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JUST ANOTHER MUMMY BLOG

HEALTH *reset*



WEEKLY WORKOUTS

Week Three

*Please see your GP before starting any new exercise routine



10 minute workouts

This week all workouts will be 10 minutes long!! If you are new to exercise, or short on time these will be perfect for you. Those of you wanting something a little more - you can simply complete two or three of the workouts in one session, or go back to something from week 1 or 2.

Choose a workout to do - set a timer for 10 minutes and complete as many rounds of the workout as you can! Take short rests as and when needed.

GYM Workouts

WORKOUT # 1

Step Ups x 2
Box Jumps x 2
Push Ups x 5
Mountain Climbers x 10/side

WORKOUT # 2 (SLAM BALL)

Slams x 8
Squats (holding slam ball) x 8
Over the shoulder throws x 8
Slam + Burpee x 4

WORKOUT # 3 (TREADMILL)

Sprint (or fast walk/incline jog)
x 30 seconds
Rest 30 seconds

WORKOUT # 4 (UPPER BODY DUMBBELLS)

Bent Over Row x 8
Push Ups x 8
Upright Row x 8
Overhead Press x 8

WORKOUT # 5 (LOWER BODY BARBELL)

Back Squat
Luges
Romanian Deadlift
(Start with 12 x reps of each
then 10, 8, 6 ...)

WORKOUT # 6

Battle Rope Waves x 20
Walking Lunges
Sit Ups x 12

WORKOUT # 7 (GLUTES)

High Step Ups x 6/leg
Narrow Stance Squat x 12
Glute Bridge/Hip Thrust x 12
Booty Band Side Steps x 12/leg

WORKOUT # 8 (5 mins only/do 4 sets)

Bicycle Crunch x 8/side
Plank x 15 seconds
Sit Ups/Crunches x 8
Reverse Crunches

HOME *Workouts*

*** You can add dumbbells to some movements if you have them**

WORKOUT # 1

Squats x 16
Lunges x 8/leg
Squat Jumps x 8
Jumping Lunges x 8/leg

WORKOUT # 2

Alternating Lunges x 16
Side Plank x 15 sec/side
Glute Bridge x 12
Squat x 12

WORKOUT # 3

Single Leg Hip Thrust x 10/leg
Push Ups x 10
Single Leg Deadlift x 8/leg
Tricep Dips x 10
High Knees x 20

WORKOUT # 4

(SKIPPING + ABS -Jog on the spot if you don't have a rope)

Crunches x 10
Ankle Tap Crunches x 10/side
Skipping x 45 seconds

WORKOUT # 5

Squats x 30 seconds
Star Jumps x 30 seconds
High knees (or jog on spot) x 30 seconds
Rest x 30 seconds

WORKOUT # 6 (DUMBBELLS)

Renegade Row x 5/side
Chest Press x 10
Overhead Tricep Extension x 10
Alternating Shoulder Press x 5/

WORKOUT # 7

Prisoner Squats x 12 (hands on head)
Prisoner Stand Ups x 3/side (hands on head, drop down to knees then stand up again)
Bear Crawl x 20 paces
Plank Push Up x 3/side

WORKOUT # 8

(5 mins only/do 4 sets)

Plank with alternating leg lift x 4/side
Side Plank x 15 seconds /side
Hollow Body Hold x 15 seconds
Reverse Crunches x 8

WALKING *Program*

Keep track of your daily steps and aim to get your average of 10,000 steps per day (70,000 by the end of the week).

NB If 10,000 a day is out of reach for you at the moment, set your targets a bit lower (e.g. 7,500 daily) making sure you still have to get out of your comfort zone in order to reach.

EXAMPLE: 10,000 daily average

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

EXAMPLE: 10,000 daily average

Monday	8, 250
Tuesday	7, 700
Wednesday	7, 300
Thursday	5, 600
Friday	4, 250
Saturday	12, 000
Sunday	7, 400
TOTAL:	70, 000