

women@work (outs)

NO EQUIPMENT? NO PROBLEM!

Complete the worksheet by circling the activities that you combined and executed as well as the timing. Keep them together over time to create a journal.

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One puzzle round = ~30 minutes. If you have more time, pick a different combo and go an hour. If you only have 15 minutes, limit it to 2 sets and cut the warm up and stretching in half.

DATE:

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TOTAL TIME:

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WORKOUT SELF-SCORE:

1= weakest, 10= strongest. Circle one.

1 2 3 4 5 6 7 8 9 10

I FELT GOOD ABOUT:

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I WANT TO IMPROVE:

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WARM UPS 5 min @ start	CARDIO 1 min set x 4 sets 1 min rest in between	ARM/SHOULDERS 1 min set x 4 sets 1 min rest in between	LEGS/BUTTINSKI 1 min set x 4 sets 1 min rest in between	CORE/ABS 1 min set x 4 sets 1 min rest in between	STRETCH 5 min @ end
Pick any item(s) in the Cardio section and do for 5 minutes	Jumping jacks	Push-ups	Squats (go deep, on heels)	Front plank	Wall stretches front (for arms and shoulders)
	Burpees	Dips	Lunges (knees should touch ground)	Side plank	Wall stretches back (for arms and shoulders)
	High knees & butt kicks	Plank up & downs	Glute bridge (alternate leg(s) up)	Wall plank - knees to elbows	On your back, cross knees over each side (for your back)
	Crab walk & bear crawl	Pull-ups	Wall sits	Knees to chest (on your back)	Sit with one leg bent in front of you and one stretched behind, lie forward
	Mountain climbers	Superman	Resistance band forward & backward walk (get low!)	Bicycle sit-ups	Sit with one leg bent in front of you and one stretched behind, lie backward
	Jump rope (ideally weighted)	Curls (find a make-shift dumb bell)	Resistance band side walk (get low!)	Side to sides (on your back)	Downward dog walk out and back (hammies, glutes)
	Running stairs	Rows (find a bar)	Resistance band horizontal jumping jacks	High plank, leg through to side plank	Stand in super deep squat on heels and hold (for hips, glutes)

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WITH EQUIPMENT

Complete the worksheet by circling the activities that you combined and executed as well as the timing. Keep them together over time to create a journal.

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One puzzle round = ~30 minutes. If you have more time, pick a different combo and go an hour. If you only have 15 minutes, limit it to 2 sets and cut the warm up and stretching in half.

DATE:

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TOTAL TIME:

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WORKOUT SELF-SCORE:

1= weakest, 10= strongest. Circle one.

1 2 3 4 5 6 7 8 9 10

I FELT GOOD ABOUT:

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I WANT TO IMPROVE:

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WARM UPS 5 min @ start	CARDIO 10 minutes each, pick 2	ARM/SHOULDERS 3 sets - 1st = 20reps, 2nd = 15reps, 3rd = 10reps	LEGS/BUTTINSKI 3 sets - 1st = 20reps, 2nd = 15reps, 3rd = 10reps	CORE/ABS 3 sets - 1st = 20reps, 2nd = 15reps, 3rd = 10reps	STRETCH 5 min @ end
<p>Do a bit of active stretching to get your blood flowing (like what you see football and basketball players doing before a game)</p>	Rowing machine (sprint 20 sec, slow 10 sec, repeat)	Lateral pulldown	Squat machine with weights	Big rope swings	Wall stretches front (for arms and shoulders)
	Spin bike (sprint high-tension standing)	Bicep curls with dumbbells	Leg press machine with weights	Side plank with barbell	Wall stretches back (for arms and shoulders)
	Stair climber (incorporate back kicks - out and across)	Tricep extension with dumbbell	Glute weight in and out	Bosu ball weighted sit-up	On your back, cross knees over each side (for your back)
	Elliptical	Weight lifted over head	Lunges with weights	Kettle bell swings	Sit with one leg bent in front of you and one stretched behind, lie forward
	Jump rope (ideally weighted, varied moves)	Weighted rope push down	Leg push behind machine	Wall ball throws with weighted ball	Sit with one leg bent in front of you and one stretched behind, lie backward
	Treadmill (sprint 30 sec, slower jog 30 sec, repeat)	Bench presses with weights	Stability ball glute bridge-ups	Military crawl	Downward dog walk out and back (hammies, glutes)
	Track & stairs (sprint stairs double, run track, repeat)	Flies with weights	Bosu ball knees to elbows	Tire flip	Stand in super deep squat on heels and hold (for hips, glutes)