

Exercise for this week (4 workouts)

Please complete the ParQ and waiver before starting physical activity.

Note: you should seek guidance from your family doctor and any specialists you have available to you. If you are looking for a referral to physical therapy specialists or alternative practitioners reach out to the team at amysyed.ca

Please note all exercises are at your own risk. We will also be posting videos to show you how you can do these exercises in a safe manner with modifications for people who have chronic health issues or injuries.

Staying active consistently everyday is a pillar of this program. It keeps your mind and body in synch with the changes you will be experiencing through the program. It is very important in lieu of these exercises (if you choose not to do the workouts) you stay active for 15 minutes consistently at least 4 days a week – preferably daily.

Please set a timer and ensure you are working out 15 minutes minimum, if that is all you can do, these workouts are built to improve your overall fitness whether you work out just the 15 minutes or more. We use all muscle groups working from larger groups to smaller and you should see an overall conditioning affect.

If you have injuries, or would like advanced versions of the workouts, email us at amy@amysyed.ca and we will send you alternate exercises.

Day 1

Timed warm up at 3+ minutes

Pushups (can start from knee) x10

Squats (with a weight) x20

Tricep pull (with a weight) x10 (behind your head, hands together)

Bicep curl (with weight) x 10

Break ~30 seconds

Repeat

Break ~30 seconds

Repeat

Break ~45 seconds

Plank (30 second or more)

For more advanced move alternate hands and elbow for 20 rounds

Cycle elbow to knee for 20+ rotations

Break ~25 seconds

Repeat

Total 15 minutes

Importance of building large muscles groups to smaller and metabolic improvements overall

Building the larger muscle groups raises your metabolic levels at rest therefore reducing fat storage in the long run. It is important in the program for success you follow the minimal requirements to obtain maximum benefits.

This program is what you make it. Workouts are only required for 4 days every week on rotation.

Day 2

3 minute warm up (you can do anything that gets your resting heart rate up) **including** burpees, running, skip rope, low impact includes speed walking, biking, jogging on the spot.

Shoulder press with lunge (x10)

Here you can do a walking lunge for advance or standing lunge, 10 times each side. Every other lunge you will shoulder press as you come up. Push through heels. Hold weights or cans in each hand preferably 5 lbs or more.

Rest ~30 sec

Reverse fly, stand with legs together, knees slightly bent, squeeze shoulder blades together and lift weight in hands through your shoulders. (Complete x10)

Rest ~30 sec

Squat and front raise x10

Squat in spot, as you come up lift both arms in front of you with weight simultaneously

Rest ~30 sec

Take a weight in each hand and plank while holding them. Weight is optional. Take one hand with weight, lift up into the air perpendicular to your body as you twist and repeat on both sides 8-10x

Repeat this circuit three times.

Day 3

Run or skip or bike:

1 minute warmup

2 minute intense (your maximum speed)

1-2 min slower

2-3 min intense (your maximum speed)

2 minute slower

2-3 min intense (your maximum speed)

2 minute cool down

Interval training is excellent for building strength, improving cardiovascular activity and training for longer term cardiovascular activity in the future. It is also excellent for weight loss.

Interval training at least once a week – will improve your fitness overall faster than it would using traditional methods of training. The program has one interval training session built into your roadmap a week through the longevity of the program.

Day 4

Deadlift: Stand with your legs shoulder width apart and slightly bent, hold bar or weights in each hand. Start on the ground in front of your, lift the weight with your hands gripping weight downwards, up to shoulder (collarbone). Flip your hands so your palms are facing upwards while gripping weights/bar, push over head. This should be done with a heavier weight (12lbs or more) x10-12

Low incline bench press or flat if you can't find incline surface (x10)
Lean against a edge of bed, or stability ball so your back makes a 45 degrees angle, if this is not possible with your feet flat on the ground, then lie back on the floor (preferably on a mat). Hold the weight in front of you at same level as your nipples, with elbows bent at 90 degrees, fists pointing forward. Lift arms to meet in front of your at the centre of your chest in front of you.
Rest ~30 sec

Lying hip thrusts (x20)
Lie flat with your knees bent at 45 degrees or less, push through your bum, to lift your hips to the air. Use your hands for stability on either side of your body. If you can handle more than just lifting your hips, you can add a weight to sit between your hips when you thrust upwards. Hold when you push up and count 3-5 seconds (1 – one thousand, 2-onethousand...)

Side plank with overhead raise (x10 on each side)
Start in plank position, bring your feet together and take your lefthand, twist so you are facing one side with your body, lift this hand above you overhead. Try to balance on this side, and hold for 3-5 seconds. Return o your plank and complete on the other side.

Rest ~ 30 seconds

Repeat above 3 times