

RESULTS

TRANSFORMATION CENTER

HOME WORKOUT Guide

A group of four people (three women and one man) are performing a plank exercise on a green artificial turf floor. They are using various pieces of equipment: one woman is on a black exercise ball, another is on a blue Bosu ball, and the man is on his hands. A fourth person is partially visible on the left, also in a plank position. The background features a large mural with the text 'ELKGROVE STRONG' and 'WITHIN THESE WALLS ELKGROVE WILL FOREVER BE CHANGED'.

**5
DAY
GUIDE**

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WORKOUT WHEREVER



THE WHAT, THE WHY, AND THE HOW:

Sometimes, expecting to make it to the gym for a great workout just isn't realistic. Maybe we are traveling. Maybe we are busy. MAYBE we are a bit sniffly and worried about getting sick.

Our solution? Give our members all of the tools they need to get a great, efficient workout **WHEREVER**.

What's special about the routines in this guide? They are all around 10 minutes long and **NOTHING** in the guide requires any equipment, which means they can be done anywhere! Hotel, outdoors, your living room; wherever you are, you can do one of these workouts.

The workouts are written in a Monday-Friday format, assuming that you will do one per day if you're unable to make it into the gym for a full week.

Are you a total stud? Do a workout twice back to back.

Do you like one or two of the workouts and hate the rest? Do the ones you like.

Or combine three workouts to make a master 30-minute workout.

The world is your oyster.

May the force be with you!

MONDAY:

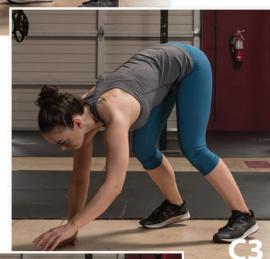
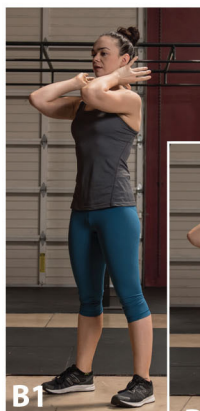
LOWER BODY AND CORE

Warm up:

A - 30 seconds jumping jacks

B - 30 seconds air squat to reach

C - 30 seconds inchworm



Work out:

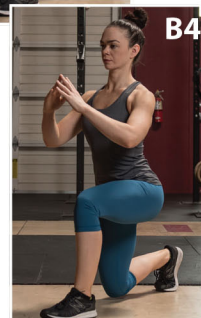
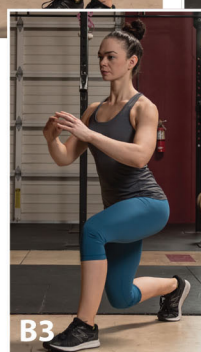
5 rounds

45 seconds work,

15 seconds rest

A - Modified Deadbugs

B - Reverse Lunges
Tip: Make sure your front heel is digging into the floor and your front knee stays over your ankle.



TUESDAY:

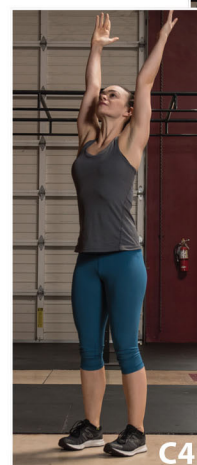
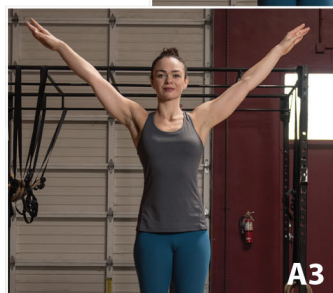
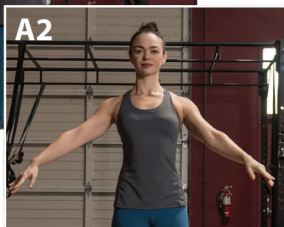
UPPER BODY

Warm up:

A - 30 seconds arm circles

B - 30 seconds plank circles, alternating directions every 3 circles

C - 30 seconds standing toe reach to overhead reach



Work out:

8 rounds

20 seconds work,

10 seconds rest

A - Pushups *TIPS*

Scale by dropping to knees OR placing bands on elevated surface like a chair.

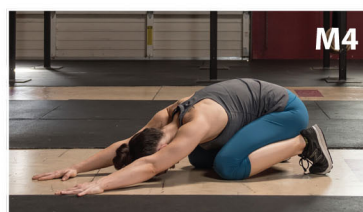
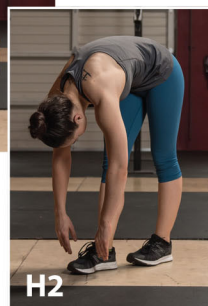
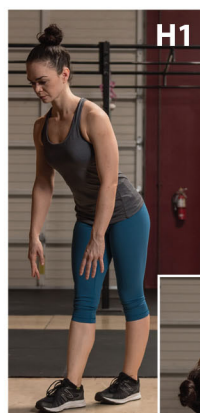
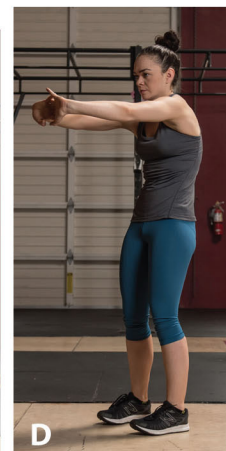
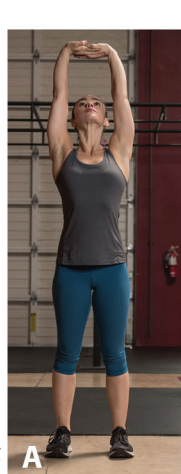
B - Downward dog to high plank, 3 second hold in each position



WEDNESDAY:

FULL BODY MOBILITY ROUTINE

- A - 30 seconds overhead reach
- B - 30 seconds overhead arm pull right
- C - 30 seconds overhead arm pull left
- D - 30 seconds standing rhomboid
- E - 30 seconds standing pec opener
- F - 30 seconds wide stance hamstring stretch
- G - 30 seconds leg cross leg hamstring stretch left
- H - 30 seconds leg cross leg hamstring stretch right
- I - 30 seconds standing hip flexor stretch left
- J - 30 seconds standing hip flexor stretch right
- K - 30 seconds downward dog calf stretch left
- L - 30 seconds downward dog calf stretch right
- M - 90 seconds downward dog to child's pose flow



THURSDAY:

CORE-DIO

Warm up:

A - 30 high knee pulls

B - 30 seconds windmill

C - 30 reverse table top hold *TIP: Keep your core tight by pulling your belly button toward your spine, and drive down through your heels. Don't let your low back arch excessively*



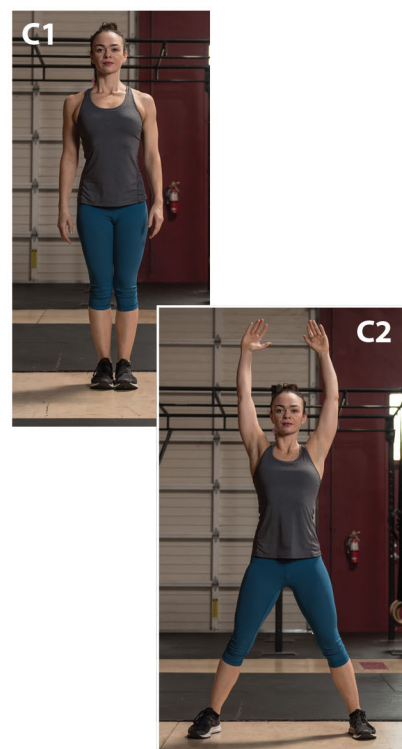
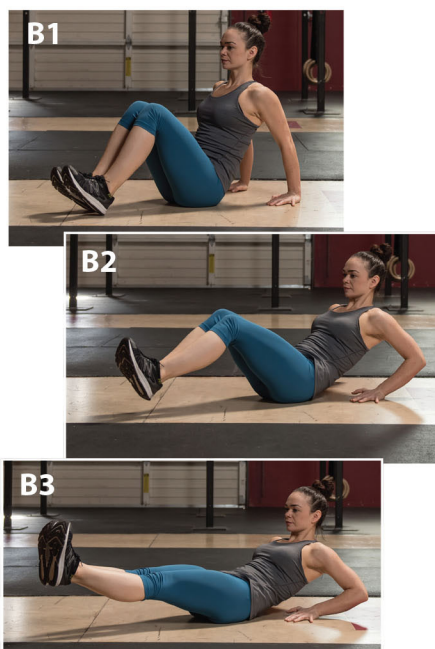
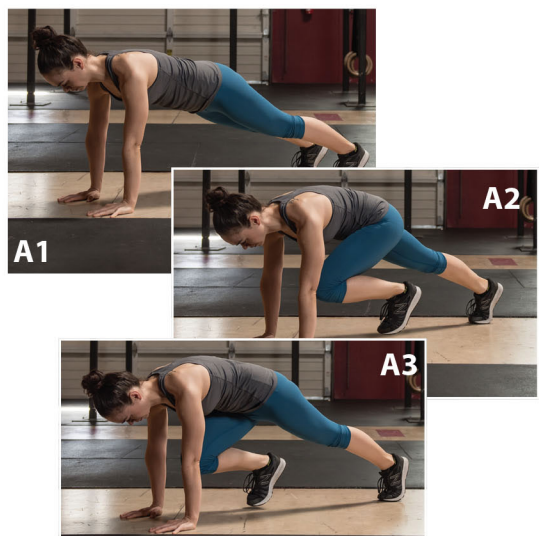
Work out: 3 rounds

1 minute each exercise, no rest in between

A - Mountain climbers

B - Seated V-ups

C - Jumping jacks

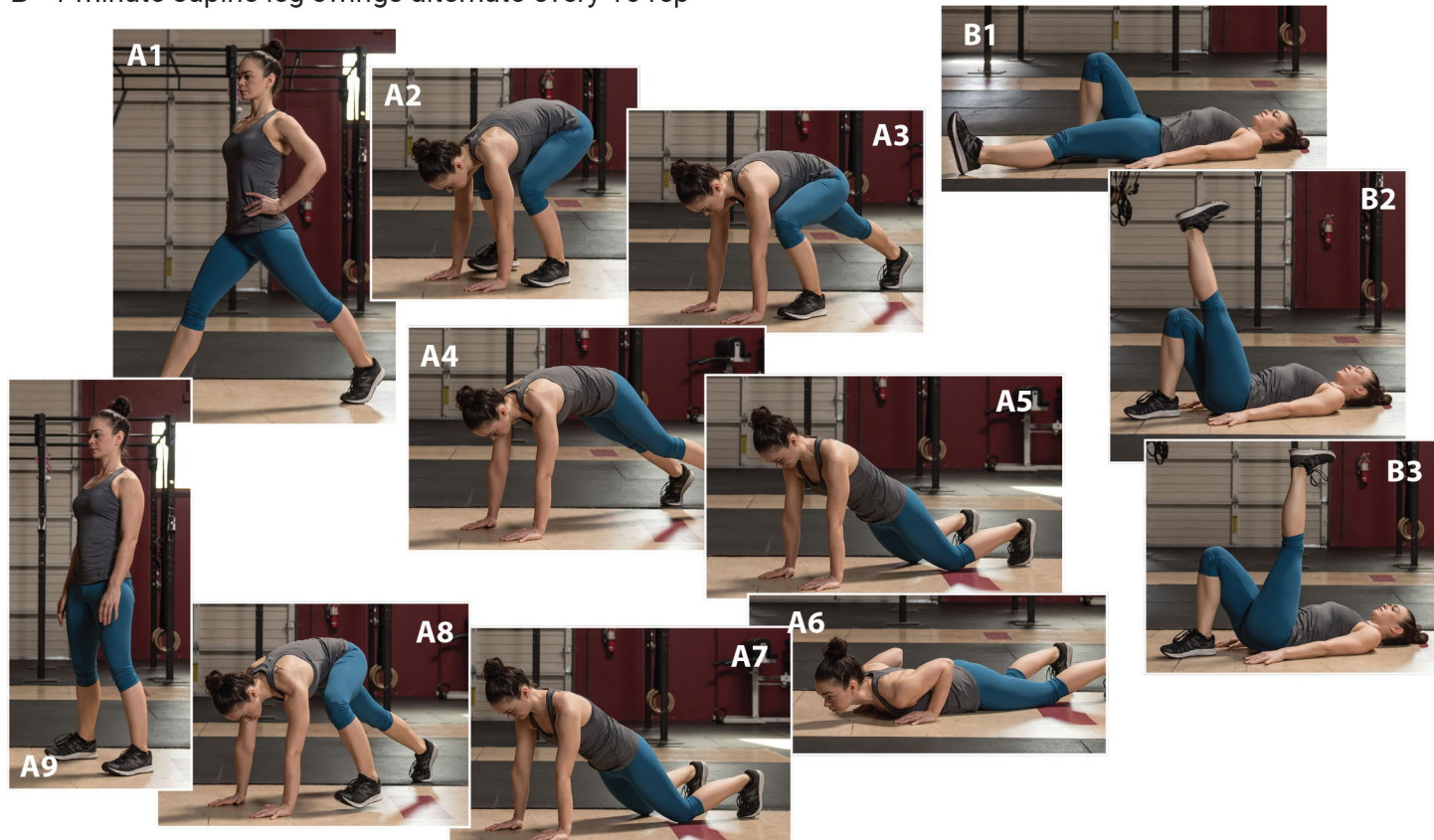


FRIDAY: FULL BODY

Warm up:

A - 1 minute slow burpees *TIP: Modify this movement by placing hands on elevated surface like a chair*

B - 1 minute supine leg swings alternate every 10 rep



Work out: 3 rounds

8 minute AMRAP (as many rounds as possible):

A - 8 pushups

B - 8 squats

C - 8 situps *TIP: Scale this movement by shortening to range of motion to a "crunch"*

