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JUST ANOTHER MUMMY BLOG

HEALTH *reset*



WEEKLY WORKOUTS

Week Four

*Please see your GP before starting any new exercise routine

GYM *Workouts*

This week we are adding in some different styles of training - boxing, WOD style and some EMOMs (every minute on the minute). You can google a demo of the boxing moves if you are unfamiliar with them.

WORKOUT # 1

WOD (Workout Of The Day)

Complete 6 rounds of:

Deadlifts x 6

Push Ups x 6

Burpees x 6

Goblet Squats x 6

Squat Press x 6

6 x DB Cleans

WORKOUT # 3

EMOM (Every Minute On The Minute)

Set a timer to ring every minute. As soon as the bell goes, perform the set exercises for that minute. Once complete, rest for the remainder of the minute.

Complete 3-5 rounds of:

Minute 1: 10 calories Assault Bike

Minute 2: 15 Push Ups

Minute 3: 20 Mountain Climber (per side)

WORKOUT # 2

WOD (Workout Of The Day)

Complete 3-5 rounds of:

Deadlifts x 6

Push Ups x 6

Burpees x 6

Goblet Squats x 6

Squat Press x 6

6 x DB Cleans

WORKOUT # 4

EMOM (Every Minute On The Minute)

Set a timer to ring every minute. As soon as the bell goes, perform the set exercises for that minute. Once complete, rest for the remainder of the minute.

Aim for 10 minutes of this one:

5 KB Squat Press

6 KB Swing

8 Jumping Lunges

HOME *Workouts*

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

WORKOUT # 1

Do 3 sets of each circuit, resting between sets

20 seconds Low Impact Jog
 20 seconds High Knees
 20 seconds Heel to Butt Jog
 20 seconds Bodyweight Squats

Star Jumps x 20
 Toe Tap Crunch x 20
 Jump Lunges x 20

WORKOUT # 2

Do 3 sets of each circuit, resting between sets

Reverse Lunges x 8/leg
 Forward Lunges x 8/leg
 Curtsy Lunges x 8/leg

Glute Bridge x 20
 Side Lying Leg Lift x 20/leg
 Fire Hydrants x 20/leg

WORKOUT # 3 BOXING

Set a timer to ring every 30 seconds and perform the following:

30 seconds of:

1 Jab, 1 Cross (slow speed)
 1 Jab, 1 Cross (fast speed)
 Boxer Sit Ups
 1 Jab, 2 Cross, 1 Hook
 High Knees
 Alternating Uppercuts (fast speed)

Rest and repeat 1-3 more times

WORKOUT # 4 BOXING

Set a timer to ring every 30 seconds and perform the following:

30 seconds of:

1 Jab, 1 Cross, 1 Hook
 1 Jab, 1 Cross, 1 Hook, 1 Uppercut
 Skipping/Jogging on the spot
 2 Jabs, 1 Uppercut
 1 Jab, 2 Crosses
 Skipping/ Jogging on the spot

Rest and repeat 1-3 more times

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