

restore

CREATED BY

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FITNESS & LIFESTYLE

WEEK FIVE

This week, you are continuing to build strength. The Core and Strength sections of your workouts have now been combined to become one workout - Workouts One, Two, and Three. The workouts continue to increase in intensity and difficulty throughout the program.

As you continue to progress, remember to take notice of the feedback your body gives you - the 4 P's. If you notice symptoms, try a different strategy. Does it feel different? More supportive?

If you feel you're still needing some time before you progress, you can stick with the previous week's workout until you're ready.

It is recommended that you do each workout once a week. If you'd like, you can continue to do your Connection Breaths daily.

As always, feel free to make these workouts your own. Consistency and getting it done in whatever way you can is key.

WARM-UP

Exercise	Repetitions	Sets	Rest	Intensity	Instructions
<u>Arm Swings</u>	20 seconds	1	-	2 out of 10	<ul style="list-style-type: none">- Stand comfortably with arms out in a T.- Bring your arms in, crossing them over your chest.- Swing your arms back out, opening up through the chest.
<u>Leg Swings</u>	20 seconds / side	1	-	2 out of 10	<ul style="list-style-type: none">- Hold on to a wall or firm object.- Stand on one leg and swing the other leg in front, side to side, with toes facing forward.- Switch direction of the leg to go forwards and backwards.

					- Switch sides.
<u>Modified Cat-Cow</u>	20 seconds	1	-	2 out of 10	<p>- Come down on your hands and knees to your mat. Palms should be on the mat, fingers facing away from your body.</p> <p>- Press through your palms and round your back. Hold for a moment.</p> <p>- Lower your back down to a neutral spine (flat back) position, letting the belly relax.</p>
<u>Moving Child's Pose</u>	20 seconds / side	1	-	2 out of 10	- Kneel on your mat. Touch your big toes together and sit on your heels, then separate your knees

					<p>about as wide as your hips.</p> <p>- Exhale and lay your torso down between your thighs, stretching your arms out in front of you. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.</p> <p>- Once you are comfortable in child's pose, walk your hands over to one side. Feel the stretch in the lats and obliques. Walk your hands back to the middle and repeat on the other</p>
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					side.
<u>Thread the Needle</u>	20 seconds / side	1	-	2 out of 10	<p>- Lie on your back, arms outstretched.</p> <p>- Bend your knees and bring them towards your chest.</p> <p>- Keeping knees together, lower them slowly to one-side (only as far as you can comfortably, while keeping your upper back on the mat.)</p>
<u>Deep Squat Hold</u>	30 seconds	1	-	2 out of 10	<p>You can do this exercise holding onto a railing or something that allows you stability and control over the exercise.</p> <p>- Stand with feet</p>

					<p>approximately hip width apart. With a proud chest, bring your bum down, as if you are sitting down in a chair.</p> <ul style="list-style-type: none">- Get as close to parallel or below as possible.- Sitting in the bottom of the squat, inhale deeply and release the tension in your pelvic floor.- If it's comfortable, shift your weight from foot to foot, leaning an elbow into the inside of your knee, to stretch your hip flexors.- Relax as much as possible.
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					Press through the middle of your foot to rise back up when desired.
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WORKOUT ONE

Exercise	Repetitions	Sets	Intensity	Rest	Instructions
<u>Seated connection breath</u>	Building up to 10 repetitions of a quick contraction and release. Taking breaks as needed.	3	2 out of 10	30 seconds or as needed	<ul style="list-style-type: none"> - Sit down in a chair and move your bum away, feeling your sitz bones on the chair. - Bring your ribs over your hips. - Inhale - expand the ribs (imagine an umbrella opening) - Exhale - bring the sides of the vagina together, gently lift the pelvic floor (think 30% effort)
<u>Heel Slides</u>	4-6 / side	3	4 out of 10	30 seconds	- Lie down

<p><u>with Arms</u></p>				<p>or as needed</p>	<p>with your lower back on the mat, ribs over hips, knees bent.</p> <ul style="list-style-type: none"> - Slide one foot out in front of you until it's parallel to the ground, at the same time bringing the opposite straight arm over and beside your head. - Only go as far back as you are able to keep your ribs over your hips. - Bring your arm and heel it back in to the starting position.
<p><u>Standing Band-Pull with Knee Raise</u></p>	<p>4-6 per side</p>	<p>3</p>	<p>4 out of 10</p>	<p>30 seconds or as needed</p>	<ul style="list-style-type: none"> - Anchor your band in front of you and high enough that you get tension on the band pulling down. - Grab the handles with palms facing down and press your palms

					<p>towards the ground, bringing tension to the band.</p> <ul style="list-style-type: none"> - With ribs stacked over your hips and bum untucked, raise one knee upwards, staying as stable as possible. - Lower your foot back to the ground and repeat on the other side.
<p><u>Tall-kneeling Pallof Press</u></p>	<p>4-6 / side</p>		<p>4 out of 10</p>	<p>30 seconds</p>	<ul style="list-style-type: none"> - Anchor your band beside you so that when you are in the tall-kneeling position, it's at chest level. - Alongside your band, place your knees on the mat, ensuring your ribs are stacked over your hips. - Hold both handles with both hands clasped together, your tubing stretched

					<p>out beside you. Press your hands away from your chest, resisting the pull from the tubing.</p> <p>- Bend your elbows to bring your hands back in, inhale, release, repeat.</p> <p>Complete the repetitions on one side before switching to the other side.</p>
<u>Suitcase Squat</u>	10	3	4-5 out of 10	60 seconds	<p>- Stand with your feet about or slightly wider than hip width apart.</p> <p>- Hold a dumbbell (or weighted object) between your palms, which should be facing each other.</p> <p>- Keeping your chest proud, lower your bum back as if you were sitting in a chair.</p> <p>- Lower until you are</p>

					<p>parallel, or lower, to the ground. Your elbows should be inside your knees.</p> <p>- Press up through your heels, back to standing.</p> <p>You should feel this in your quads, glutes, and hamstrings.</p>
<p><u>Tall-Kneeling Single-Arm Chest Press</u></p>			4-5 out of 10	30 seconds	<p>- Anchor your band behind you so that when you are in the tall-kneeling position, it's at chest level.</p> <p>- With your back to the band, place the foot opposite to the hand holding the band on the mat, along with your other knee. Ensure your ribs are stacked over your hips.</p> <p>- Hold your band with your palm facing away</p>

					<p>from your body and down, at chest height, elbow bent so that your hand is about at the side of your chest</p> <p>- Press your hand forward until your arm is straight.</p> <p>- Bend your elbow and slowly return to the starting position.</p> <p>You should feel this in your chest.</p>
<u>Hip Thrust with Band</u>	10-12	3	4-5 out of 10	60 seconds	<p>- Line up your couch / bench / a chair underneath your shoulder blades. Bring your arms out like a T, bend your knees, bringing your feet underneath your knees.</p> <p>- Push through your</p>

					<p>heels to lift your glutes upwards until your body is in a straight line. Tuck your chin at the top and squeeze your glutes at the top.</p> <p>- Lower with control.</p> <p>You should feel this in your glutes.</p>
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WORKOUT TWO

Exercise	Repetitions	Sets	Intensity	Rest	Instructions
<u>Seated connection breath</u>	<p>Building up to 10 repetitions of a quick contraction and release.</p> <p>Taking breaks as needed.</p>	3	2 out of 10	30 seconds or as needed	<p>- Lie on your side, arm outstretched and supporting your head, underneath your ear.</p> <p>- Bring your ribs over your hips.</p> <p>- Inhale - expand the ribs (imagine an umbrella</p>

					<p>opening)</p> <ul style="list-style-type: none"> - Exhale - bring the sides of the vagina together, gently lift the pelvic floor (think 30% effort)
<p><u>Heel Slides with Arms</u></p>	4-6 / side	3	4-5 out of 10	30 seconds or as needed	<ul style="list-style-type: none"> - Lie down with your lower back on the mat, ribs over hips, knees bent. - Slide one foot out in front of you until it's parallel to the ground, at the same time bringing the opposite straight arm over and beside your head. - Only go as far back as you are able to keep your ribs over your hips. - Bring your arm and heel it back in to the starting position.
<p><u>Standing Band-Pull with Knee Raise</u></p>	4-6 per side	3	4 out of 10	30 seconds or as needed	<ul style="list-style-type: none"> - Anchor your band in front of you and high

					<p>enough that you get tension on the band pulling down.</p> <ul style="list-style-type: none"> - Grab the handles with palms facing down and press your palms towards the ground, bringing tension to the band. - With ribs stacked over your hips and bum untucked, raise one knee upwards, staying as stable as possible. - Lower your foot back to the ground and repeat on the other side.
<u>Crunch</u>	4-6	3	4-5 out of 10	30 seconds or as needed	<ul style="list-style-type: none"> - Lie face up on a mat with knees bent and feet flat on the mat. - Exhale to let the air out of your core and to engage. - Put your

					<p>tongue on the roof of your mouth, this will stop the muscles in the front of your neck overworking .</p> <p>- Tuck your chin gently towards your chest and lift your shoulders and shoulder blades off the mat. Keeping your feet on the ground and core engaged; lift your torso as far towards your knees as you can.</p> <p>- Lower back down under control so that your shoulder blades are once again on the mat.</p>
<u>Step-Up</u>	6-8 / side	3	4-5 out of 10	60 seconds	<p>- Stand with feet hip width apart. Bring one leg forward on to a step.</p> <p>- Transfer your weight to your front</p>

					<p>heel.</p> <ul style="list-style-type: none"> - Keeping your hips level, knee straight and toes up on your back leg use only your front leg to step up. - Under control and with your hips level, lower down into the start position. <p>You should feel this movement in your quads, hamstrings, and glutes.</p>
<p><u>Tall-kneeling Single-Arm Row</u></p>	6-8 / side	3	4-5 out of 10	30 seconds	<ul style="list-style-type: none"> - Anchor your band in front of you so that when you are in the tall-kneeling position, it's at chest level. - Facing the band, place both knees onto the mat. Ensure your ribs are stacked over your hips. - Hold your

					<p>band with your palm inwards, at chest height, elbows bent so that your hands are about at the side of your chest.</p> <p>- Pull back on the band, bending your elbows and keeping them close to your sides, squeezing through the upper back. Stop when your elbow reaches your side.</p> <p>- Bring your arms back out in front of you with control to the starting position.</p> <p>You should feel this exercise in your upper back.</p>
<p><u>Seated Band Hip Abduction</u></p>	10-12	3	4-5 out of 10	60 seconds	<p>- Tie your band OR place a mini band just above the knees.</p> <p>- Sit on a flat surface, such as a bench or a chair, with your back</p>

					<p>straight and your feet on the floor. Your hands should be holding on to the side of the bench or chair.</p> <p>- Push your knees away from each other and then bring them back together.</p> <p>- You should feel this in the glutes</p>
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WORKOUT THREE

Exercise	Repetitions	Sets	Intensity	Rest	Instructions
<u>Seated connection breath</u>	<p>Building up to 10 repetitions of a quick contraction and release.</p> <p>Taking breaks as needed.</p>	3	2 out of 10	30 seconds or as needed	<p>- Lie on your side, arm outstretched and supporting your head, underneath your ear.</p> <p>- Bring your ribs over</p>

					<p>your hips.</p> <ul style="list-style-type: none"> - Inhale - expand the ribs (imagine an umbrella opening) - Exhale - bring the sides of the vagina together, gently lift the pelvic floor (think 30% effort)
<u>Heel Slides with Arms</u>	4-6 / side	3	3 out of 10	30 seconds or as needed	<ul style="list-style-type: none"> - Lie down with your lower back on the mat, ribs over hips, knees bent. - Slide one foot out in front of you until it's parallel to the ground, at the same time bringing the opposite straight arm over and beside your head. - Only go as far back as you are able to keep your ribs over your hips. - Bring your arm and heel it back in to the starting position.

<p><u>Standing Band-Pull with March</u></p>	<p>4-6 per side</p>	<p>3</p>	<p>3 out of 10</p>	<p>30 seconds or as needed</p>	<ul style="list-style-type: none"> - Anchor your band in front of you and high enough that you get tension on the band pulling down. - Grab the handles with palms facing down and press your palms towards the ground, bringing tension to the band. - With ribs stacked over your hips and bum untucked, raise one knee upwards, staying as stable as possible. - Lower your foot back to the ground and repeat on the other side.
<p><u>Standing Banded Hi-Lo Chop</u></p>	<p>4-6 / side</p>	<p>3</p>	<p>4-5 out of 10</p>	<p>30 seconds</p>	<ul style="list-style-type: none"> - Anchor your tubing above you and to the side, holding the handle in both hands. - On your

					<p>exhale breath, rotate your torso (keeping engaged) and bring the handle down low beside you.</p> <p>- Return to starting position in a controlled motion. Complete all reps on that side before switching sides.</p>
<u>Suitcase Carry</u>	30-45 seconds / side	3	4-5 out of 10	30 seconds	<p>- Hold a dumbbell or weighted object in your hand.</p> <p>- Stack your ribs over your hips and untuck your bum. Walk, keeping your alignment and torso stable, despite the pull to one side.</p> <p>- Keep breathing throughout.</p>
<u>Glute Bridge with Band</u>	12-15	3	4-5 out of 10	60 seconds	<p>- Lie face up on a mat with a mini band just above your knees.</p>

					<ul style="list-style-type: none"> - Bend your knees so your feet are flat on the floor with heels under knees. - Push through your heels, lifting your hips up to the point where there is a straight line from your chest to your knees. Squeeze your bum at the top of the movement.
<u>Banded Shoulder Press</u>	10	3	4-5 out of 10	30 seconds	<ul style="list-style-type: none"> - Stand with feet hip width apart, your band underneath your feet, securing it to the ground. - Hold the band with palms facing away from your body, at shoulder height. - Keeping your ribs over your hips, press the band upwards until arms are fully extended. - Bend your

					<p>elbow to return to the starting position.</p> <p>You should feel this in your shoulders.</p>
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STRETCHES

Exercise	Repetitions	Sets	Rest	Intensity	Instructions
<u>Chest Stretch</u>	15 seconds	1	-	2 out of 10	- Lace your fingers together behind your back and pull gently, pressing the chest out.
<u>Shoulder Stretch</u>	15 seconds / side	1	-	2 out of 10	- Bring one arm across your body with your hand pointing

					<p>towards your opposite shoulder.</p> <p>- Pull it close with your other arm, feeling the stretch in your shoulder.</p>
<u>Rag Doll</u>	15 seconds	1	-	2 out of 10	<p>- Stand about hip width apart. Hinge at the hips, driving your bum towards the wall, and allowing your hands to dangle in front of you.</p> <p>- Relax in this position and feel the stretch in the hamstrings and low back.</p>
<u>Thread the Needle</u>	20 seconds / side	1	-	2 out of 10	<p>- Start on your hands and knees with hands directly under your shoulders and knees directly under your</p>

					<p>hips. Your head should be looking to the ground in a neutral position.</p> <p>- Take your weight off one arm and turn that hand up so your palm faces your head.</p> <p>- Keeping your palm up and hand in contact with the ground, thread that arm under your body and between your opposite arm and knee as far as you comfortably can.</p> <p>- Come back past the start position and bring your arm out and back behind your body as far</p>
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					<p>as you can comfortably go.</p> <ul style="list-style-type: none"> - Repeat, moving a little further with each repetition.
<u>Figure Four</u>	20 seconds / side	1	-	2 out of 10	<ul style="list-style-type: none"> - Lie down with your back flat on the floor or a mat. - From a completely flat position, bend one knee. The other ankle should be placed on the thigh of the bent leg. - With both hands pull the bent leg to your chest. - You will feel a stretch in your hips and glutes.
<u>Hip Flexor stretch</u>	20 seconds / side	1	-	2 out of 10	<ul style="list-style-type: none"> - Kneel with one knee in a lunge position in front of you. - Place your

					<p>hands on top of your forward knee.</p> <p>- Lean forward, feeling the stretch in the opposite hip flexor.</p>
<u>Supine hamstring stretch</u>	20 seconds / side	1	-	2 out of 10	<p>- Lying on your back, raise one leg and bend the knee.</p> <p>- Place your band around your leg, below the knee.</p> <p>- Use your band to pull your leg in gently towards your body, feeling the stretch in your hamstrings.</p>
<u>Butterfly stretch</u>	20 seconds	1	-	2 out of 10	<p>- In a seated position, bend your knees and place bottoms of feet together.</p>

					- Press gently on your knees, feeling the stretch in the adductors, glutes, and the groin.
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