

# BUILD-YOUR-OWN WORKOUT

## WARM-UP

Warm-up for about 5-minutes at the beginning of your workout to increase core temp, increase range of motion, limit potential for injury, prevent fatigue during exercise, and provide psychological prep and motivation for class. There are three components.

General Movement: PICK 2  
(30 seconds each)

March/jog in place  
Jumping Jacks  
Butt kicks  
Cardio Machine (3-5 minutes)

Glute Activation: PICK 2  
(10 reps each)

Bodyweight Squats  
Donkey Kicks  
Fire Hydrants  
Mini Band Lateral Steps

Dynamic Flexibility: PICK 3  
(10 reps each)

Leg Swings  
Quad stretch and reach  
Hip Flexor Rocking  
Arm Circles  
Knee Hugs

## STRENGTH - DAY 1

Day 1 strength consists of lower body push and upper body pull. Alternate between lower body and upper body exercises throughout the workout. Choose your own weight for each exercise but aim for the last few reps to be challenging.

Lower Push: PICK 3-5  
(8-12 reps | 2-3 sets)

Squat (any kind)  
Split Squat  
Sumo Squat  
Reverse Lunge  
Lateral Lunge  
Curtsey Lunge  
Bulgarian Lunge  
Leg Press  
Leg Extension  
Abduction  
Donkey Kick  
Fire Hydrant  
Wall Sit

Upper Pull: PICK 3-5  
(8-12 reps | 2-3 sets)

Lat Pull Down  
Pull Ups  
Assisted Pullup  
Row  
Single Arm Row  
Back Fly  
Upright Row  
Lateral Raise  
Bicep Curl  
Hammer Curl  
Skydiver Hold  
Reverse Plank

## STRENGTH - DAY 2

Day 2 strength consists of lower body pull and upper body push. Alternate between lower body and upper body exercises throughout the workout. Choose your own weight for each exercise but aim for the last few reps to be challenging.

Lower Pull: PICK 3-5  
(8-12 reps | 2-3 sets)

Deadlift  
Romanian Deadlift  
Single-leg Deadlift  
Hip Thrust  
Glute Kickback  
Bridges  
Single Leg Bridge  
Adduction  
Hamstring Curl  
Stability Ball Curl

Upper Push: PICK 3-5  
(8-12 reps | 2-3 sets)

Pushup  
Chest Press  
Incline Chest Press  
Chest Fly  
Shoulder Press  
Half Kneeling Shoulder Press  
Tricep Kickback  
Tricep Pushdown  
Tricep Extension  
Dips  
Assisted Dip

## STRETCHING - DAY 1

Finish your workout with stretching to improve flexibility, reduce stiffness, improve posture, and enjoy some relaxation. These stretches specifically target day 1 muscles.

Lower Body: PICK 2  
(30 seconds each)

Foam Roll Quads  
Foam Roll Glutes  
Quad Stretch  
Glute Stretch

Upper Body: PICK 2  
(30 seconds each)

Foam Roll Upper Back  
Side Stretch  
Shoulder Stretch

## STRETCHING - DAY 2

Finish your workout with stretching to improve flexibility, reduce stiffness, improve posture, and enjoy some relaxation. These stretches specifically target day 2 muscles.

Lower Body: PICK 2  
(30 seconds each)

Foam Roll Hamstrings  
Foam Roll Glutes  
Hamstring Stretch  
Glute Stretch

Upper Body: PICK 2  
(30 seconds each)

Chest Stretch  
Tricep Stretch  
Shoulder Stretch