

2020 Reset: Workout #12

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 before moving on.

MOVEMENT	REPETITIONS	VARIATIONS
1a. Banded Glute Bridge (band above knees)	10	-Single leg variation in video Be sure to press into the balls of your feet
1b. Plank Hold w/ step-outs (band above knees)	8/side	-Use a heavier band -Band around ankles
CARDIO BURST, 20-60 seconds: Banded Hopscotch		-Increase/decrease time
2a. Banded Pulsing Squats	10	-Add weight -Increase/decrease reps
2b. Side Plank with side row	6/side	-hold side plank -add hip dip only -add side row only
CARDIO BURST, 20-60 seconds: XC Ski		-Increase/decrease time
3a. Push ups	6	-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. Seated Rows (flat band or tubing)	10	-sit up tall on sit bones, no rocking -use a heavier band
CARDIO BURST, 20-60 seconds: Lateral Bound and Balance		-High or low impact -Increase/decrease time
4a. Banded Deadlifts	6	-Increase # reps -Add resistance (heavier band or dumbbell) -try single leg variation
4b. Airplane balance w/moving arms	2-3/side	

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