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JUST ANOTHER MUMMY BLOG

HEALTH *reset*



WEEKLY WORKOUTS

Week Two

*Please see your GP before starting any new exercise routine

HOME *Workouts*

TRAVELLING CIRCUIT

Complete 3-5 sets

Find a space of around 10 metres in your house or backyard. Set a timer for 3 minutes and perform one 10 metre lap of each exercise, (or for an added challenge perform 2 laps each). Do as many sets as you can in the 3 minutes.

Rest adequately and then go for another 3 minute set.

Aim for 2 to 5 sets of this. You can add dumbbells if you have any at home!

Exercises

Walking Lunges
Bear Crawl
Frog Jumps
Jogging

Beginner Variations

Lunges
Bear Hold or Plank
Squat Jumps
Jog on the spot

BODYWEIGHT CIRCUIT + AB BLAST

Complete 3 sets

Squat 12
Squat Jump x 12
Push Up x 12

Sit Ups or Crunches x 12
Ankle Tap Crunches x 12/side
Mountain Climbers x 12/side
Flutter Kicks x 12/side

QUICK BODYWEIGHT LOWER BODY

**Set a time for 10 mins & complete
as many sets as you can!**

Squat x 10
Reverse Lunges x 10/leg
Single Leg Glute Bridge x 10/leg
Glute Bridge x 20

Need a challenge?

Add a pause at the bottom of your squat
Don't alternate legs in the lunges
Add weights if you have them
Add a hold at the top of your glute bridges

DUMBBELL FULL BODY

Complete 4 sets

Chest Press x 12
Bent Over Row x 12

Romanian Deadlift x 12
Lateral Lunge x 8/leg

Goblet Box Squats x 10
(you can use a chair)
Clean & Press x 10

GYM *Workouts*

FULL BODY

Complete 2-4 sets of each superset

Superset #1

Squat (Leg Press) x 10
Dumbbell Push Press x10

Superset #2

Step Ups x 8/leg
Bent Over Row x 10

Superset #3

Lunges (or Bulgarian Split Squat)
Seated Row (or TRX row) x 10

Superset #4

Wall Sit - as long as possible (max 60 sec)
Plank - as long as possible (max 60 sec)

FULL BODY

Complete 2-4 sets of each superset

Superset #1

Deadlift x 10
Lat Pull Down x 10 (or Chin Ups)

Superset #2

Single Leg Deadlift x 8/leg
Push Ups x AMRAP (as many as possible)

Superset #3

Single Leg GLute Bridge x 12/leg
Dips x 12
Bicep Curls x 12

FINISHER- 2 - 6 Sets

Ball Slams 30 sec on/ 30 sec off

CIRCUIT 1 (KETTLEBELLS)

Complete 3 - 6 sets

Start with 16 reps of each and decrease by 2 reps each set you do. (Set 1 = 16 reps of all, Set 2 = 14 reps, Set 3 = 12 reps ... etc)

Rest adequately after each set (1-3 minutes).

Squat
Swing (or deadlift)
High Pull
Push Press

OPTION - Add 60 sec cardio after each set (e.g. Assault Bike, Ski-Erg, Battle Ropes, Slams, Sprints, Squat Jumps etc.)

CIRCUIT 1 (DUMBBELLS)

Complete 3 - 6 sets

Start with 20 reps of each. Decrease by 2 reps each set. (Set 1 = 20 reps, then 18, 16 etc)

Rest adequately after each set (1-3 minutes).

Squat
Swing (or deadlift)
High Pull
Push Press

OPTION - Add a 30 sec to 60 sec plank at the end of each set.

WALKING *Program*

This week lets look at the week as a whole - aiming to do a minimum of 70,000 steps by the end of the week.

Break this up as you see fit - depending on what works for you and your life. Really busy work days may mean you don't get a chance to walk as far, but that's ok you can do a little extra on other days. Record how many steps you get each day and try and make it up to the 70,000 by Sunday.

EXAMPLE:

Monday	12, 500
Tuesday	9, 000
Wednesday	7, 300
Thursday	13, 600
Friday	10, 500
Saturday	11, 000
Sunday	6, 100
TOTAL:	70, 000