Foundational Training

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Regular workout

Created by Michael Ray on 20 Apr 2024, last updated on Today.

est. 35 minutes

Equipment

Bands (handles) Body weight Dumbbell Kettlebell Mini band

Static Hip Flexor Stretch	40 sec, 10 Second Hold each leg for 2 sets
Kneeling Overhead Stretch	1 set
Rest for 60 sec	

Superset of 2 sets

Resistance Band Chest Press	15 reps
Band Standing Row	15 reps
Repeat new set	

Rest for 60 sec	
Mini Band Monster Walks	2 sets x Down and Back equals 1 set
Rest for 60 sec	

Superset of 2 sets

Kettlebell Goblet Squat	15 reps
Kettlebell Single Arm Press	15 reps
Repeat new set	

Rest for 60 sec	

Superset of 2 sets

Dumbbell Incline Bench Press	15 reps
Dumbbell Incline Bench Row	15 reps
Repeat new set	

Rest for 60 sec	
Superset of 2 sets	
Dumbbell Straight Leg Deadlift	15 reps
Dumbbell Alternating Bicep Curl	15 reps
Repeat new set	
Rest for 60 sec	
Superset of 2 sets	
Mini Band Glute Bridge	15
Elbow Plank	Hold for 20 seconds, keep mini bands around thighs for added inte…
Repeat new set	
Rest for 60 sec	
Static Hip Flexor Stretch	30 sec each
Cat to Cow	2 sets 🖐 Rest 15 sec between sets

Static Hip Flexor Stretch

1. When performing this stretch, you'll want to ensure that you keep your abdominal on and activate your glutes to tack your knees underneath you. That will set the hip flexor to be anchored and from there, lean forward and feel a deeper stretch.

2. Kneel on a mat and bring your right knee up so the bottom of your foot is on the floor and extend your left leg out behind you so the top of your foot is on the floor.

3. Shift your weight forward until you feel a stretch in your hip. Hold for 15 seconds.

4. Once you're done one side, repeat it on the other.

Kneeling Overhead Stretch

While in the kneeling position with one knee up, and the other down. Lock both hands together, brining them to the front of your body, then lifting them together above your head, streching the upper traps and back, hold for 10 seconds, and return to the original positions with locked hands in front of your body, repeat 2x

Resistance Band Chest Press

1) Loop the band through a sturdy object at chest height.

2) With your back to the object, grab a handle in each hand and step forward until there's no slack in the band.

3) Your hands should be at your chest, elbows up

4) Press the handles forward and together at the same time

5) Return

Band Standing Row

1. Start by securing a band to an anchor point at chest height, and standing facing it.

2. Grasp the handles in both hands, with your arms fully extended in front of you.

3. Pull the handles towards your armpits, while keeping an "open chest" posture.

4. Return to the start position under control. Repeat.

Mini Band Monster Walks

1. Start by placing the band around the arches of both feet.

2. Soften your knees, and step one foot out to the side, then slowly step your opposite foot in the same direction.

3. Keep an upright posture, and try to avoid dragging your feet.

4. Repeat on the other side.

Kettlebell Goblet Squat

1) When performing the squat, ensure that your feet are set shoulder-width apart.

2) As you descend into the squat, make sure your toes, knees, and hips maintain alignment.

3) As you sit back, make sure your body weight shifts into your heels.

4) Keep your chest and upper body held in a neutral position or with a slight arch.

Kettlebell Single Arm Press

1.Stand upright holding a kettlebell in one hand, making sure it's resting on your shoulder.

2.Press up, keeping the palm either opened or fully grasping the bell.

3.Lower the pressed kettlebell returning to starting position.

4.Complete all reps on one side before switching to the other side.

Dumbbell Incline Bench Press

1) Sit on an incline bench set at 45 degrees with dumbbells resting on both thighs.

2) Start with both dumbbells at shoulder level.

3) Press the weights upwards over your upper chest until the weights meet at the top.

4) Lower the weights slowly and repeat.

Dumbbell Incline Bench Row

1.Lie face down on an incline bench with the dumbbells hanging at your sides, your arms straight and your palms facing in.

2.Curl the weights up to shoulder level.

3.Lower down returning to starting position.

4.Repeat.

Dumbbell Straight Leg Deadlift

1) When performing this deadlift, ensure that your back is safe by keeping your chest up and a slightly arched in your back as you lower the weight.

2) For the straight leg deadlift, don’t bend your knees.

Dumbbell Alternating Bicep Curl

1) Stand up with arms hanging and dumbbells in both hands, palms facing in.

2) Curl dumbbell for one arm, twisting your wrist on the way up and keeping your elbows still.

3) Slowly lower and alternate with the other arm

Mini Band Glute Bridge

1. Start by placing the Mini Band around your knees, and lying on your back with feet planted flatly on the floor.

2. While keeping tension on the band, drive your hips up towards the ceiling, while squeezing your glutes.

3. Slowly return to the start position and repeat.

Elbow Plank

1.Lie face down on a mat with elbows resting on the floor next to your chest, palms facing forward or in a fist position, feet together.

2.Push your body off the floor in a pushup position with your body resting on elbows or hands.

3.Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds, then lower body returning to starting position.

4.Repeat.

Cat to Cow

1. When performing this mobility exercise, try to round out your lower back in one position and extend and open up your thoracic spine or the top part of your back in the other position.

2. Position yourself on the floor on your hands and knees.

3. Pull your belly in and round your spine, lower back, shoulders, and neck, letting your head drop.