



commit to be fit

# TRANSFORMATION

### Lower Body (Monday & Thursday)

**Circuit-** Complete all exercises before repeating

1. **Sumo Squats**- 10x (pace- moderate)
2. **Alternating Lunges**- 8x per side (pace- moderate)
3. **Deadlift**- 10x per side (pace- moderate)
4. **Rest** for 1 minute

Repeat circuit 3 times



**Skaters**- 30 seconds (= 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. **Push-ups**- 10x (pace- moderate)
2. **Bent-over Rows**- 10x (pace- moderate)
3. **Overhead Shoulder Press**- 10x (pace- moderate)
4. **Alternating Bicep Curls**- 8x per side (pace- moderate)
5. **Tricep Dips**- 10x (pace- moderate)

Repeat circuit 3 times

### Bonus Ab Workout

Complete on a rest day or after a workout

1. **Plank**- 30 seconds = 1 set (perform 2-3 sets, with 30 second rest in between sets, then move to the next exercise)
2. **Russian Twist**- 30 seconds= 1 set (perform 2-3 sets, with 30 second rest in between sets, then move to the next exercise)
3. **Mountain Climbers**- 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 EXERCISES

### Sumo Squat



Start in a standing position with your feet wide apart and your toes pointing at 45 degree angles. Keep chest up and knees out. Lower until parallel. Press through your feet to stand back up 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.

### Deadlifts



Hold dumbbells in front of you, keeping arms straight and knees slightly bent. Slowly bend at hips and lower weights while keeping back straight. Keep dumbbells close to legs. Squeeze glutes and return to start.

### Speed Skaters



With your knees bent and slightly leaning forward, leap on alternating feet from side to side as though jumping over an imaginary line. Pump your arms to propel your jumps. Swing your back foot behind your standing leg without letting your toe touch the floor. Modification- side step instead of jumping.

#### **Modifications**

See modifications section below.

#### **Need additional modifications?**

Please contact Holly at [hjenkins@rappahannockschools.us](mailto: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 EXERCISES

### Push-ups



Get down on all fours, placing hands slightly wider than shoulder width apart. Straighten arms and legs. Lower your body until your chest nearly touches the floor. Pause, and push yourself back up. Modification- Place knees on the floor.

### Bent-over Rows



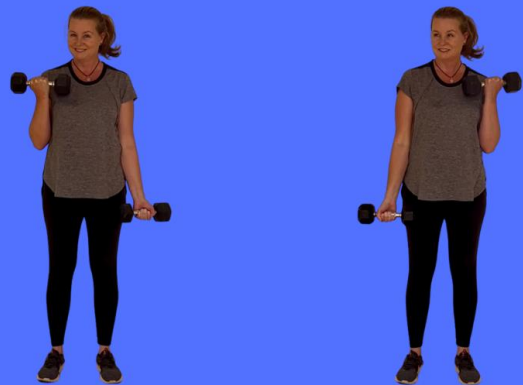
Hold a dumbbell in each hand with palms facing the body. Bend over about 45 degrees and keep your back straight. Contract your abs and lift weights straight up, squeezing your shoulder blades. Lower to start.

### Shoulder Press



Hold dumbbells by your shoulders with your palms facing forward and your elbows out to the sides, bent at a 90 degree angle. Extend through your elbows to press above your head. Slowly return to start.

### Alternating Curls



Keeping elbows by body, hinge at the right elbow and curl up toward shoulder. Pause and lower. Repeat with the left hand. Continue alternating between the two sides.

### Tricep Dips



Sit on the edge of a step or sturdy chair with hands as shown. Contract your core and take your full body weight onto your arms. Bend your elbows and lower your body slowly. Pause and return to start.

## AB EXERCISES

### Plank



Lie on floor and place forearms directly under your shoulders. Lift torso off the floor and contract your core, maintaining a neutral neck and spine. Tuck your toes under so that your body forms a straight line. Hold.

### Russian Twist

start position



Root into your sitz bones as you lift your feet off the floor keeping your knees bent. Lean back slightly creating a V shape with your torso and thighs. Clasp hands in front of you. Use your abs to twist to one side, to center, and then the other side. That's 1 rep. *Modification- Keep your heels on the floor.*

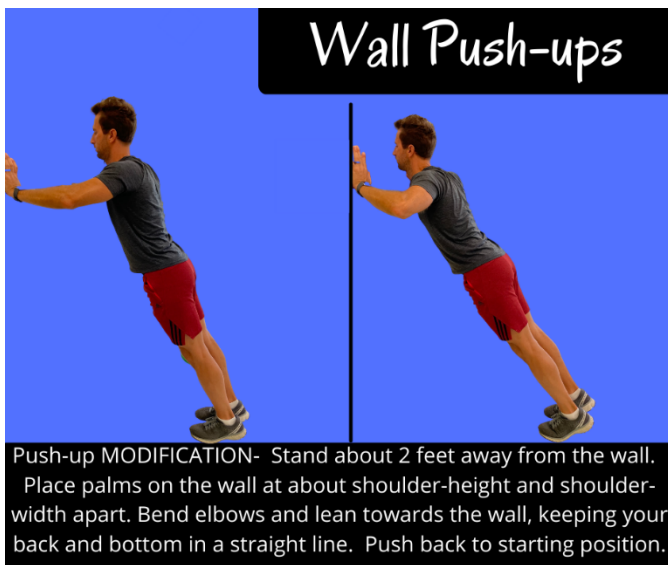
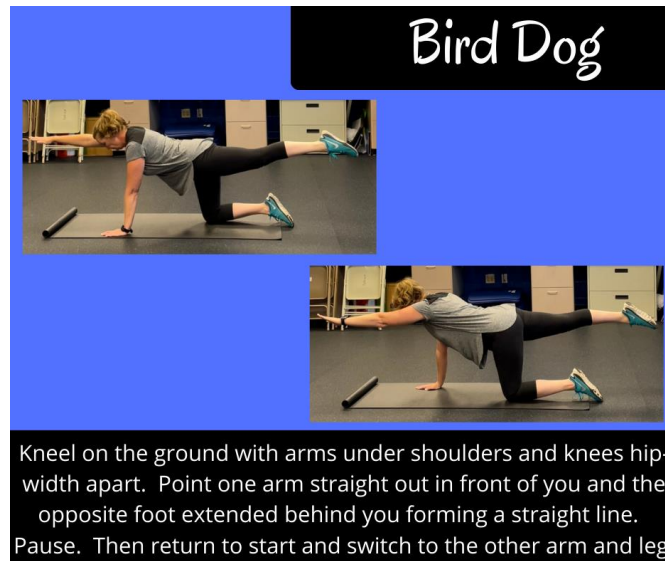
### Mountain Climbers



Starting in plank position, pull one knee towards the chest. Reset to plank and pull the other knee towards chest. Try to keep back as flat as possible.

## 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](mailto: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
Sumo Squat	Leg Swings (from week 1) or Wall Sit (15-20 seconds = 1 set) (see above)
Alternating Lunges	Stationary Lunges (from week 1)
Deadlifts	Perform without weights
Skaters	Side step in place of jumping side to side
Push-ups	Wall Push-ups (see above)
Bent-over Rows	May be done seated in chair or Towel Pull-down (from week 1)
Overhead Shoulder Press	Front Raises (from week 1)
Alternating Curls	Bicep Curls (from week 1) or reduce weight
Tricep Dips	Overhead Tricep Extensions (from week 1)
Mountain Climbers	Bird Dog (see above)