

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

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