

2020 Reset: Workout #1

Overview: 4 pairs of exercises (supersets) repeated **2-4x** followed by a cardio burst to get your heart rate UP. Let your heart rate come down to around 125 before moving on.

MOVEMENT	REPETITIONS	VARIATIONS
1a. Glute Bridge	10	-Single leg -Elevated feet
1b. Plank Hold	20 second hold	-Longer/shorter hold time -Add movement (raise an arm or leg, shift weight)
CARDIO BURST, 20-60 seconds: Fast Feet		-Increase/decrease time
2a. Squats	10	-Add weight/band -Increase/decrease reps
2b. Bird Dogs	5 each side with 2 second hold	-Hands/knees closer together -Increase hold time -Increase reps
CARDIO BURST, 20-60 seconds: Jumping Jacks		-High or low impact -Increase/decrease time
3a. Push ups	8	-Start at a do-able height (e.g. wall, counter, bench, floor) and lower as you get stronger -Increase/decrease reps as needed -Vary hand positions to vary the challenge
3b. Side Plank Hold	15 second hold	-Increase/decrease time -change position from incline to floor -Arm and/or leg raised in air
CARDIO BURST, 20-60 seconds: Speed Skaters		-High or low impact -Reach toward floor (careful of your back) -Increase/decrease time
4a. Split Squats	6	-Increase # reps -Add weight/resistance
4b. Balancing obliques	8	-Try to not touch down between reps -Use wall or chair as needed for balance
CARDIO BURST, 20-60 seconds: Squat Jumps		-Jog in place or do a pogo bounce

ADJUST the exercises to match your fitness level and ability

ADJUST the sets/reps/duration to match the amount of time and energy you have

One set of anything is better than no set at all!

Repeat this workout 1-2x this week.

Cardio Burst options are endless - feel free to choose something you like that gets your heart rate UP.

You SHOULD get a little breathy going through this workout. If you're not, increase the challenge using the variations suggested and/or try to make it as nonstop as you can (except for the brief recovery after a cardio burst).

Some goals you can shoot for as you are getting back into fitness:

Plank hold: 1 minute or longer

Side Plank: 30 seconds or longer on each side

Single leg balance, knee lifted to hip height: 30 seconds with eyes open, 10 seconds with eyes closed (that's really hard!)

Video resources:

Push ups:

https://eat-well-move-well.mn.co/posts/5755629?utm_source=manual

https://eat-well-move-well.mn.co/posts/5755706?utm_source=manual