

Week 1

Strength Workouts

BlueRose Balanced Bodies

# OVERVIEW

Each strength workout needs to be completed with an off day in between. So an example could be: M, W, F, or T, Th, S, etc. Just make sure there is a day off in between.

Reps are the numbers of times you perform the exercise,

Sets are the number of times you complete those reps.

Take 30 seconds between sets to rest, stretch, recover and drink water.

EACH WORKOUT should be started with a brief 2- 3 minute warm up and a 5-10 minute cool down and stretch.

Equipment needed: 1-2 sets dumbbells. 3-5 lbs and 8-15 lbs. (This will all depend on your current fitness level).

Resistant band that can be anchored.

Small exercise pilates ball or any playground type ball. (dollar store, walmart, etc.)

Larger exercise ball. (nice but not needed).

If you have access to a gym you will have all things you need to use there.

# Day 1

1. Squats with dumbbells- 10 reps X 3 sets
2. Lunge w/twist (dumbbell or weighted medicine ball) 20 (alternating legs) reps X3 sets
3. Straight leg deadlifts (dumbbells, bar and plates or resistance band tethered to secure base) 10 reps X 3 sets
4. Elbow to hand planks -8 reps X 3 sets
5. Incline push-ups-10 reps X 3 sets
6. Narrow Rows w/dumbbells - 10 reps X3 sets
7. Lat pull downs- (resistant band or pull bar machine) 10 reps X 3

<https://rumble.com/voyudf-loaded-barbell-squat.html?mref=3n5vx&mc=aqfly>

<https://youtu.be/DR97qpXweI0>

<https://youtu.be/mr0N2-lKvhg> (bar/dumbbells)

<https://youtu.be/gUhTvDJQ0Rw> (band)

<https://youtu.be/T0L6AMKsJCA>

<https://youtu.be/2FKy1DOpkH0>

<https://youtu.be/DAsPCmehzE4>

<https://youtu.be/MFms8ZHW18s> (machine)

<https://youtu.be/frphU08LMwI> (band)

# Day 2

1. Single Isolated Bicep curls- 10 reps (each arm) X 3 sets
2. Tricep Dips- 10 reps X 3 sets
3. Tricep kickbacks behind the knees- 10 reps X 3 sets
4. Mountain climbers- 30 seconds(rest 30 between sets) X 3
5. Bicycle for core- 30 seconds (rest) x 3 sets
6. Reverse Plank- 30 seconds (rest) x 2 sets
7. Shoulder press- 10 reps X 3 sets
8. Lateral raises- 10 reps X 3 sets

<https://youtu.be/t1AsdHG_PMk>

<https://youtu.be/5qRrnTxexmg>

<https://youtu.be/a6102VoQhDA>

<https://youtu.be/yJQR4Q_HzWs>

<https://youtu.be/_P5Xl-j-nmQ>

<https://youtu.be/1XNxfe0Ava8>

<https://youtu.be/GaoSum3s1nQ>



# Day 3

**Barre Above Class**

[**https://youtu.be/Jh056AbDlYo**](https://youtu.be/Jh056AbDlYo)

# NOTE:

*ALWAYS modify if need be. Ex: Pushups on toes for many women need to be done on knees. Watch this example here:*

[*https://youtu.be/utzhPQuXWcA*](https://youtu.be/utzhPQuXWcA)

*If being on your knees is uncomfortable still, try wall pushups! Also can be used in the elbow to plank pushup:*

[*https://youtu.be/YB0egDzsu18*](https://youtu.be/YB0egDzsu18)

*BURNING muscles are a good thing. PAIN is not. If you feel any PAIN or breathlessness, stop exercising and if need be consult your health practitioner.*

