



### ⚠️ Workout Disclaimer

The workouts provided below are for **general fitness and educational purposes only**. They are not a substitute for personalized training, medical advice, or professional supervision. Always consult with your physician or a qualified health professional before beginning any new exercise program, especially if you have existing health conditions, injuries, or concerns.

Perform all exercises at your own risk and within your own limits. Proper form and technique are essential to reduce the risk of injury. If you are unsure how to perform an exercise safely, seek guidance from a certified fitness professional.

By choosing to follow these workouts, you acknowledge that you are doing so voluntarily and assume full responsibility for your participation.

### Monday: Lower Body

#### Warm Up:

5-10 minutes of any dynamic activity to increase HR, body temperature

**Glute Bridges** – 3x 10

**Seated Abduction (Mini Band)** – 1 x 15

**Sit to stands** – 1 x 10

**Splay toes and grip holds for 5 seconds** – 1 x 15

**Hip Airplanes** – 1 x 10

#### Workout:

**Goblet Squats OR Weighted Sit-to-Stands** – 3 x 12

**Dumbbell RDLs** – 3 x 10

**Reverse Lunges** – 3 x 10

**Hip Thrusts – 3 x 10**  
**Calf/Tibialis Raises Superset– 3 x 12**

Cool Down:  
Quadriceps Stretch  
Kneeling Hip Flexor Stretch  
Calf Stretch  
Tibialis Stretch  
Quad Stretch  
Lying knees to chest – back stretch

**Tuesday: Rest**

**Wednesday: Cardio**  
30 mins cardio of choice  
+  
Mobility:

Hip Airplanes – 3 x 10  
Y's & T's  
Half Kneeling DB Shoulder Halo in Hip Flexor Stretch x 10 each direction  
High plank elbow airplanes  
Prone Y Press (no weight, just arms) – 2 x 10

**Thursday: Upper Body**

**Warm Up:**  
5-10 minutes Dynamic Warm up  
Face Pulls – 2 x 15  
Bird-Dogs – 1 x 12  
Band over and the head and back – 1 x 10

**Workout:**  
**Straight arm pull down – 3 X 10**  
**DB Bench Press – 3 x 10**  
**Standing Low Rows – 3 X 10**  
**DB or Plate Press out – 3 x 10**  
**Drag Curls – 3 x 10**  
**Triceps Pushdowns – 3 x 10**  
**Lateral Raises – 3 x 10**

Cool Down:

Half Kneeling DB Shoulder Halo in Hip Flexor Stretch x 10 each direction

Pec Major Stretch

Pec Minor Stretch

Biceps Stretch

Neck/Traps Stretch

Cobra to Child's Pose

**Friday: Core & More**

**Conditioning**

**15 mins cardio of choice**

**Mobility Circuit – Repeat 3 times**

**Banded over and backs – x 10**

**Banded Pull Aparts – x 10**

**Renegade Rows – x 12**

**DB Press out – x 12**

**Paloff Press/Woodchops – x 10 each side**

**Curtsey Lunge – x 20**

**Figure 8's – 30 seconds**

**Knee to Elbow Crunch – 30 seconds**

**Side Plank with leg pulse – 30 seconds each side**

Cool Down:

Half Kneeling DB Shoulder Halo in Hip Flexor Stretch x 10 each direction

High plank elbow airplanes

Prone Trap Angels – 2 x 8

Quadriceps Stretch

Kneeling Hip Flexor Stretch

Foot Bottom Stretch

Elbows- up Lat/T-Spine Stretch

Forearms Stretch

Anchored Traps and Scalene Stretch

Lying knees to chest – back stretch

**Saturday: Rest**

**Sunday: Cardio**

30 mins cardio of choice

+

Mobility:

Hip Airplanes – 3 x 10

Y's & T's

Half Kneeling DB Shoulder Halo in Hip Flexor Stretch x 10 each direction

High plank elbow airplanes

Prone Y Press (no weight, just arms) – 2 x 10