

Please start with a 3-5-minute warm-up, including light cardio and some dynamic stretches.

Things like high knees, torso twists, hamstring stretches/touching your toes, straight-leg kicks, skips, alternating lunges, squats, arm circles, etc.

You'll also want to do a few light reps of today's movements, priming the muscles you'll be working.

3-5 Rounds

8-12 reps per movement/side

Rest 60-90 seconds (or longer if needed) between movements and rounds

Allow about 30 minutes for the workout

Tips for Building Muscle:

- Move slowly, under control. Resisting gravity keeps your muscles under tension for longer, which helps you get stronger.
- Use the heaviest weight you can, always using your best form. You may need a heavier or lighter weight mid-workout. It's okay to change.
- It's okay to rest! Rest is actually your superpower. It allows you to use better form, use a heavier weight, and keep your stress hormones down.

Goblet Squat:

With feet shoulder-distance apart, holding a weight at your chest with both hands, engage your core (ribs towards belly button). As you squat, send your hips back and your knees out toward your toes. It's like you are sitting in a chair. Go as low as you can. Keep your chest and eyes up with elbows in front of the weight. Push through both feet evenly and stand up strong.

Alternating Floor Press:

Lie down on the ground with a weight in each hand. Extend both arms so they are over your shoulders—lower one arm towards your chest. Your elbow will be near your side when the weight is near your shoulder. The other arm stays extended. Press and extend your arm. Alternate sides. This is like a bench press but on the floor.

Option: Use a bench if you have one.

Alternating Shoulder Press:

With your feet shoulder-width apart, start with the weight on each shoulder with your elbows forward of your body. Pull your ribs towards your pelvis to engage your core. Press one arm straight up and finish with your arm straight and next to your ear. The other arm stays in the front rack position; control the weight as you lower it back to the

shoulder. Alternate sides. Were you able to keep your ribs pulled in throughout the movement?

Elbow Plank with Hip Rotation:

Begin in a strong elbow plank position with your eyes on the ground. Raise one foot, bend the knee, and bring that knee towards your other side under your plank. Rotate as far as you can, then return that foot to the starting plank position.