



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- **SLOW**)
4. **Single Calf Raises**- 10x per side (pace-**SLOW**)
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- **SLOW**)
3. **Concentration Curls**- 8x per side (pace- **SLOW**)
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.

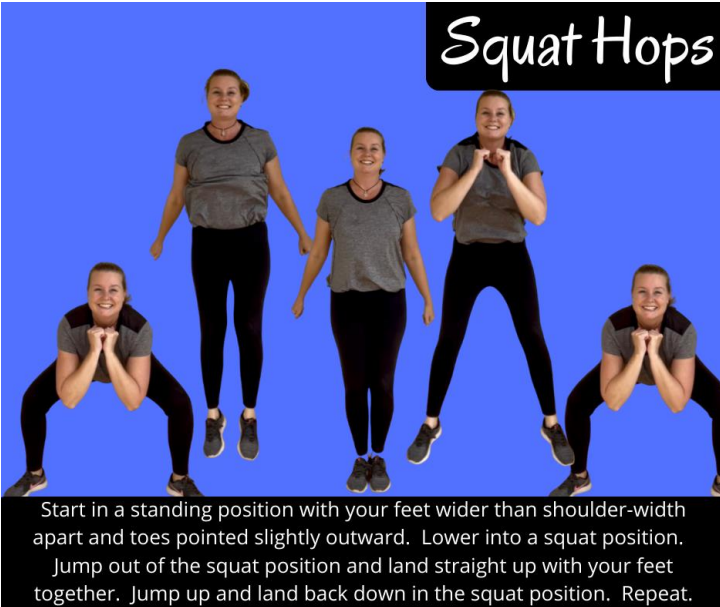
## RECOMMENDED WORKOUT SCHEDULE

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

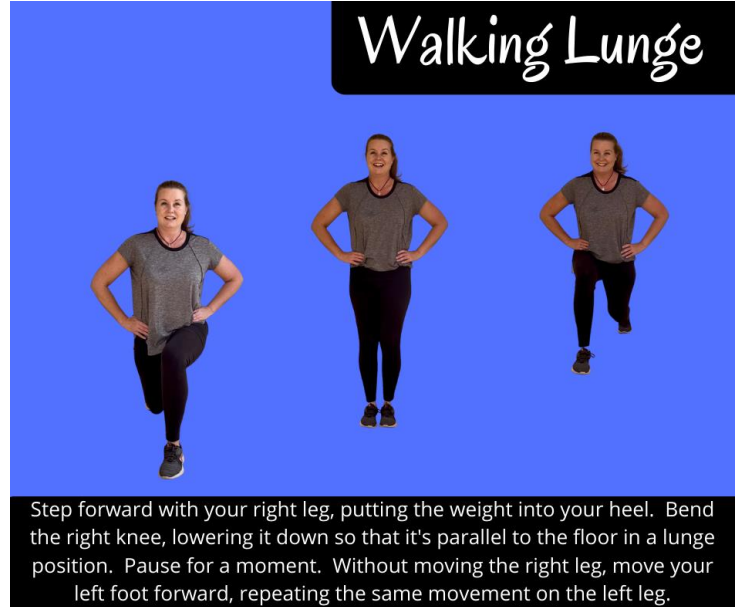
While you do have flexibility on when to perform the workouts during the week, be mindful to never complete the same workout on two, consecutive days. Ex. If you do upper body on Monday, do not repeat it until after Tuesday.

## LOWER BODY WORKOUT

### Squat Hops



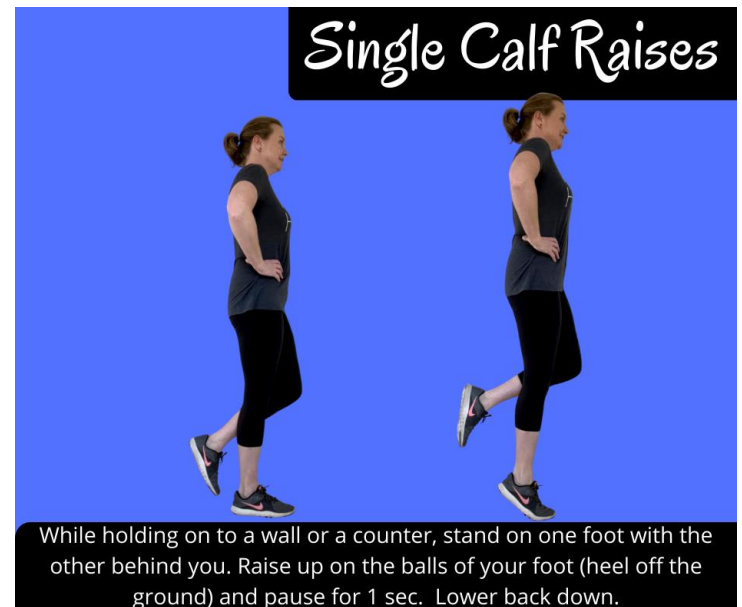
### Walking Lunge



### Glute Bridge



### Single Calf Raises



#### **Modifications**

See modifications section below.

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

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

### 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.

### Upright Rows



Standing shoulder-width apart, hold dumbbells (palms down) just in front of your legs. Leading with your elbows, lift the weights vertically to your chest until elbows are slightly higher than shoulders. Lower.

### Concentration Curl



Sit on a sturdy chair with feet flat on the floor and legs wide apart. Pick up a dumbbell and extend your arm, with your elbow resting along the side of your inner thigh. Curl the weight up. Slowly lower.

### Single Leg Tricep Dip



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

#### Modifications

See modifications section below.

#### Need additional modifications?

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

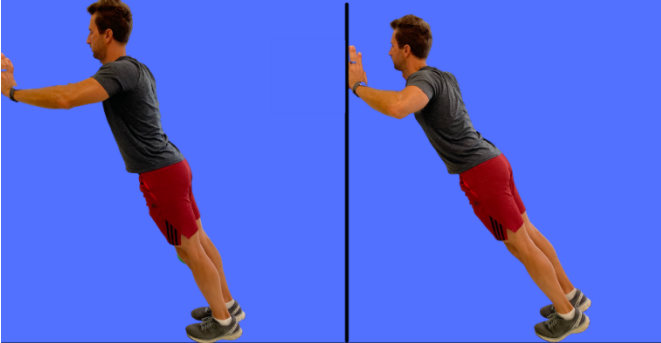
Below are some possible modifications to substitute in place of specific exercises. If you have any questions about the modifications, please email [hjenkins@rappahannockschool.us](mailto:hjenkins@rappahannockschool.us). As a reminder, **this is a generalized workout program and may not be suitable for 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**.

### 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.

### Wall Push-ups



Push-up MODIFICATION- Stand about 2 feet away from the wall. Place palms on the wall at about shoulder-height and shoulder-width apart. Bend elbows and lean towards the wall, keeping your back and bottom in a straight line. Push back to starting position.

### 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
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)
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 Bird Dog