

SIMPLE FITNESS PACKET

My name is Nate and I'm a husband, father to three kiddos, a dorm dad to 20 high school girls and a follower of Jesus. I encourage you to read about our family's story and the good work that we are called to and get to be a part of in Kandern, Germany. Please explore our website at: yesonthetable.org.

Please take 10 minutes of your time to read through this packet before you start. I built this packet to provide a simple and free workout plan to those who are interested. Over the years, the main thing I hear from people that want to get fit is, 'what do I do?' or "how do I start". It's easier than you think. The first decision is to start doing something. Read through this packet and then make a commitment and then manage that decision well. Don't give yourself an option once you've made the decision. If you commit, then you are not having to make the daily decision to workout everyday because the decision has already been made. You are simply managing that decision and the what, when, where, etc... to make it happen.

Also, I am a certified strength coach and have coached track and field at the college level for 20 years. So if you see MNU or Iowa State or other college names on these workouts, it's because I did not want to re-edit them with different names. But my accolades aren't really important. What's important is empowering you to take your first, second, third steps and so on.

The majority of these workouts/routines are full body workouts. They will hit legs, push and pull movements and involve all major muscle groups. Most of these workouts/routines require very little or no weights and can be done in 10-30 minutes. After 10-14 days, you will start to feel better and stronger (probably a bit sore too;)). After 14-21 days, you'll start to see differences, outlines of muscles being used and maybe the scale will reflect it as well. Three to four weeks in you'll be hooked and will be able to start upping your reps and do exercises that you couldn't do previously because your body will adapt. Stick with it! It'll be worth it! Also, print out this packet and have a guide that you can chart progress.

Keep in mind... I'm a PE/Health major, not an English major. I put this together as quickly as possible. No need to criticize my english and document/sentence structure or any typo's.. I already know it could be better. I wanted to get you a workout packet ASAP amidst our busy lives because I think it will be helpful for you. I hope you enjoy it!

Lastly, our family is working as missionaries and we raise our own financial support to accomplish the work we are doing. If you want to talk more about becoming part of our monthly or yearly support team, please contact me or follow the links on our website to jump on board! Thanks for checking out yesonthetable.org and let's get to the workouts!

Simple Fitness Packet

Disclaimer

You are choosing to do these workouts on your own free will. This is free and open advice. If you choose to complete these workouts, it is at your own discretion and at your own risk.

Welcome to Simple Fitness

These are simple workouts that are meant to help give guidance to develop healthy routines. I've included a couple safeguards to help you stick to these routines. A goal setting sheet and a few other things that help you go beyond the "I want to lose some weight" into creating healthy habits that stick. This is a good starting place to help kick off your first couple months and can be used long term into the future.

Now, let's face it, if you already had great routines and amazing discipline, you would not be reading this. That's why I made an easy to follow plan. One of the main things I hear in individuals pursuing fitness is, "What do I do?" I hope this gives direction.

Lastly, I have put in some additional challenges. Yes, you can lose a little bit of weight, get a bit stronger and more heart healthy and develop some good habits by following these routines. But let's grow in all areas! I'm a firm believer that it's hard to grow in one area of life without growth in many areas. So, I've included a goal setting sheet, resources on a good book or two for good habit building, videos to watch (seriously, watch the video on Is Sugar Toxic, I'll change your life!), and a few other things.

First, take 10-15 minutes to review your goals. If you already have goals written down and a plan, great. Maybe skip this step. If you have no goals, then fill out the simple goal sheet in this document and work on intentionality in areas of your life. It will make a big difference when things get tough.

- a) Start with a why! Why are you reading this and want to start working out? Probably because you've identified a need in your life. OK, great, you have a starting point. So, let's dig to a deeper why. Maybe to be fit to play with your kids, feel stronger and gain confidence, for your heart health or maybe you're tired of giving into instant gratification and realize it's a lie and will never give you joy. If you can ground yourself in WHY, then you will have more dedication (not motivation but dedication) to the goal of finishing the month strong.
- b) When goal setting, think beyond physical fitness into pursuing your faith deeper (Yes, I'm all in with Jesus and creating these workouts is one thing I'm called to. Ask me if you have more questions or want to pursue a conversation about what that looks like for me), valuing and loving your spouse more, spending quality time with family/friends, developing yourself professionally or learning a deeper level of discipline that only comes through physical activity. Take steps in becoming more:
 - i) Spiritually Fit
 - ii) Relationally Family Fit
 - iii) Professionally Fit
 - iv) Physical Fit

Additional Info

Warm-ups and starting light

Walk/Jog/Move and get heart rate up for 3-5 min. Stretch if you need to but you can go into your workout after just a few minutes of getting the blood from your thoracic cavity (Torso/body) out to your arms and legs (My warmup most days is spending 2 minutes on a crappy old rowing machine). Start the workout slow and with light weights (ridiculously light) if the workout calls for it, or no weights at all. Use the first set/exercise or two as a continuation of your warm-up to get the body moving. Seriously, go light and then go heavier if you can or if it is appropriate. Always, ALWAYS start lighter with less reps than you think you should. You want to be able to maintain your workout, not go too deep too fast. Too heavy too quickly is an easy way to ruin a workout. Read that again. Chances are you're not fit. So, start with light weight/reps. Yes, a warm-up could/should involve more than this... if you're doing serious training. For now, get moving and you'll start feeling the need for a more in depth warm-up once you get a bit more fit.

Modifying the Exercises

Hey, if you need to do a bunch of push-ups in a workout, and you can only do three push-ups (or can't do a push-up), then modify the exercise. Currently, I do push-ups with my knees on the ground and sometimes with my hands on a weight bench. Why? My shoulders can't handle the load of full push-ups from stress on them in my earlier years of living (yeah, I probably need to get that checked out), so, modification allows me to get more reps in till I can get stronger. Can't do as many bodyweight squats as it calls for? Cool, hang onto a squat rack or doorknob or chair and lighten the load. Can't do lunges? OK, then do step ups or lunges between chairs and hang onto them to assist the movement.. Can't do pull-ups? Do lat-pull downs or a different pull movement. Again, just get started. No one cares if you can't do the full exercise. Ladies, modify away and make it as easy as you need to. Men, you won't lose your man card because you have to amend a few workouts, but you might lose it if you can't learn a bit of discipline and start doing hard things. So get started, modify as much as you need to and get going!

Additional Workouts

Let's say you want more than 3X's per week. Cool. I've included some additional options. I know it's hard to just come up with stuff. OR, I suggest picking from the additional exercises I've included. However, try not to overwork your muscle groups in any one area. You want a bigger chest, great. Just know that you need a rest day between all those push-up days. Put a cardio day in between and/or choose a yoga routine.

Details and Additional Workouts

Cardio - Bruh (and Gals), do something. YES, you can substitute jogging/biking/swimming, etc... with the extra core routines included and just keep your heart rate up. However, again, be careful to not overstress your muscle groups with the same exercises each day. I'm going to be doing some super slow jogging. After four weeks, I'll be moving a bit faster or my body will tell me to stop jogging and hike, bike or do core routines instead. Jogging is a struggle, but when I go slow and manage my heart rate, I enjoy it. Get active and have fun.

Longevity

You'll need to take some ownership here. I've given you many tools to put to use and a four week plan. From there, you can substitute these workouts and routines to help you develop a plan that will last for as long as you want.

A Bit Of Advice

Three days a week (and light stretching on Sundays) is a good start to feel better. You may lose a little weight with only three of these workouts a week (depending on diet). However, if you limit sugar, you'll lose quite a bit more weight than with workouts alone. Once you move to four workouts a week and you are working out more days a week than not working out, you'll notice significant differences. Completing 5-6 days is achievable as some of these routines can be knocked out in 5-10min.

Things to try

- No sugar (or no excess sugar).
- Make a hard decision and stick with it. Here's some ideas (Don't try to do them all, just pick one).
 - a. Limit eating significantly or all together after 8-8:30pm. Just drink water.
 - b. Don't eat if you are not hungry. Weird, eh? Seriously though, eating is a knee jerk response for most of us.
 - c. Drink water before grabbing snacks. Many times, we mis-interpret dehydration and hunger. Drink 8-16oz of water and wait 5min.
 - d. Don't overthink it. And don't buy crap at the store you know you will eat at 11pm. Create new habits and mindsets that will allow you to take better care of your body.

Extra Ideas on Goals for the next few months...

Month 1) Physical

- a) Limit Sugar
- b) No excess sugar. Meaning, no desserts, sweets or soda. Sugar in normal food is OK but eight christmas cookies may bring more than temporary happiness. Mainly health problems and excess weight gain over time. Make a decision and provide yourself freedom from the easy sweet tooth grab.

Month 2) Spiritual

- a) Set daily goal of 5-15min reading, time in prayer, meditation or just being quiet to allow your mind to think.

Month 3) Family

- c) Set Family Goals
 - i) Time together first - Plan 1 on 1 time with each family member this month.
 - ii) Plan date nights with your spouse (nights is plural. Plan more than one).

Month 4) Professional

- d) Read/Podcast listen/Pursue one area of growth
 - i) Find a good book to read.
 - ii) Goal Setting, Leadership, Parenting, Marriage

Lastly

Don't think you have time? Check your social media screen time/binge watching show time from last week and your video game playing time. If you spent any time on either of those, you have time. That's right, I said any! Question is, are you going to forfeit your time to things that yield you nothing or use your time for things that bring you closer to God, Family and Personal Fitness and Goals? Try this little saying... “_____ before phone.” Try saying in the morning, “Workout Before Phone” or “Reading before phone”. Start making easy changes and take small achievable steps.

Some Good/Basic Resources

- 1) Book - Atomic Habits - <https://jamesclear.com/atomic-habits> - Great for Habit Building
- 2) Book - [Slight Edge](#) - Great for learning how to do the small things over time.
- 3) Book - Jordan Raynor - [Redeeming your time](#) - Great for using your time wisely.
- 4) Book - John Mark Comer - [Practicing the Way](#) - Just a great read!
- 5) Video - Is Sugar Toxic/MUST WATCH! https://www.youtube.com/watch?v=B56Gpf1f5_A
- 6) Goal Sheet - Attached below

Workouts! Hooray!

Honestly, there is no need for hype. These are achievable, easy and you need little to no equipment to complete. There are pictures of the routines included. For many of the routines, you can substitute dumbbells, medicine balls, kettlebells, or just heavy bricks, backpacks or anything you have laying around. Seriously, JUST START AND GET IT GOING! DO NOT BUY EQUIPMENT UNTIL YOU HAVE COMPLETED AT LEAST 2 WEEKS OF WORKOUTS. (Pushing around a couple bricks or a cinder block in your backyard for a couple weeks will make you feel pretty amazing and people will think you're tough!) If you have equipment, great, use it!

I don't go into depth on the form of these exercises. They can easily be looked up online. I will say, check out this video when doing squats. <https://www.youtube.com/shorts/AIZ8q1qruKw> - Remember, keep your weight balanced on your feet and even back on your heels (not on your toes at the bottom of the squat). To help with technique, hang onto a doorknob or chair to get to the bottom of the squat on your heels.

Week 1 Workouts (And Limit Sugar Challenge)

- Beast Routine 1 or Gimme Strength Routine if you don't have dumbbells or weights to use. (Complete 1-3 rounds) and Easy Stretching
- Cardio - 20min jog, walk, bike, swim, or just go play basketball, pickleball, core routine, etc...
- AMRAP 1 (As Many Rounds As Possible) - 20 minutes
- Day 4 suggestion - Mrtyl or Pedestal 1 Routine

Week 2 Workouts (Maybe focus on spiritual fitness)

- Plate Pillar Circuit (Light weights and complete 1-3 times) and Stretch
- Cardio - 25min jog, walk, bike, swim, or just go play basketball, pickleball, core routine, etc...
- AMRAP 2 - 20 minutes
- Day 4 suggestion - Body Weight 1 Routine

Week 3 Workouts (Maybe pursue relationships)

- Gimme Routine 1 & 2 (or keep going until you hit 20min)
- Cardio - 30 min... you get the idea
- 100 workout - AKA Angie workout in Crossfit
 - For time - Complete 100 push-ups/100 squats/100 sit ups/100 pull-ups (lat pull downs)
 - I usually shoot for 10 sets of 10.
- Day 4 suggestion - Ultimate Routine one or two times.

Week 4 Workouts (Maybe pursue an area of professional growth)

- Beast Routine 1 and 2 (keep looping the workout until you hit 20-30 minutes)
- Cardio - 30-40min
- 5/10/15 AMRAP - Complete 5 pull-ups, 10 push-ups and 15 squats. As many rounds as you can in 20 minutes.
- Day 4 Suggestion - Body Weight 2

Once you've finished four weeks, look through all the routines and create your next four weeks!

Goal Sheet

Goal Setting Guidelines

- 1) Be Specific
- 2) Set your goals in positive terms
- 3) Make your goals difficult, but realistic
- 4) Make both long-term and short-term goals (Goal Staircase)
- 5) Set process and performance goals
- 6) Write your goals down
- 7) Set strategies for achieving your goals
- 8) Monitor your goals – evaluate your achievement

Performance Goals (Long term goals for a month, a year or longer you want to work towards)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Process Goals (Day to day steps that will help you achieve your performance goals):

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Barriers/Obstacles to achieving your goals:

- 1) _____
- 2) _____
- 3) _____

What will I do when faced with opposition? How will I overcome these barriers?

- 1) _____
- 2) _____
- 3) _____

Who can I tell about these goals? (Telling someone helps keep you accountable).

Stretching And General Strength Workouts/Routines

These are all included with pictures below.

Stretching

- 1) Easy Stretching
- 2) Yoga 1 & 2
- 3) Rope Stretching

General Strength Routine

- 1) AMRAP Routines
- 2) Beast Routines
- 3) Body Weight Routines
- 4) Core H
- 5) Core F
- 6) Gimme Routines
- 7) Glute Routines
- 8) Kettlebell Routines
- 9) MB Routines
- 10) Myrtl
- 11) Pedestal Routines
- 12) Special Abs
- 13) Ultimate Routine
- 14) Shin Splint-Ankle Strengthening
- 15) Hanging Abs/8min abs

Calendar

Put a simple checkmark on the day you worked out. And/or write down the routine you did and if you did the Small, Medium, or Large amount of reps.

Stretching

Easy Stretching

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QUADS/PSOAS

CALVES

ARMS

PELVIS
10 FULL SQUATS



DOUBLE LEG TOE TOUCH

SPLIT

BUTTERFLY

HURDLER STRETCH OR
NON HURDLE

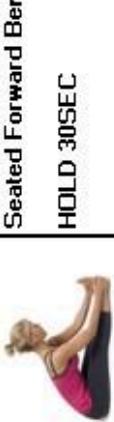
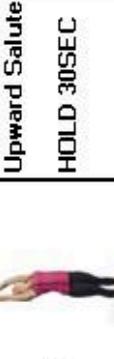
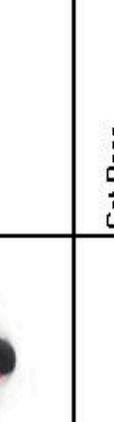
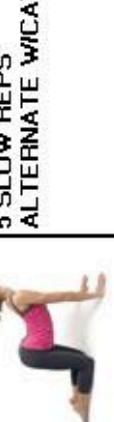
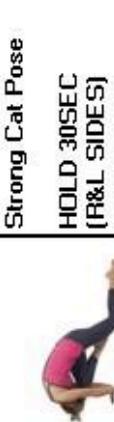
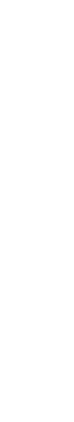
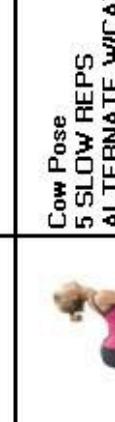
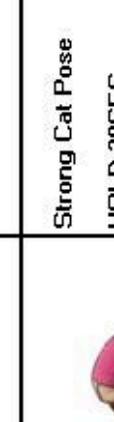
KNEE TO CHEST, OVER,
EXTEND

PRETZEL

YOGA I

 1	Full Supine Stretch HOLD 30SEC	 8	Upward Facing Dog Pose HOLD 30SEC
 2	Reclined Big Toe Pose HOLD 30SEC (R&L SIDES)	 9	Head to Knee Pose HOLD 30SEC (R&L SIDES)
 3	Knee Down Twist Pose HOLD 30SEC (R&L SIDES)	 10	Bound Angle Pose HOLD 30SEC
 4	Happy Baby Pose HOLD 30SEC	 11	Lizard Pose HOLD 30SEC (R&L SIDES)
 5	Cat Pose 8 SLOW REPS ALTERNATE W/Cow Pos	 12	One-Leg King Pigeon I Pose HOLD 30SEC (R&L SIDES)
 6	Cow Pose 8 SLOW REPS ALTERNATE W/CAT Pos	 13	Half Lord of the Fishes Pose HOLD 30SEC (R&L SIDES)
 7	Side Lunge Pose HOLD 30SEC (R&L SIDES)	 14	Full Supine Stretch HOLD 30SEC

YOGA II

1	Seated Forward Bend P HOLD 30SEC		Upward Salute HOLD 30SEC		22
2	Upward Plank Pose HOLD 30SEC		Standing Forward Bend HOLD 30SEC		23
3	Bound Angle Forward B HOLD 30SEC		Side Lunge Pose HOLD 30SEC (R&L SIDES)		15
4	Full Boat Pose HOLD 30SEC		Half-Moon Side Stretch HOLD 15SEC (R&L SIDES)		16
5	Cat Pose 5 SLOW REPS ALTERNATE W/CAT PO		Standing Forward Bend Pose HOLD 30SEC		17
6	Cow Pose 5 SLOW REPS ALTERNATE W/CAT PO		Powerful Pose HOLD 30SEC		18
7	Strong Cat Pose HOLD 30SEC (R&L SIDES)		Crescent Moon Pose HOLD 30SEC (R&L SIDES)		19
8	Balancing Table Pose HOLD 30SEC (R&L SIDES)		Warrior 2 Pose HOLD 30SEC (R&L SIDES)		20
9	Half Lord of the Fishes P HOLD 30SEC (R&L SIDES)		Extended Side Angle Pose HOLD 30SEC (R&L SIDES)		21
10	Downward Facing Dog P HOLD 30SEC				
11					
12					
13					
14					

Stretching

Rope Stretching

HAMSTRING STRETCH



SIDE



ACROSS BODY



QUAD/PSOAS STRETCH



These are not the only ways to stretch these muscle groups. However, using a rope doing these stretches will allow you to get a long and maximum stretch.

OR

HIP FLEXOR/PSOAS



General Strength

AMRAP 1

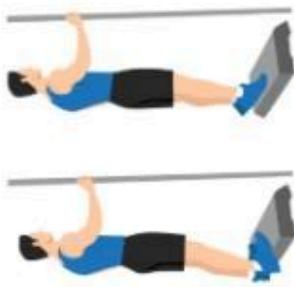
Body Weight Squats
S-5 M-10 L-15



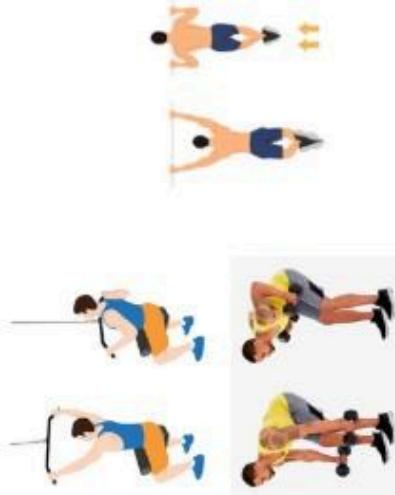
Push-Ups
S-5 M-10 L-15



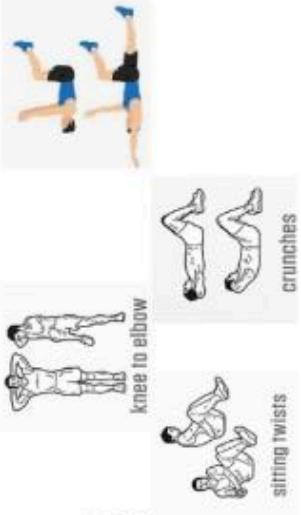
Core
S-10 M-15 L-20



Calf Raises
S-10 M-15 L-20



Lat-Pull Down/Pull-ups
Or Pull Exercise
S-5 M-10 L-15



Core
S-10 M-15 L-20

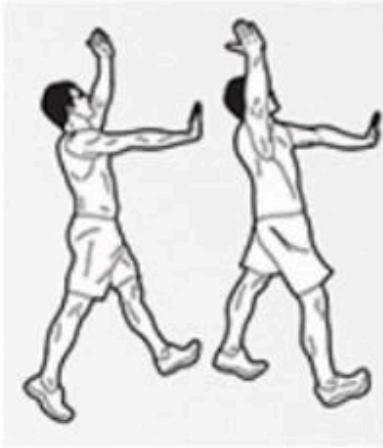
General Strength

AMRAP 2



Squat with
Oblique Twist
S-8e M-12e L-15e

e = each side



Alternating Arm/Leg
Plank
S-5e M-8e L-12e

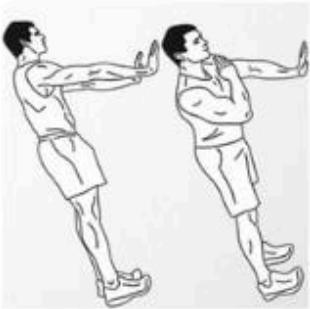
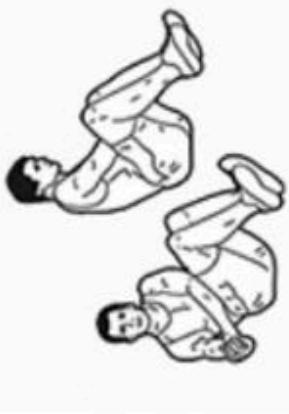


Glute Bridge Walk
S-5e M-8e L-12e

Sitting Twists
S-10e M-15e L-20e

Upright Row
S-10 M-15 L-20

Shoulder Taps
S-10e M-15e L-20e



General Strength

Beast Routine Part I

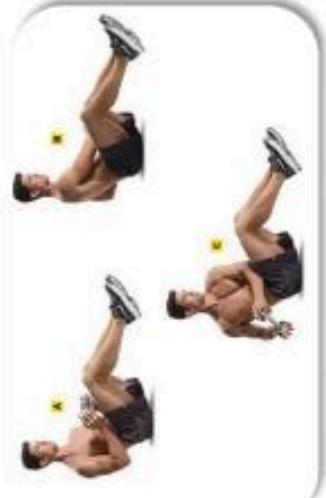
Sumo Pull to Push Press

S-12 M-15 L-20



RUSSIAN TWIST

S-15E M-20E L-30E



BENT OVER ROW

S-12 M-15 L-20



GLUTE BRIDGE FLY'S

S-15 M-20 L-30



WALKING OVERHEAD LUNGE

S-5E M-7E L-10E



DB WOOD CHOP

S-10E M-15E L-20E



RENEGADE ROW

S-4E M-7E L-10E



GLUTE BRIDGE HOLD 1" @ TOP

S-10 M-15 L-20



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General Strength

Beast Routine Part II

ALTERNATING STEP-UPS

S-10E M-15E L-20E



Change legs
each rep
AND toe's
dorsiflexed at
top.

V-SIT (USE DB NOT MB)

S-15E M-20E L-25E



DIAGONAL WOODCHOP

S-10E M-12E L-15E



GLUTE BRIDGE PRESS
S-15 M-20 L-30



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SUMO DEADLIFT HIGH PULL

S-15E M-20E L-25E



T-PUSH-UP

S-3E / M-5E / L-7E
6 REPS/PS / 10 REPS/PS / 14 REPS/PS



TURKISH GET UP

S-3E M-5E L-7E



General Strength

Body Weight 1

Single Leg RDL
S-5e M-10e L-15e



Hand to Elbow Plank
S-5 M-10 L-15



Push-up/Toe Touch
S-4e M-8e L-12e

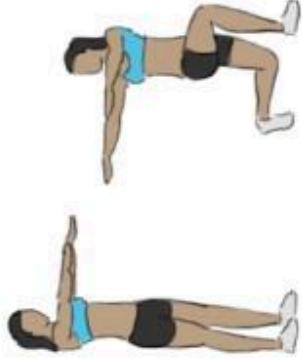
If you can't do a push up, just do the toe touches



Good Morning to
Reverse Fly
S-10 M-15 L-20



Alternating Lunge
w/Twist
S-5e M-8e L-10e



V-sit with Rotation
S-10e M-15e L-20e



GENERAL STRENGTH POSTURAL: CORE F

Running **DVDs**
com

BUILDING A BETTER RUNNER

MEDICINE BALL
PLANK

KNEE TO ELBOW

LYING
WOOD CHOP

30 SEC
60 SEC
EACH SIDE



MEDICINE BALL
KNEE TO ELBOW

SEATED
FIGURE-8

30 SEC
60 SEC
EACH SIDE



USE LIGHT MB!

60 SEC



1
2

SEATED
FIGURE-8

USE LIGHT MB!

60 SEC



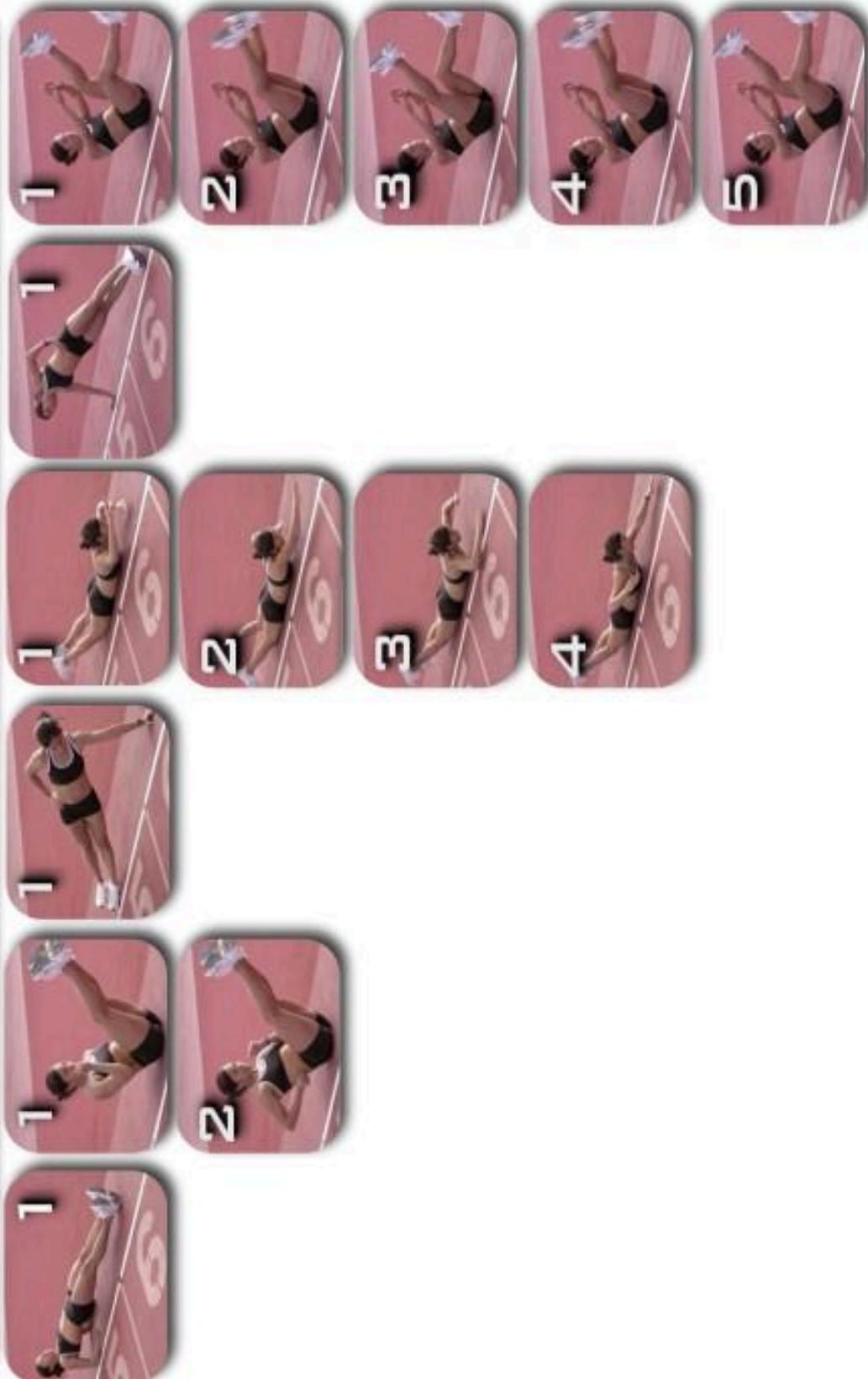
GENERAL STRENGTH POSTURAL: CORE H

RunningDVDs.com

BUILDING A BETTER RUNNER



PRONE	RUNNING V-SIT	LATERAL PLANK	BACK HYPER - LEFT SIDE	FLUTTER KICKS AND ARMS	60 SEC	60 SEC	60 SEC	60 SEC
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**GENERAL STRENGTH
POSTURAL: CORE H**

Running DVDS
.com

**BUILDING A
BETTER RUNNER**



BACK HYPER - SIT-UP, ELBOW
SCISSORS AND TO KNEE
BREASTSTROKE

60 SEC

SCISSOR,
OVER-UNDER
V-SIT

60 SEC

INDIAN SIT
CRUNCHES

60 SEC



General Strength

Body Weight 2

Push-ups



Squat Jumps



Crunches



Triangle Push-ups



OR

Run In Place
Count Seconds



Complete 2 reps of each exercise, then 4 reps, then 8, then back down to 6, 4, 2
Or try different combinations of 2,4,6,8,6,4,2 OR 3,6,9,6,3 OR 16,12,8,4,2 etc...

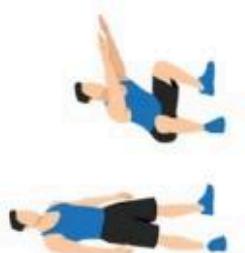
Burpee's



Mountain Climbers



Squats



Sit-ups



General Strength

Gimme Dynamic Routine

PRISONER SQUAT JUMP
20 TOTAL



SPIDER PUSH-UP
8 EACH SIDE
SWITCH L/R EVERY OTHER REP
CRAWL ONLY IF YOU
CAN NOT DO PUSH-UP



FLUTTER/SCISSOR ABS
60 TOTAL
SWITCH EVERY 10 REPS
FLUTTER=UP & DOWN
SCISSOR=BACK & FORTH



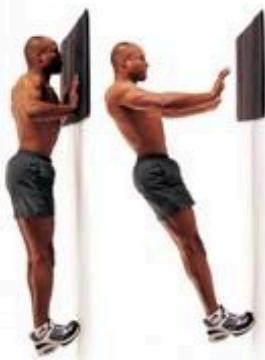
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SPLIT LUNGE JUMPS
10 TOTAL (5E)



Pop PUSH-UP
20 TOTAL



SINGLE LEG GLUTE BRIDGE
(ON BENCH IF POSSIBLE)
20 Total (10 EACH LEG)





General Strength

Gimme Strength Routine

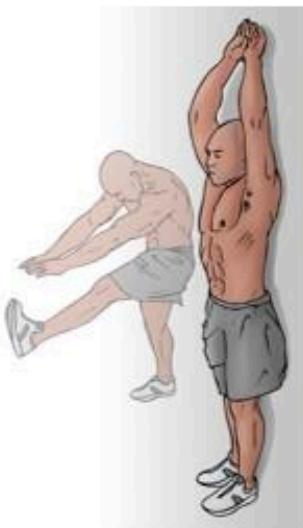
DEEP BODY WEIGHT SQUAT
20 TOTAL



MOUNTAIN CLIMBER PUSHEUP
20 TOTAL (10 EACH SIDE)



ALTERNATING SINGLE LEG
V-SITS
30 TOTAL (15 EACH SIDE)



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SPEED SKATER LUNGE JUMPS
20 TOTAL (10 EACH SIDE)



SLOW PUSH UP
(3SEC DOWN, FAST UP)
10 TOTAL



FROG BRIDGE
10 TOTAL
HOLD 3SEC AT TOP



General Strength

Gimme Weight Room Routine

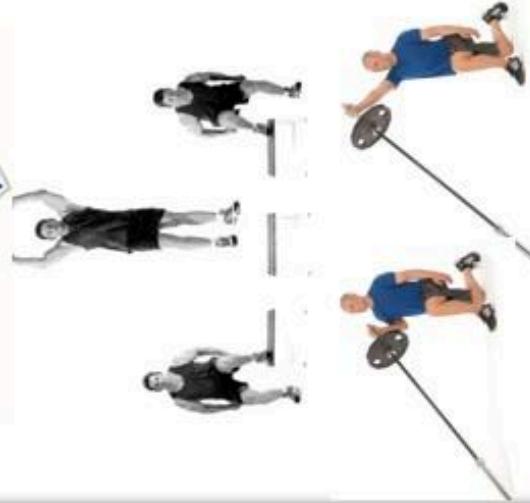
HANG CLEAN, PUSH PRESS
ONLY 15-20% OF
BODY WEIGHT
10 REPS
(ONLY DO FRONT SQUAT PUSH
PRESS IF YOU DON'T KNOW
HOW TO HANG CLEAN!)



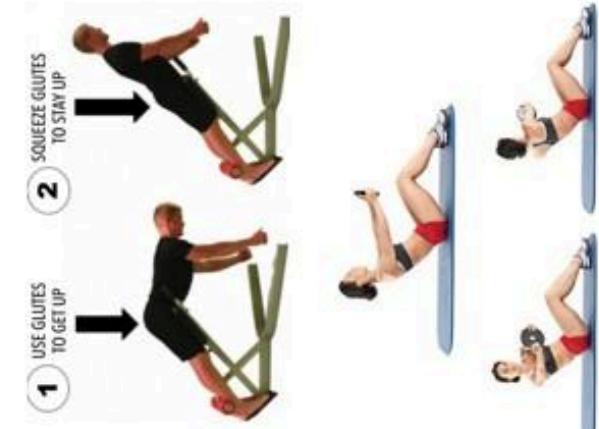
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OVER THE TOP BOX JUMPS
24 TOTAL (12E)



LUNGE LANDMINE PRESS
OR DB SINGLE ARM PRESS
15 EACH ARM



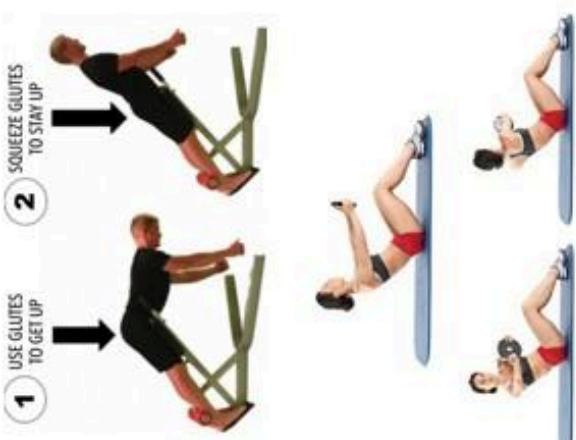
INVERTED ROW
TRX ROW IF POSSIBLE
10 REPS
BACK EXTENSION/
GLUTE EXERCISE
15 TOTAL (CONTROLLED)



MB STRAIGHT BODY ABS
20 TOTAL (10E)



RUSSIAN TWISTS
W/SMALL PLATE OR MB
40 TOTAL (20E)



General Strength

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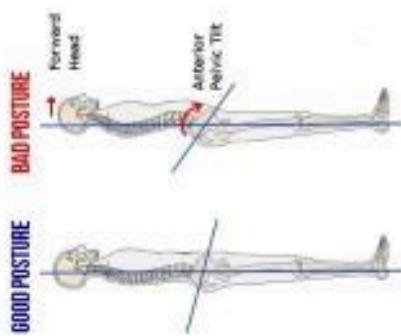


Glute Routine Part 1



GLUTE BRIDGE
3X10 W/ 3sec hold

GLUTE BRIDGE
MARCH
3X10



STANDING GLUTE
SQUEEZE
3X30 secs FOCUS ON
MAX SQUEEZE AND
PELVIS POSITION



FIRE HYDRANTS
3X15



DONKEY KICKS
3X15

General Strength

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Glute Routine Part 2

KNEELING RESISTANCE PLANK

3X10 secs – Partner steps on their hand behind the back to apply pressure. Feet should be vertical



GLUTE BRIDGE WITH ARM RESISTANCE

3X10 sec hold forward and backward



DEAD BUG WITH ARM RESISTANCE

3X10 SLOW



SWIMMERS

3X30 secs



■ Swimming – Lift the right arm and the left leg

■ Lift the left arm and the right leg



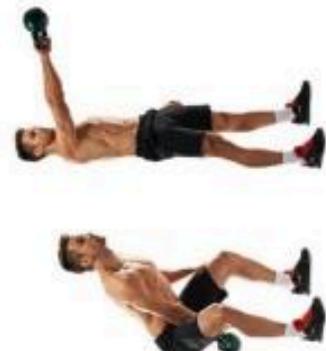
RKC PLANK

3X10 sec hold

General Strength

Kettlebell Routine

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SINGLE ARM SWINGS
S-10E M-15E L-20E



SIT UP TO PRESS
S-20 M-25 L-30



SUMO DEADLIFT HIGH PULL
S-12 M-18 L-25



SINGLE ARM CLEAN
AND CATCH
S-7E M-10E L-15E



DOUBLE ARM SWINGS
S-15 M-20 L-25



ROTATIONAL WALKING
LUNGE
S- 10(5E)
M- 12(6E)
L- 16(8E)



SUMO DEADLIFT HIGH PULL
S-12 M-18 L-25

General Strength

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MB Burn Routine

MB SQUAT W/3" HOLD AT
BOTTOM
20 TOTAL



WALL BALL
(SQUAT TO 10' HIGH
THROW)
20 TOTAL



MB OVERHEAD LUNGE
20 TOTAL (10 EACH LEG)



SQUAT THROW FOR
HEIGHT
15 TOTAL



BALL SLAMS
25 TOTAL.

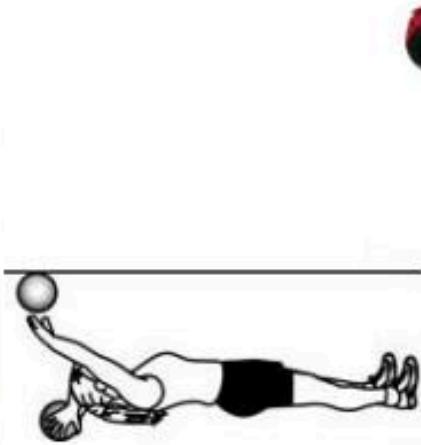


STANDING SIDE THROW
20 TOTAL (EACH SIDE)

General Strength

MB Simple Routine

MB STRAIGHT TWO ARM
THROW
20 REPS



SEATED MB SIDE TOSS
40 REPS (20 EACH SIDE)



MB PUSH-UP ROUTINE
20 TOTAL (10 EACH SIDE)

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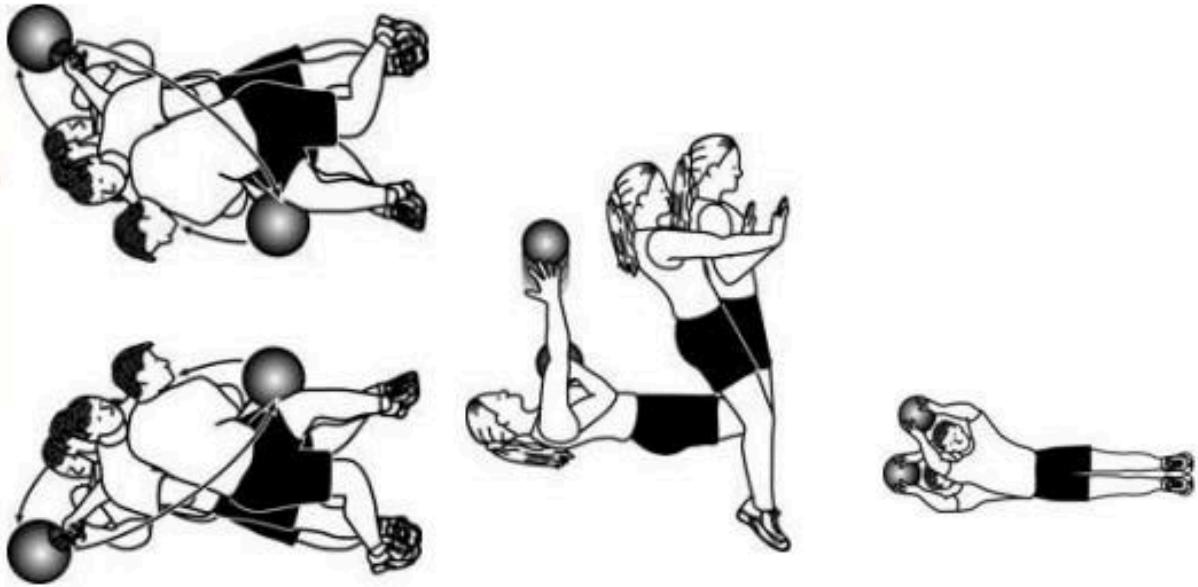


FIGURE 8 DIAGONAL HIP
TO OVER SHOULDER
20 REPS (10 EACH SIDE)

CHEST THROW TO PUSH-UP
20 REPS

STANDING LATERAL
EXTENSION
20 TOTAL (10 EACH SIDE)

General Strength

Myrtl

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1. Clams



Lie on your side and make a 45-degree angle with your knees. Bending from the hip, move your leg up to 60 degrees, making your legs look like a clamshell opening up. Lower and repeat. Complete 8 reps on each side.

2. Lateral Leg Raise



Lie on your side with your leg straight. Lift your leg to 45 degrees and then lower. Complete 5 reps with a neutral foot, 5 reps with your toe pointed toward the ground and 5 reps with your toe pointed to the sky.

3. Donkey Kicks



Start in a table position. Bring one knee as close to your chest as possible, then kick your foot back and try to "hook" your foot over your back. Complete 8 reps on each side.

4. Donkey Whips



Start in a table position. Extend your foot behind you without locking your knee. Swing your foot and leg to the side for 5 reps. Repeat on the other side.

5. Fire Hydrant



Start in a table position. Lift your leg so that your knee, lower leg and foot are at the same height as your back. Complete 8 reps on each side.

6. Knee Circle, Forward



Start in a table position, but with your knees at a 45-degree angle. Lift your leg so that your knee, lower leg and foot are at the same height as your back and make a circular motion with the knee. Complete 5 reps then switch legs.

General Strength

Myrrl

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7. Knee Circle, Backward



Start in a table position, but with your knees at a 45-degree angle. Lift your leg so that your knee, lower leg and foot are at the same height as your back. Reach your leg back, then sweep your leg down to make a circular motion with your knee. Complete 5 reps then switch legs.

8. Hurdle Trail Leg, Forward



With your hands on the wall or fence, stand on your left foot and pretend that you are skimming your right foot over a hurdle at hip height. Start with 5 reps; you can increase your reps as you gain strength. Repeat on opposite leg.

9. Hurdle Trail Leg, Backward



With your hands on the wall or fence, stand on your left foot and drive your right knee up so that your thigh is parallel to the ground. Then move your foot behind you and pretend that you are skimming your right foot over a hurdle at hip height. Start with 5 reps; you can increase your reps as you get stronger. Repeat on opposite leg.

10. Lateral Leg Swing



Facing a wall with your feet hip width apart, swing your right leg parallel to the wall. Your foot should reach hip height when you swing it to the right and the height of your left knee when you swing it left. Keep your swing leg straight. Complete 10 reps then switch sides.

11. Linear Leg Swing



Stand perpendicular to the wall and swing your right leg in front and behind you. Remember to keep your body tall. Complete 10 reps then switch sides.

12. Linear Leg Swing, Bent Knee



Position yourself as if you are going to do a linear leg swing, but with a 90-degree angle at the knee. Swing your leg in front and behind. Complete 10 reps, then switch legs.

General Strength

Pedestal #1

PRONE ELBOW STAND
60 SEC



RUNNING V-SIT
60 SEC



LATERAL PLANK LEFT SIDE
60 SEC



BACK HYPER-FLUTTER
KICKS AND ARMS
60 SEC



LATERAL PLANK RIGHT
SIDE
60 SEC



FLUTTER KICK V-SIT
60 SEC



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BACK HYPER-SCISSORS
AND BREASTSTROKE
60 SEC



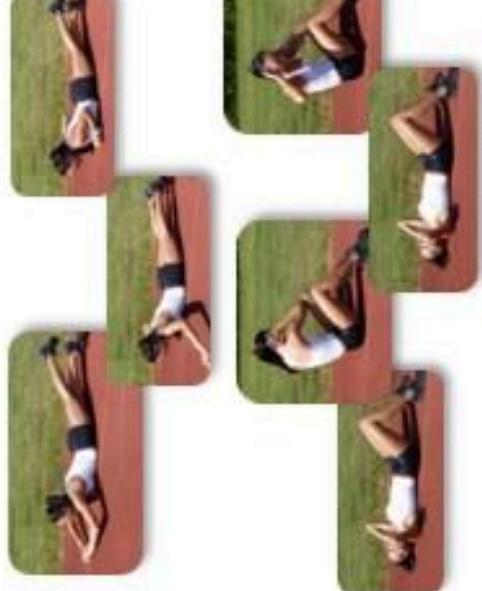
SIT-UP, ELBOW TO KNEE
60 SEC



INDIAN SIT CRUNCHES
60 SEC



SCISSOR, OVER-UNDER V-
SIT
60 SEC





General Strength

Pedestal #3

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PRONE
ELBOW STAND
SINGLE LEG RAISE



PRONE
HAND STAND
SINGLE LEG RAISE

PRONE
HAND STAND
SINGLE LEG RAISE

PRONE
HAND STAND
SINGLE LEG RAISE

LATERAL
ELBOW STAND
SINGLE LEG RAISE

LATERAL
HAND STAND
SINGLE LEG RAISE

PRONE FLEXED KNEE
ELBOW STAND
HIP LIFT

PRONE FLEXED KNEE
ELBOW STAND
HIP LIFT

CRUNCH
LOW REACH

CRUNCH
LOW REACH
WITH TWIST



General Strength

Special Abs

SPECIAL 20'S

20

SIDE CRUNCH

20 EACH SIDE

SPECIAL 20'S

20

BACK HYPERS

20

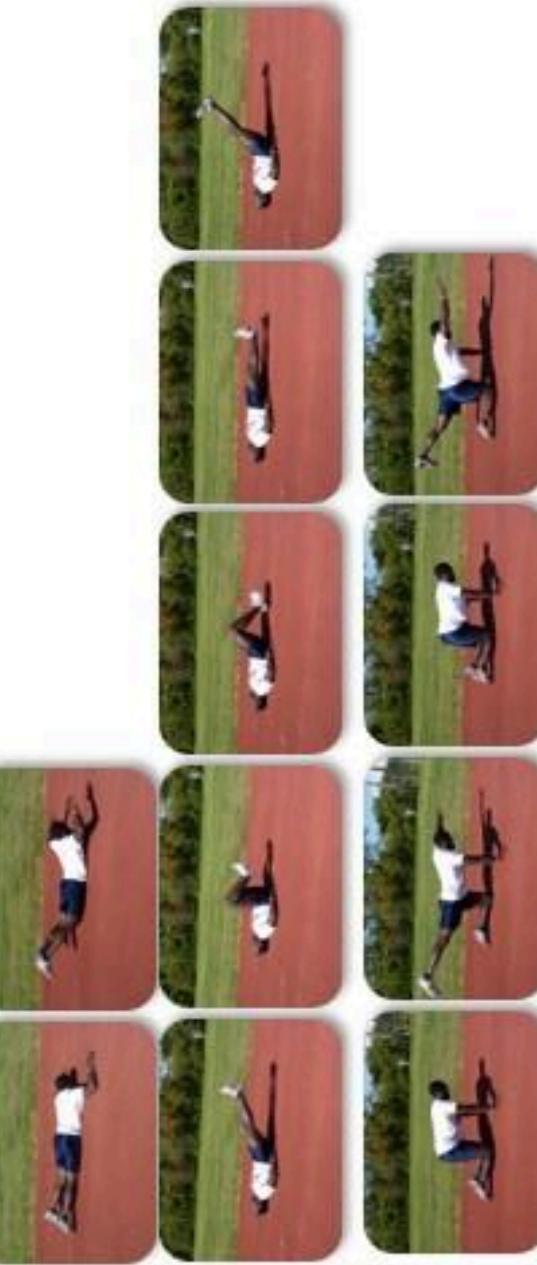
SPECIAL 20'S

20

ALL FOURS OPPOSITE
ARMS OPPOSITE LEGS

20 (10E)

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General Strength

Ultimate Routine

AROUND THE WORLD
10 EACH WAY (20 TOTAL)



WOOD CHOP
20 TOTAL



STANDING RUSSIAN TWIST
10 EACH WAY (20 TOTAL)



SQUAT TO PRESS
20 TOTAL



SINGLE LEG
STRAIGHT LEG DEADLIFT
10 EACH WAY (20 TOTAL)



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MB SIT-UP
20 TOTAL

TOE TOUCH
20 TOTAL

STRAIGHT ARM
RUSSIAN TWIST
10 EACH WAY (20 TOTAL)

SUITECASE CRUTCH
(TOUCH TOP)
10 EACH WAY (20 TOTAL)

DIAGONAL CRUNCH
10 EACH WAY (20 TOTAL)

GOOD MORNINGS
20 TOTAL

General Strength

Shin Splints Preventative

(Sand Optional more strength)

Barefoot Heel⇒Toe Walker
2x15m



BAREFOOT A-MARCH
2X15M



BAREFOOT WALKING
CARIOWA
2X15M



BAREFOOT LUNGES
2X15M

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BAREFOOT BACKWARD
LUNGES
2X15M



BAREFOOT CALF RAISES
2X10



BAREFOOT CALF RAISES,
BENT KNEE
(KNEES AT 90 DEGREES)
2X10

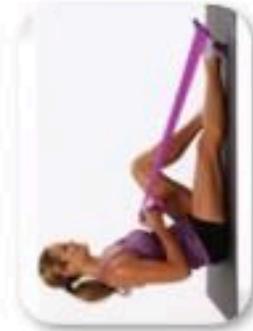
General Strength

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Shin Splints- Barefoot (Soreness/limited performance/rehab)

A) Band Exercises 3x15
each foot, each direction

1) **Plantar Flexion**
Point toes down (pull band
away from body)



2) **Ankle Inversion**
Rotate toes inward (pull band
to the inside)



3) **Ankle Eversion**
Point toes out (pull band to the
outside)



4) **Dorsiflexion**
Point toes up (pull band
toward you)



B) Single leg balance on
balance disk 3x50 seconds
(available in training
room)

-Other alternative balance
options: besides the disk

-Foam pad, Couch cushion,
Pillow

-If it becomes too easy on
balance disk perform reps
with eyes closed



BAREFOOT CALF RAISES
(KNEES AT 90 DEGREES)
2X10

Partner Exercises using
hands 3x10 each foot, each
direction (diagonal)

- 1) Curl toes up and pull
foot diagonally inward,
Point toes down and
push diagonally outward
Curl toes up and pull foot
diagonally outward,
Point toes down and
push diagonally inward
- 2) Partner applies pressure
to the top of the foot
when pulling diagonally
up
- 3) Partner applies pressure
to the bottom of the foot
when pushing diagonally
down
- 4) Partner applies pressure
to the bottom of the foot
when pushing diagonally
down

Not Pictured
Follow Directions



General Strength

Recovery Day Routine (Any Surface - Not Concrete)

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20m all barefoot
Rolling Toe Walks
Walking on Toes Forward
Walking on Toes Backward
Walking on Heels Forward
Walking on Heels Backward
Side Shuffle on Toes Both Sides (slow)
Side Shuffle on Heels Both Sides (slow)
Squat Walk Forward
Squat Walk Backward
**Bonus 3x50 single leg jump ropes (each leg)

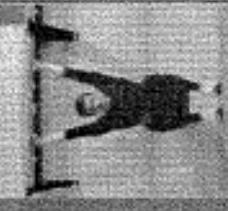
Wall Calf Stretch Straight Leg- 3x30 sec each calf
Wall Calf Stretch Bent leg- 3x30 sec each calf
Foam Roll foot

CORE EXERCISES

Hanging Abs - Various



Knee Tuck
Middle



Knee Tuck
Right



Knee Tuck
Left



Knees to Elbows



Middle Kickout



8 Minute Abs - 16 Exercises total. Complete each one for 30" and move on to the next one.

Straight Leg
Crunch



Regular Crunch



Side Crunch
Left & Right Sides



Back Hypers



6" Pull-Backs



Bear Hugs



Feet in Air
Touch Toes



Elbow to Knee
Left & Right Sides



Alternating
Toe Touch



V-Sits



6" & 12"



Back Hypers w/
Opposite Arm/Leg



Bicycles



Chart your progress. Simply check off the days you worked out and what workout you did. Make a decision to go two months strong!

JANUARY 2025							February	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
			1 1/1/25 New Year's Day	2 2/3/25	3 3/3/25	4 4/3/25		
5 5/3/25	6 6/3/25	7 7/3/25	8 8/3/25	9 9/3/25	10 10/3/25	11 11/3/25		
12 12/3/25	13 13/3/25	14 14/3/25	15 15/3/25	16 16/3/25	17 17/3/25	18 18/3/25		
19 19/3/25	20 20/3/25 Martin Luther King Jr. Day	21 21/3/25	22 22/3/25	23 23/3/25	24 24/3/25	25 25/3/25		
26 26/3/25	27 27/3/25	28 28/3/25	29 29/3/25	30 30/3/25	31 31/3/25			

FEBRUARY 2025							March	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
						1 1/3/25		
2 2/3/25	3 3/3/25	4 4/3/25	5 5/3/25	6 6/3/25	7 7/3/25	8 8/3/25		
9 9/3/25	10 10/3/25	11 11/3/25	12 12/3/25	13 13/3/25	14 14/3/25	15 15/3/25 Valentine's Day		
16 16/3/25	17 17/3/25 Presidents' Day	18 18/3/25	19 19/3/25	20 20/3/25	21 21/3/25	22 22/3/25		
23 23/3/25	24 24/3/25	25 25/3/25	26 26/3/25	27 27/3/25	28 28/3/25	29 29/3/25		