

Strength - How To's

No weights are needed to work on our strength in this program - and especially this workout! Your body is your equipment as we get stronger and stronger!

Workout Summary:

NOTE: Be sure to start with a warm-up, and end with a cool-down stretch.

There are 2 Rounds of work in this workout ... with 3 Sets in each round.

Round ONE:

Circuit these 3 moves for 12 reps, then 10 reps, then 8 reps. Take rest as needed:

1. Squats
2. Push Ups
3. Triceps Dips

Round TWO:

Circuit these 3 moves for 12 reps, then 10 reps, then 8 reps. Take rest as needed:

4. Lunges
5. Plank Reaches
6. Sit Ups

Supporting Videos:

Follow along with the full workout video here:

<https://vimeo.com/498185740/6b0ac917a0>

Watch the summary video for this workout:

<https://vimeo.com/498218871/ddb930569e>

Watch the HOW TO videos for each move:

<https://youtube.com/playlist?list=PLFyhsmboBsKaipxali5YIEa2CRST8AjRX>

More details on HOW-TO's for each of the moves ...

SQUATS:

Watch the squats how-to video: <https://youtu.be/Fcb-PAKslPc>

- Stand tall and proud with feet a little wider than hip width, toes facing front – with your chest lifted and hands clasped together in front of your chest.
- Drive your hips back—bending at the knees and ankles and pressing your knees slightly open—as you...
- Sit into a squat position while still keeping your heels on the ground, chest up and shoulders back.
- Strive to eventually reach parallel, meaning knees are bent to a 90-degree angle.
- Press into your heels and straighten legs to return to a standing upright position.



PUSH UPS:

Watch the Push Ups How-To video - <https://youtu.be/dRkkm0-THQQ>

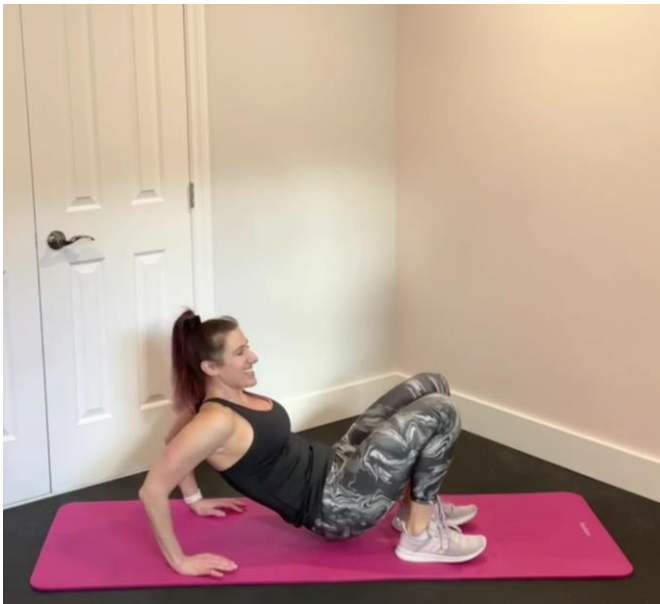
- Start in a high plank position with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart. Try to keep your shoulders down, neck long, and elbows out at a 45 degree angle.
- Bend your elbows lowering your body towards the ground, leading with your chest, then push your body upwards and straighten your arms.
- Repeat - ensuring you're leading with your chest, keeping your shoulders down & neck long, and your elbows at about a 45 degree angle.



Triceps Dips

Watch the how-to video: <https://youtu.be/a6p1GFTSuKk>

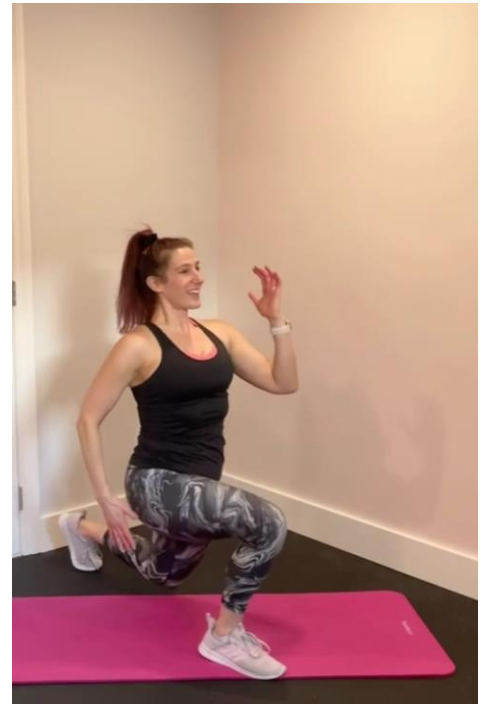
- position your hands shoulder width apart on the floor or on a secured bench or stable chair. Your legs should be out in front of you and feet placed about hip width apart on the floor.
- Ensure your shoulders are directly over your wrists. Straighten your arms, and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints.
- Now slowly bend at your elbows, and lower your upper body toward the floor until your arms are at about a 90-degree angle. Be sure to keep those shoulders over the wrists.
- Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.



Lunges

Watch the How-To video: https://youtu.be/STleatY_oGI

- Stand with feet about hip width apart.
- Step back with your right leg and lower your hips so that your left thigh (front leg) becomes parallel to the floor ... keeping your left knee positioned directly over your ankle.
- TIP! Focus on bending the back leg towards the floor - keeping your body right in the center between your legs. Avoid putting any pressure or leaning forward, on the front leg.
- Press up through the front heel, and come back to center.
- Repeat with the other leg.



Plank forward reaches

Watch the how-to video: <https://youtu.be/tb1ckbMVets>

- Start in high plank position – with your shoulders directly over your wrists, your eye gaze just ahead of your hands, your feet about hip width apart and your hips tucked under. Push some of your weight back into your heels to have your legs help stabilize through this movement.
- Then lift 1 arm and reach it forward so your bicep is in line with your ears and the arm is parallel to the ground (if your shoulder mobility allows). Lower your hand back to the ground, with control. Do not just drop.
- Repeat with the other arm – doing your best to control any movement through your upper body. Keep that core tight!



Sit ups

Watch the how- to video: <https://youtu.be/UtHWydWdvow>

- Lie on your back with your knees bent in, back flat on the ground, and hands overhead.
- Tuck your chin to your chest, take a giant exhale, and withOUT swinging your arms, lift your upper body as high as you can.
- Now the fun part! Feel like you're punching your stomach in to really tighten your core, and SLOWLY roll back down, 1 vertebrae at a time.
- Repeat. Try to keep your arms in line with the shoulders and not swing them - so no momentum! Use your core! Keep breathing and taking giant exhales to come up. Then focus on slowly, 1 vertebrae at a time, rolling back down.

