

Make Your Move Week 3

Consistency Is Key



Week 3 - Bringing it all together to make new challenging exercises. Day 1, **Move-Meant Done Right 105 with The Finisher 2.0**, has exercises that will challenge your agility, core, and shoulder strength. Day 2 will be **Move Making 103 with Tummy Time**, add more reps or a progression that you haven't used yet. Day 3 is **Moving On Up 104 with Gut Buster** where you will be able to challenge yourself a little more. Day 4 is a cardio based workout, with total body strength exercises that will get your heart jumping, called **Kardia Mover 106** (kardia means heart in greek). **DO NOT SKIP YOUR LIFESTYLE HABIT ROUTINE!**

Day 1

Warm-ups - 1x Through

Jumping Jacks 20 Seconds

Shoulder Rolls 10x Each Way

Butt Kicker 20 Seconds

Movement Done Right 105 - 3x Through

Fire Hydrant Kickouts 10-12 Reps

Plies Squats 10-12 Reps

Haybayer 10-12 Reps Each Side

Skier Hops (Twist Hops in Place) 30 Seconds

Diagonal Resistance Band Pull Aparts 10-12 Reps Each Way

Front Raises 10-12 Reps

Overhand Standing Band Row 10-12 Reps

Side Arm Walks To Supermans 10-12 Tucks Each Side (20-24 Total Tucks)

Rest 60-90 Seconds and Repeat

***After completing MM 105, do The Finisher Tabata Circuit 2.0!**

The Finisher Tabata Circuit 2.0 - 2x Through (4 minutes long)

Bear Crawls 20 Seconds

10 Second Break

Lateral Leap to Single Leg Front Jump 20
Seconds

10 Second Break

High Plank Side to Side Hops 20 Seconds

10 second Break

Squat Jumps 20 Seconds

10 Second Break

Cool-Down - 1x Through

High Reach Bend Overs 30 Seconds Each
Side

Cross Body Arm Stretch 45 Seconds Each

Hinged Back Twist 30 Seconds Each Side

Day 2

Warm-ups - 1x Through

Reverse Lunge and Twist 8x Each Leg

I T Y Shoulder Activation 8x

Butt Kicker 20 Seconds

**Move Making 103 - 3x Through (15
reps, more resistance, 45 seconds, or a
progression)**

Reverse Lunge w/ Knee Thrust 10-12 Reps

Arm Walkout Lockoffs 10-12 Reps

Banded Biceps Curls or Iso Curls 10-12
Reps

Wall Sit Variations 30 Seconds

Two Feet RDL/One Foot RDL 10-12 Reps

Renegade Rows 10-12 Reps Each Arm

High Row 10-12 Reps

Shoulder Press 10-12 Reps

Rest 60-90 Seconds and Repeat

***After completing MM 103, do Tummy
Time!**

Tummy Time - 2x Through

Bird Dogs 20 Reps Total

Dead Bugs 20 Reps Total

High Plank Knee Tuck to Fire Hydrant 10 Reps Each Leg

Crunch Hold with Alternating Leg Drops 10 Reps Each Leg

Rest 60-90 Seconds and Repeat

Cool-Down - 1x Through

Hip Flexor Stretch 45 Seconds Each Side

Cross Body Arm Stretch 45 Seconds Each

Hinged Back Twist 30 Seconds Each Side

Day 3

Warm-Ups - 1x Through

3 Squats/Arm Walk-out/Upward Dog/Downward Dog 5x

Front To Back Arm Swings 10x Each Way

High Knees 20 Seconds

Moving On Up 104 - 3x Through (15 reps, more resistance, 45 seconds, or a progression)

Reverse Lunge W/ Lateral Flye 10-12 Reps Each Side

Plank Jacks 30 Seconds

Lateral Leap 20-24 Leaps

Close-Grip Push Up W/ Knee Tuck 10-12 Reps

Alternating Front Lunge W/ Trunk Rotation 10-12 Reps Each Leg

One Leg Glute Bridge 10-12 Reps Each Leg

Quick Feet 30 Seconds

Superman 10-12 Reps

Rest 60-90 Seconds and Repeat

***After completing MOU 104, do Gut Buster!**

Gut Buster With Ball- 2x Through

Ball Roll Out to Knee Tuck Plank--- 10-12
Reps Each Side

Ball Leg Lift 10-12 Reps

Ball Side Plank 20 Seconds

Full Ball Plank Glute Lift 10-12 Reps Each
Hand

Side to Side Scissor Kicks 20-24 Kicks or
10-12 Rotations

Dead Bug Pulses 30 Seconds

Rest 60-90 Seconds and Repeat

Cool-Down - 1x Through

Seated Hamstring Stretch 45 Seconds Each
Side

Modified Pigeon Stretch 45 Seconds Each
Side

Forward Shoulder Shurg Hold 30 Seconds
Each Side

Day 4

Warm-Ups - 1x Through

Dynamic Quad Stretch 6x Each Leg

Reverse Lunge and Twist 8x Each Leg

Jumping Jacks 20 Seconds

Kardia Mover 106 - 3x Through

Forward Lunge Pull Aparts 10-12 Lunges

Forward Jump/Backward Jump 10-12 Reps
Both Ways (20-24 Jumps)

High Side Plank Twist Reach 10-12 Reps
Each Side

Jump Lunge 10-12 Reps Each Leg (20-24
Jumps)

Bear Crawl 10-12 Reps Each Side

Quick Jump To Burpee 10-12 Reps

Curl and Press 10-12 Reps

Mountain Climber 30 Seconds

Rest 60-90 Seconds and Repeat

Cool-Down - 1x Through

Seated Hamstring Stretch 45 Seconds Each
Side

Modified Pigeon Stretch 45 Seconds Each
Side

Torsion Back Stretch 45 Seconds Each Side

Don't Let the Daily Grind, Grind You Down!

Chair Stretch Series 3



Increase blood circulation and release tight muscles right in your chair! By using objects around you, stretching in your office or at home can be easy!

Chair Stretch Series 3 - 2x Through

Desk Lat Stretch 3-5 Seconds

Chin Retractions 2x Through Sequence

Trunk Rotation Stretch 3-5 Seconds Each Side

Glute Master With Band 12-15 Reps