

Wild Rosebuds January Workout

Resistance Program

Mon : Workout

Tues: Walk outside

Wed: Off/stretching/yoga

Thurs: Workout

Fri: Walk outside

Sat: Workout

Sun: Off/stretching/yoga

Tempo (speed at which to perform your repetition) : 3121 This means 3 second eccentric, 1 sec isometric pause, 2 sec concentric, 1 sec isometric pause .

How this applies to your squat for example.

3 seconds down, 1 second pause in bottom of squat, 2 seconds back up, 1 second pause at top before descending over 3 seconds again.

Rest: Detailed within workout

Warm Ups--5 mins cardio of choice, outside jog, walk/run stairs, jumping jacks, skipping rope, run on spot

Stretches

Hold all stretches for 30 to 60 secs 1 to 2 sets (can be repeated after workout, and any day and is recommended daily due to your job

Calves - Standing to wall, straight and bent knee

Quad/Hip Stretch - on floor or standing

Glutes - Lying Figure Four, Kneeling Lunge - 30 to 60 secs per 3 positions

Groin - Seated Frog

Glutes and low back - pigeon

Forearms & Biceps - hand to wall turn away

Triceps - Overhead hand to elbow

Traps - hand behind back turn away and tuck chin

Pecs - Door way or corner stretch

Lats - single arm look away

Equipment :Bodyweight

Body Weight Warm Up if you feel super tight -Optional

Cat / Camel * 10

Bird Dog *10 per side

Bent Knee Wiper * 10 alt

Kneeling lunge stretch * 60 sec per side work various angles

	Workout 2-3 days a week			wk1	wk2	wk3	wk4
		Tempo		Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
1a	Glutes Raises on the floor- 1 leg	4020	4 sec hold at top	2 x 10	2 x 12	2 x 15	2 x 18
1b	Low back Extension on floor	3010	3 sec hold at top	2 x 15	2 x 15	2 x 20	2 x 20
2a	Stationary Lunges	3010		2 x 10	2 x 10	2 x 12	2 x 15
2b	Push up on 1 knee	3010	1 knee bent, 1 leg straight	2 x 5 per	2 x 6 per	2 x 7 per	2 x 8per
3a	Squat to plank	3010		2 x 10	2 x 12	2 x 12	2 x 15
3b	Wall Angels	3010		2 x 10	2 x 10	2 x 10	2 x 10
4	Plank	2010	Reps of 10 sec holds	10 sec	15 sec	20 sec	25 sec

Cool Down

Neck side to side * 10

Cross Body Rear Delt Stretch * 30 secs per arm

Hand to wall * 30 secs per arm

Hamstring Stretch * 45 secs per leg

Cross legged Glute Stretch * 45 sec per side

Kneeling Quad Stretch * 30 secs