

EE

STRENGTH

Coach Heather's

3X MIX (DUMBBELL, MINI BAND, CARDIO)



Workout #1 – CARDI-OH!

Warm-Up

- Glute Mobility (Hold Leg 5 seconds each leg, 2 reps each leg)
- Side lunges back and forth (2-3 seconds each side, 12 reps total)
- Arm Rotations; forward and backward (15 seconds each)

Workout

FOR EACH SET: 30 seconds each exercise (unless otherwise specified), go through each set 3 times before you switch to the next – minimal rest during sets

1a Wide Mountain Climbers

1b Butt Kickers

1c Jumping Jacks

1d High Knees

Rest 45 seconds after completion of 3 sets

2a Squat thrust w/ 5 second hold at squat – **Modification, bodyweight squats in place**

2b Invisible Jump Rope (Use your hands as if you were holding a rope; for more of a challenge

try different footwork with each round)

2c Long Jump w/ jog back (3 x 5) – **Modification, Alt fwd lunges (3 x 30 seconds)**

Rest 45 seconds after completion of 3 sets

3a Hip lift crunch (with your arms under your butt, raise your legs toward the sky lifting your

butt off the floor)

3b Ankle touches

3c Raised leg crunches

*Be sure to cool down with some stretching and if you have a foam roller at home, roll out those tender areas for about 30 seconds each

Workout #2 – Resistance Band

Warm-Up

- Hip Mobility Leg Swings (Forward and Side to Side) 10 reps each leg, you can hold on to a chair or pole to accomplish this
- March in place while swinging arms front to back (30 seconds)
- Hip Rotations (10 each leg)

Workout

Sets: 3

Repetitions: 12-15 each exercise unless otherwise specified

- 1a Band pull apart – Set hands inside of the band, palms facing in (upper back)
- 2a Band pull apart – Set hands inside of the band, palms facing up (Chest and Biceps)
- 3a Band pull apart – Set hands inside of the band, palms facing down (shoulders)
 - 1a-1c: Feet hip width apart, stack shoulders over hips. Straighten arms and engage core. Draw hands away from each other, hold for 5 seconds and release.*

- 2a Hip Adduction - Working leg is moving to the inside of your body towards your opposite leg
- 2b Hip Abduction - Working leg is moving away from your body
- 2c Standing Kickback
 - 2a- 2c : For all movements, place the band at your ankles. The leg that is grounded, be sure to have your knee slightly bent (never locked) while your other leg is working*

- 3a Banded squats – Set band around top of the knees,
 - Hold at the bottom for 2-3 seconds and explode up.*
- 3b Single leg floor bridge - Set band below (harder) or above your knees (easier)
 - Once you reach full extension at the top of the bridge, hold the movement for 1-2 seconds at the top. Your glutes should be completely activated and squeezed.*
 - **3b Modification –double leg floor bridge**
 - **3b Single leg challenge - shift your heel further away from your butt, activating your hamstring**

- 4a Reverse Crunches (3 x 15)
- 4b Leg Lifts (3 x 15)
- 4c Oblique Crunches (3 x 15 each side)

*Be sure to cool down with some stretching and if you have a foam roller at home, roll out those tender areas for about 30 seconds each

Workout #3 – Dumbbell (light to moderate weight)

Warm Up

- Arm Swings (20 seconds forward and backward)
- Spider-man (8 total, hold for 2-3 seconds)
- Lunge Side to Side (5 each side, hold for 2-3 seconds each side)
- Body weight Single Leg Russian Deadlift (8 each side)

Workout

1a Single arm DB OH push press (3 x 20 each arm)

1b Alternating arm DB front raise (3 x 20 each arm)

1c Bent over single arm DB row (3 x 20 each arm)

1d DB Overhead Extension on back (3 x 20)

2a DB floor single arm chest press (switch arms up at the top) (3 x 20 each arm)

2b DB floor pectoral fly (3 x 20)

3a Single leg single arm DB Russian deadlifts (3 x 12 each side) Modification – Double leg RDL

3b Reverse Lunge with DB Twist (3 x 45 seconds) Modification - NO TWIST

3c DB sumo squats (3 x 45 seconds)

4a Side Bend with DB (2 x 60 seconds each side)

4b Russian Twists w/ DB (2 x 60 seconds)

*Be sure to cool down with some stretching and if you have a foam roller at home, roll out those tender areas for about 30 seconds each