

Total Body Workout

Focus on preparing the body for the demands of Spring and Summer activities

Self Myofascial Release and Mobilizations

Foam Roll Hips and Upper Back

Worlds Greatest Stretch with Thoracic Rotations

Activation — 2-3 rounds

Deadbugs with Medicine Ball — 16-20 reps

Side Lunges with Medicine Ball Reach — 8-10 reps each leg

Cardio 6 minutes

Resistance Set 1 — 3-4 rounds

Kettlebell Deadlift — 10-15 reps

Core Pushups — 5-8 reps

Resistance Set 2 — 3-4 rounds

Forward Walking Lunges — 10-15 reps each leg

Cable One Arm Robinhoods — 10-15 reps each arm

Medicine Ball Diagonal Woodchop — 10-15 reps each direction

Cardio 6 minutes

Training Tips and Modifications

- Set distance goals or complete high intensity intervals to increase the intensity of the cardio sets.
- Reduce the rest time in between exercises to increase the intensity of the resistance sets.
- Reduce the intensity of the the Core Pushup by doing an Incline Pushup.
- Reduce the intensity of the Forward Walking Lunge by doing Split Squats.



Exercise Reference Guide

Exercise	Description
Foam Roll Hips and Upper Back	<p>Use a foam roller to slowly roll through the hips (glutes, hip flexors) and upper back (thoracic spine).</p> <p>Pause briefly on tight or tender areas and breathe to help release tension.</p>
World's Greatest Stretch with Thoracic Rotations	<p>Start in a deep lunge with one foot forward and both hands on the ground or bench.</p> <p>Drop the back knee if needed. Bring the inside elbow toward the ground, then rotate that arm up toward the ceiling, following with your eyes.</p>
Deadbugs with Medicine Ball	<p>Lie on your back holding a medicine ball with arms extended toward the ceiling and knees bent at 90°.</p> <p>Slowly extend the ball overhead and one leg away from each other while keeping your lower back pressed into the floor.</p> <p>Return to center and alternate sides.</p>



Exercise Reference Guide

Exercise	Description
Side Lunges with Medicine Ball Reach	<p>Step out to the side into a lateral lunge while holding a medicine ball.</p> <p>Sit back into the hip while keeping the opposite leg straight.</p> <p>Reach the ball forward or toward the ground for added core engagement.</p> <p>Push back to the starting position and repeat.</p>
Kettlebell Deadlift	<p>Stand with feet hip-width apart, kettlebell between your feet.</p> <p>Hinge at the hips, maintain a long spine, and grab the kettlebell.</p> <p>Stand tall with the kettlebell and squeezing your glutes at the top.</p> <p>Lower with control and repeat.</p>



Exercise Reference Guide

Exercise	Description
Core Pushups	<p>Start by laying on the floor and assume a pushup position.</p> <p>Press your body to a high plank as one unit, keeping your core tight and hips aligned.</p> <p>Lower your body without letting your hips sag or pike.</p>
Forward Walking Lunges	<p>Step forward into a lunge, lowering your back knee toward the ground.</p> <p>Maintain a tall torso and push through both legs to stand tall and step back together.</p>
Cable One Arm Robinhoods	<p>Start facing the cable with one arm extended. Step into a transverse (rotational) lunge while pulling the handle to your chest.</p> <p>Rotate through your hips and torso as you move, then return to start with control.</p>
Medicine Ball Diagonal Woodchop	<p>Hold a medicine ball and start high on one side of your body.</p> <p>“Chop” the ball diagonally across your body toward the opposite knee as you squat.</p> <p>Return to the start position and repeat.</p>

