



Marilyn Chychota Coaching LLC

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Full Body Strength and Core Routine

YouTube Library: YouTube channel:

https://www.youtube.com/channel/UCLwRPztSFt0OqoFZ5PA7qKg?view_as=subscriber

(Sets and reps are written as sets first, then reps. For example, 3x25 means three sets of 25 reps. 2x10 means two sets of 10 reps, etc.)

Core:

Dead Bugs- 3x25

Side Bends- 1x30 (feet together, hold weight overhead, bend side-to-side)

Advanced Plank- Get into plank position. Do 5 leg raises as shown on the video, followed by 5 arm wrap-arounds. Do both right side and left side.

<https://www.youtube.com/watch?v=3g-IWRPjbiU&list=PLaQ6TJhyx6x0nzWL8IXJQgZ-e6b9tm9Fw&index=1>

Lower AB/Hip Flexor Plate Holds- 3x30 seconds. If this feels easy, work your way up to 3x60 seconds. Finally, advanced level is holding for three minutes continuous:

<https://www.youtube.com/watch?v=aK74DpwEfSA&t=69s>

Lower Body:

Monster Walks- 2x50 steps. Band resistance- Start with a light band and work your way up to medium band resistance.

Place a band around both ankles. Bend knees, sit butt back while keeping bodyweight balanced on both feet. Shoulders should stay directly over the knees and ankles throughout exercise. Maintain form stated in Position 1. Step to the side reaching with the midfoot, creating resistance with the band. Slowly follow the lead leg with the trail leg, working to control the resistance on the band, and do not allow the feet to touch.

Continue taking controlled steps with abdominals and legs engaged, maintaining proper alignment and tension with toes straight ahead.

Lunge Matrix- 2x10: <https://www.youtube.com/watch?v=rXhZzoSUIqw>

Reverse Lunges- 2x10

Stand upright, with your hands at your hips.

Take a large step backward with your left foot.

Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle.

Swiss Ball Wall Squats- 2x15: <https://www.youtube.com/watch?v=CvaCyM9SSFc>

Glute Turn and Reach- 3x10 (with each leg):

https://www.youtube.com/watch?v=jkQ_pLOVw0M

Hamstring Drills- 2x12: https://www.youtube.com/watch?v=aY7rB_2pf6A

High Anterior Step Ups- 2x12

(Pick a box, or just a step in your house, to step up on. You're looking for something that's around knee-height)

Place one foot on a step with your knee over your foot. Lean your upper body forwards and lightly hold the door frame or bars. Slowly step up using only your top foot putting most of the weight through your heel. Once you have stepped up, bring the opposite knee into a flexed position.

Single Leg RDL- 2x12 (15 lb weight, such as a kettlebell)

Place the kettlebell in the left hand and start with feet side-by-side. Slowly lower the kettlebell down to the floor with the left hand as the left leg moves upward simultaneously. Do not open up the left hip or turn the toe outward. Keep a slight bend in the supporting knee, do not allow the knee to bend any further as you go down! Think of this exercise as a teeter-totter; as you bring your chest down the leg must come up and visa versa.

Increase the difficulty by standing on foam/pillow to create an unstable surface.

Single-Leg Calf Raises on a step- 3x15 (two seconds slow and controlled on the down/ one second fast on the way up)

Walk on your tip-toes- 15m forward, then 15m backwards- repeat 3 times.

Four Corner Hops- 2x10: <https://www.youtube.com/watch?v=m0AufdwDho8>

Upper Body:

Banded Rows- 2x15, squeeze your shoulder blades together.

Banded Straight Arm Pulldown- 2x15, focus on squeezing the lats.

Reverse Rotators w/Cords- 3x20

Internal Rotators w/Cords- 3x20

Fly Simulation w/Cords- 1x50

Thinking about the high elbow - elbow higher than hand and forearms which move together as one unit.

Pushups/Bench Dips- 2x10, superset these two.