

Conscious Body Workouts

Weeks 1 and 3

Monday - Lower Body
Tues - Abs and Conditioning + 20-45 min walk
Wed - Upper Body + 20-45min walk
Thurs - Conditioning
Friday - Full Body
Sat - 20-45min walk
Sun - Active rest day

Monday

Circuit 1
Alternating Reverse Lunges
Stationary Lunges on Each Leg
Jump Squat
Fire Hydrants

Circuit 2
Knee to Stand
Pulsing Squat
Bridge Abduction
Controlled Squat

30 Sec for each workout. Repeat each circuit 3x before moving onto the next circuit. Give yourself a 45 second rest in between rounds if needed.

Tuesday

Circuit 1
Reverse Bicycle Crunches
Dead Bugs
Controlled Crunches
Russian Twist
Baby Crunch with Knee Lift
Hundreds Pulses
Legs Lifts
Crossbody Mt. Climbers

30 Sec for each workout. Repeat this circuit 3-4x. Give yourself a 45 second rest in between rounds if needed.

Wednesday

Circuit 1
Reverse Flys
Air Divers
Reverse Arnolds
Side Pulses
Shoulder Press

1 min for each workout. Repeat this circuit 2x. Give yourself a 45 second rest in between rounds if needed.

Circuit 2
Shoulder Taps
Bicep Curls
Bent Over Rows
Front to Lateral Raises

30 Sec for each workout. Repeat this circuit 3x.

Thursday

Circuit 1
Lateral Touchdowns
Slow Burpees
Lateral Squat Jumps
Frog Walks
In and Out Abs
Full Plank to Squat
Sumo Squat
Side Shuffle with a Tap

30 Sec for each workout. Repeat this circuit 3-4x. Give yourself a 45 second rest in between rounds if needed.

Friday

Circuit 1
Rotational Press on Each Leg
Low Impact Ski Jumps
Shoulder Taps
Alternating Reverse Lunge
Floor Taps

Circuit 2
Controlled Caterpillar Crawl
Core Heel Taps
Squat to Press

30 Sec for each workout. Repeat each circuit 3x before moving onto the next circuit. Give yourself a 45 second rest in between rounds if needed.

Saturday

20-45 min walk + yoga or mobility stretches

Sunday

Active Rest Day