

## 2020 Reset: Workout #6

### Full-Body Strength Workout with Mini-Band

**On Back:** Ankle circles, point and flex, 10 each direction  
Hip ABduction w/band - press ball of toes into floor as you press knees apart x20  
Bent knee “windshield wipers” x10, band above knees  
Hip flexor pulls, band around feet, x10/side

### Sitting on Floor:

Sit up tall on sit bones for the next 2 exercises, press forward through hands to maintain tension throughout your torso. Legs are straight, thighs lifted and engaged, toes to ceiling

- **Hip mobility:** explore internal/external range of motion of each hip, initiating movement only from the hip joint
- **Hip flexor and quads strength:**
  - Lift and lower each leg straight up and down 8x
  - Lift and lower each leg as if you are lifting up and over a ball 8x
- Pilates “**Rolling like a Ball**” - keep back rounded and chin tucked, hands on shins.

### Roly Poly on Floor

Banded Dead Bugs - Banded Clams R - Banded Plank Step-outs - Banded Clams L - Floor slides

### BAND WORKOUT: 8-12 reps the first round, halve the reps for the second round

1. **Goal Post Pull-aparts** - elbows shoulder height, band above wrist x8
2. **Pulsing back squeezes**
3. **Lat Pulldowns**, to front and back of head
4. **Hip Bridge with Overhead Band Pull**
5. **Modified push-ups:** Plank, slowly lower to hover (chaturanga), drop knees and lift quickly to straight arms This is much more challenging with a band around your wrists!

For the following, do all reps of all exercises on one side, then do the other side

6. **½-kneeling concentration curls**, band under same side foot, curl hand up to shoulder
7. **½-kneeling stance to split squat**, band under same side foot
8. **Split squat-concentration curl combo**
9. **Hip Hinge w/ band resistance**, 8 with “kickstand”, 4-8 w/balance
10. **Bent over banded row x16** (because you're stronger than you think)

Cooldown and stretch

IF YOU NEED to hold onto something during all those split squats...Hold onto something.

If you need help with balance, use a finger or two on a table or wall til your balance improves

If you can't quite lift yourself up from ½-kneeling on one or both sides, hold onto a table to give yourself a boost or perhaps don't lower yourself all the way to the floor until you get stronger.

Don't let your ego get in the way...if one side is significantly more able than the other, focus a few more reps on the less able side to help it catch up.

Think about how this plays out when you walk, cycle, run...does one leg get tired first? Do you feel it in your back? The asymmetry sets you up for possibly getting hurt as you get more active; when one side is always working harder than the other, compensatory patterns emerge. Take the time now to try to even things up. A little asymmetry isn't a problem (we're all somewhat asymmetrical) but if you notice a big difference right to left, let me know and let's keep tabs on whether it improves or not.

AND ALWAYS:

**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. Your form is more important than anything else

**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!)