

THE EXERCISE DECK JARGON

AMRAP: As Many Rounds As Possible. Complete as many rounds as possible in the allotted time.

EMOM: Every Minute On the Minute; Complete a certain number of reps in less than 60 seconds. The remaining time within the minute serves as your recovery.

EMOM 30:30: Every Minute On the Minute; 30 seconds as many reps as possible, 30 second break.

HIIT: High Intensity Interval Training; involves repeated bouts of high intensity effort followed by varied recovery times.

Pyramid: Complete 50, 40, 30, 20, 10 reps, then 40, 30 ... until you finish with 10 reps on one exercise.

Pyramid 10-1: 10 exercises; first set complete 10 of each, then 9, then 8 ... until you finish with 1 of each.

WU/MS/CD: Warm Up, Middle Set, Cool Down

10 x 10: 10 Exercises, 10 reps of each

30/10 3:2:1: 30 seconds on, 10 second break, 3 sets, 2 sets, 1 set

SL: Single Leg; first do one leg, and then the other

SA: Single Arm; first do one arm, and then the other

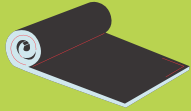
SS: Single Side; first do one side and then the other

ES: Each Side; alternate from side to side

ED: Each Direction; first move in one direction, and then the other

Warm Up A (WUA)

Time: 3 minutes



30 seconds each

- Inch Worms
- Floating Lunge (EL)
- 90-90

- Forward Fold
- Frankensteins
- Mountain Climbers

Inch Worms

Walk hands to feet and back to plank



Floating Lunge

Place foot outside hand



90-90

Swivel hip to change legs



Forward Folds

Keep back straight



Jumping Jack

Controlled movement



Body Weight Squats

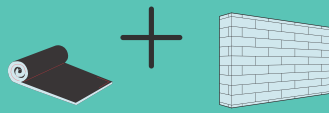
Option to add jump



SET A



EMOM



Time: 20 minutes
Focus Upper body

WARM UP A

MAIN SET (18 MINS)

3 sets

- 15 Body Weight Squts
- 15 Bird Dog Pulse (SL/A)
- 15 Down Dog Heel Taps (ES)
- 25 Wall Push Ups
- 25 Seal Jacks
- 15 Seated Dips

CCOOL DOWN A

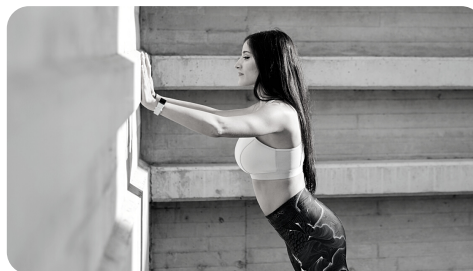
Bodyweight Squats
Keep hips back



Bird Dog Pulse
Pulse each side



Wall Push Ups
For more challenge
increase incline



Down Dog Heel Taps
Touch opposite hand to
heels



Seal Jacks
Bring arms to front

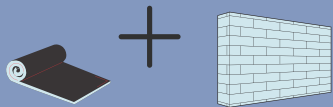


Seated Dips
Elbows point back



Cool Down A (CDA)

Time: 5-7 minutes



1 SET

- 30 secs Seated Fold
- 30 secs Seated Twist (ES)
- 30 secs Lying Glut Stretch (ES)

- 30 Cross Body Shoulders (ES)
- 30 secs Wall Chest Stretch (ES)
- 30 secs World's Greatest Stretch (ES)

Seated Fold
Inhale: lengthen
Exhale Soften



Seated Twist
Activate upper hand



Lying Glut Stretch
Pull leg to chest



Shoulder Stretch
Pull across body



Wall Chest Stretch
Keep arm parallel to floor



World's Greatest Stretch
Upper elbow to floor and reach up

