



SELECTION OF MOVEMENT PIECES FOR OPTIMAL HEALTH AND WELLNESS

10...1 (10, 10, 10, 9, 9, 9... and so on):

- A. Press (Overhead or Horizontal with small weight)
- B. Cossack Squat (or regular squat)
- C. Slow Russian Twist
- D. Deadlift (pick up something heavy)

Complete x 5 sets:

- 25 Star Jumps
- 20 alternating lunges (or weighted)
- 15 Air squats (or weighted)
- 10 situps (or weighted)
- 5 push ups

Rest for 60-90s between sets

LONG CHIPPER

(add a little weight if you like, optimize/scale as required):

- 100 Air Squats
- 90 Plank (seconds)
- 80 Walking Lunges
- 70 Sit Ups
- 60 Box Jump Step Down
- 50 Overhead Press
- 40 Towel Rows/Pull ups
- 30 Push ups
- 20 Burpees
- 10 Wall Walks/Holds

Jog/Run/Cardio interval piece:

- 30sec on/30sec rest
- 45 on/off
- 1min on/off
- 1:30 on/off
- 1min on/off
- 45sec on/off
- 30sec on/off
- 7 sets in total

THEN:

2 Rounds of Max Effort for today of the following exercises for 90sec each: Squats, Pushups, Burpees
Give yourself approximately 1min in between each exercise to rest. Take 3mins before starting second full set.

EMOM15:

Do ONE movement each minute and then REST the remainder of it. Follow the pattern for 3 sets, for a total of 15mins:

- A.) 10-16 lunges (or weighted)
- B.) 20sec side plank each side
- C.) 10 squat and press (with something weighted)
- D.) 40sec of Bear Crawl
- E.) 20 knees to chest tuck (lying on back)

21-15-9

- Push ups
- Jump Squats
- Towel Pull/Pull ups
 - 30 ski-jumps after each set

TABATA

Hollow and Arch

EXTRA TIPS FOR WELLNESS

- Eat proteins, carbohydrates and fats at every meal and snack - ESPECIALLY when you're out of routine! Keep consistent as often as you can.
- Keep on top of your recovery, get the sleep and rest your body needs
- MOVE, Move, Move! Walk, run, bike, swim - great for your mind, heart, and lungs!
- Have FUN and Enjoy a healthy life :)

