

2020 Reset: Workout #2

Core: Supine and tabletop progressions: check that your lower ribs stay in contact with the floor. Don't let your low back arch at all during any of these movements. 1. **Find the TVA** - imagine a drawstring around your hip bones that you are cinching tight across your lower abdomen. Try to isolate that muscle (notice how many other muscles are trying to help!) and squeeze-release for 30 seconds.

2. **Marching from floor.** Keep TVA engaged and notice if you are holding your breath. 3. **Marching from tabletop position.** A progression if you can keep your hips and low back stable and strong (no arching) Keep knees at 90 degrees as you tap down. 4. **Table top hold:**

- a. Lift chest to ceiling and pulse 10x (head and neck stay neutral)
- b. Hold that lift for 10 seconds

Ankles: this might become part of your daily practice to strengthen your lower leg and ankle

Ankle circles: 15-20 big circles in each direction. Notice if you're trying to use your whole leg to get that mobility and if so, reel your effort back so it's just your ankle circling.

Point and Flex 15 x. Your shin muscles will be feeling very warm or tired - that's ok! they are small but essential muscles and need to stay strong!

Shoulder and Ankle mobility: Shift between a downward facing dog and plank 5x

Strength/Fitness:

MOVEMENT	REPETITIONS	VARIATIONS
1a. Reverse lunges	10/side	-add weight (dumbbell or backpack) -lift arms over head
1b. Wall slides on floor Try to keep as much of your arm against the floor/wall throughout the movement	30 seconds	-Sit against wall keeping butt, shoulders and head against the wall -same thing, standing
CARDIO BURST, 20 seconds: Mountain Climbers		
2a. Frog pumps	10	-Add weight/band across hips -Increase/decrease reps
2b. Push-ups	8	

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!

4 minute HIIT FINISHER:

This can be a finisher at the end of any workout - one last big push that leaves you...finished. It can also be a stand-alone workout that you repeat multiple times. It is intended to be high intensity (*as defined by YOU*, not by your ability to keep up with me) and create excess oxygen demand to help you burn calories after the workout is over.

40 seconds work: 20 seconds rest

1. Puddle jumps - lateral leap and balance
2. Prone swimmers - back and glutes
3. Heismans - lateral high steps with a stop and balance
4. Curtsy lunges

Cool down and stretch

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