upper Body (Tuesday & Friday)

Circuit- Complete all exercises before repeating

1. **Chest Press-** 10x (pace- **SLOW**)
2. **Towel Pull-down-** 10x (pace- moderate)
3. **Front Shoulder Raise-** 10x (pace-moderate)
4. **Bicep Curls-** 10x (pace- **SLOW**)
5. **Overhead Tricep Extension-** 10x (pace- moderate)

Repeat circuit for a total of 2-3 times

Bonus Ab Workout

Complete on a rest day or after a workout

1. **Dead Bugs-** 30 seconds = 1 set (perform 2-3 sets, with 30 second rest in between sets, then move to the next exercise)
2. **Standing Penguin-** 15 seconds per side= 1 set (perform 2-3 sets, with 30 second rest in between sets, then move to the next exercise)
3. **Standing Cross Crawl-** 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
Upper Body	Lower Body	Rest	Upper Body	Lower 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 EXERCISES

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.

Lunges



From a standing position, step one foot forward. Bend both knees to 90 degrees until your front thigh is parallel to the floor. Be mindful that your front knee does not go past your toes. Push through both feet and squeeze bottom to stand.

Leg Swings



Tighten your core and balance on one leg. Gently swing your leg in front and across your body and then out to the side like a pendulum. If you are concerned about your balance, stand close to a wall for additional support if needed.

Calf Raises



From a standing position, raise up on the balls of your feet (heels off the ground) and pause for 1 sec. Lower back down.

Step-ups



Using a step, stairs, or even a curb, step up and back down. It's helpful to think "up, up, down, down."

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

UPPER BODY EXERCISES

Chest Press



Lie on the floor with a dumbbell in each hand and your knees bent with feet flat on the floor. Position the dumbbells at the shoulders with arms bent as shown. Keep elbows forward of the shoulder line to avoid stress on the shoulders. Slowly push the weights upward and over chest, being mindful to not lock the elbows. Lower to start.

Shoulder Front Raise



Start in a standing position with your feet shoulder width apart. Let arms hang in front of you with dumbbells in front of the thighs and palms facing you. Lift one weight upward until arm is parallel to the floor. Pause. Slowly lower in a controlled manner. Switch to other side. Continue alternating.

Overhead Tricep Extensions

Back View

Side View



Start in a standing position with your feet shoulder width apart. Hold a dumbbell above your head with both hands, keeping your arms by your ears. Slowly lower the weight behind your head, hinging at elbow. Once your forearms move beyond parallel to the floor, raise weight back to start.

Towel Pull-down



Holding a towel or shirt (I literally took the one off my back) tightly, bend elbows. Your hands should be on either side of your chest, with your palms facing forward. Reach hands up overhead, keeping tension on towel. Pull towel back down, pinching your shoulder blades down and together.

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.

AB EXERCISES

Dead Bugs



Lay on your back with arms & feet up in the air (with bent at the knees). Extend and lower opposite arm and opposite leg until parallel to the floor. Repeat to start and lower other arm and leg. Continue to alternate.

Standing Penguin



To start, stand with feet shoulder-width apart. Bend to your right side as far as it feels comfortable. Pause before returning to a standing position. Repeat all reps on that side before repeating on the left side. Progression- While performing, hold a dumbbell in your hand with your palm facing hip.

Standing Cross Crawl

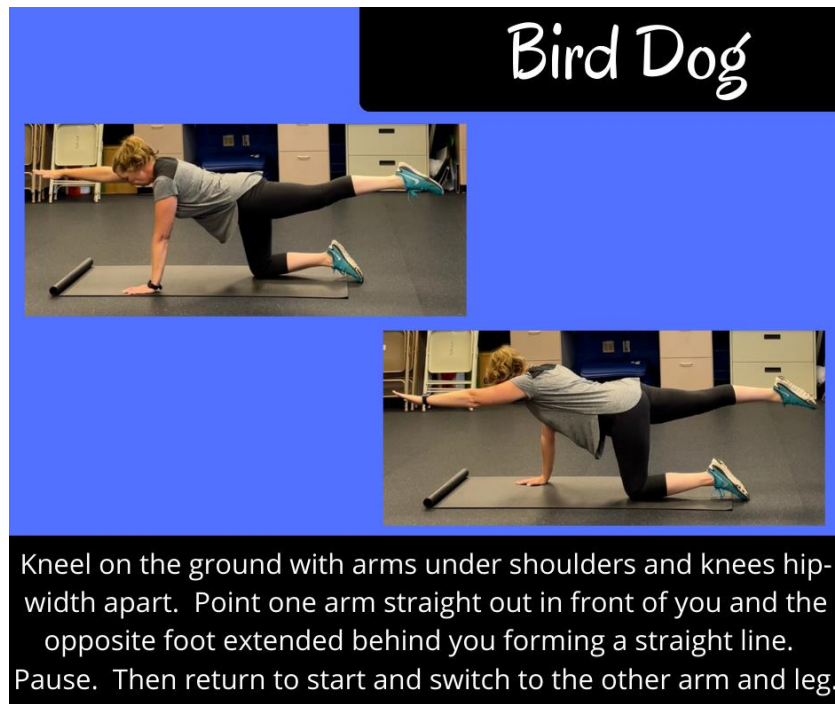


To start, stand tall with hands behind your head. Lift one knee while bringing the opposite elbow across the body towards the knee while engaging the core. Pause and return to a standing position. Repeat to the other side. Continue to alternate in a slow, controlled manner.

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**.

NOTE ABOUT WEEK 1--Many of the exercises performed during WEEK 1 are more basic exercises. During this program, we will be layering in more challenging exercises/progressions. Throughout the 8-weeks, we will be adding additional modifications.



Bird Dog can be substituted for Dead Bugs.