

## 2020 Reset: Workout #4

### Full-body warm-up

**Scapular Protraction/Retraction:** Quick drill to get you familiar with the feel of your shoulder blades gliding on top of your rib cage. **Protraction** helps round your upper back as the scapulae glide out and away from the spine. **Retraction** brings your shoulder blades back in towards your spine

### Balance and Leg Strength:

- Heel raises - toe in and toe out
- Balancing ankle circles
- Banded knee raises for hip flexor strength
- Banded Kayak on one leg, or legs in split stance

### Core/Cardio: Do all R side then all L side

- 16 cross body crunches
- 10 balancing obliques
- 8 Running Woman

**Strength using the Hinge pattern** - these are HIP dominant moves. To do these you **MUST** press your shoulder blades down and hinge from the hips with a **FLAT BACK**. When you hinge you are actually pushing your hips back to lower your torso, **NOT** rounding your back. Think about drawing your belly button towards your spine or bracing your abs so that your low back gets support.

- 16 x 1-Arm Bent Over Row with band or dumbbells (or both!) use chair for support
- 4x 1-Arm Row with a triple pulse at the top
  
- 16x 1-Arm Bent Over Tricep Kickback use chair for support
- 4x 1-Arm Kickback with a triple pulse at the top
  
- 16x Deadlift with the back leg as a “kickstand” for balance
- 8x Bent knee “pick it up and put it in your pocket”

### REPEAT Core/Cardio: Do all R side then all L side

- 16 cross body crunches
- 10 balancing obliques
- 8 Running Woman

### Upper body Strength:

- Brady Band series: 6-10x each position, keep arms straight
- 12 x 1-Arm Overhead Press

12x 1-Arm Bicep Curls  
12x Shoulder External Rotation w/ band

Stretch ARMS, SHOULDERS, BACK, CHEST, HAMSTRINGS

**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

**Remember: One set of anything is better than no set at all!**

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**Some goals you can shoot for to gauge your progress 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!)