

# THE MAMA MOVEMENT



## BETA TEST WORKOUT #3

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*Hi there*

# WELCOME TO WORKOUT #3 OF THE BETA TEST WORKOUT SERIES



It's the third and final Beta Test Workout!

Today's conditioning workout is going to be spicy! I designed it to be done in 15-minutes or less while leaving you feeling a little sweaty!

For equipment, you will need a set of dumbbells, a mini band (the circle one) and a bench or chair.

Instead of following reps and sets, today you will be using intervals, working for 30 seconds and resting for 15 seconds. Complete the first exercise, followed by the second and continue down the list (5 exercises total). Then repeat two more times in the same order.

If you still have questions, send me an email or DM and let's chat!

YOU'VE GOT THIS!

XO  
MARTINE

# WARM-UP

Here are some warm-up exercises that you can do prior to your workout. I get that you may not always have the time or that you want to skip it and that's okay! You can also come back to this warm-up on the days you want some light movement or you're feeling some tension in your body. Just increase the reps to x10.

## **x5 reps per exercise**

### CAT - COW

Inhale to curve the spine and reach the chin forward. Exhale to press into hands and feet and roll the spine up as you tuck the chin. If in pregnancy, you can choose to do this from a chair or bench.

### THORACIC SPINE ROTATION

Sit back towards your heels or stand and grab the back of a chair. Bend one elbow and place hand behind the neck. Inhale as you rotate that elbow towards the ceiling. Exhale as you bring it back down. Only go as far as it is comfortable to do so.

### ADDUCTOR ROCKBACKS

Kneeling with one foot kicked to the side. Inhale to lower bum towards heel while keeping back straight. Exhale to return to start position. Avoid tucking the bum under and rounding the back.

### HALF KNEELING AROUND THE WORLD

Come into half kneeling position and tuck your bum under. Place both hands on the outside of the knee. Inhale as you open up the outside arm and circle it behind. Exhale as you return.

### DEEP SQUAT

Place hands on feet, shins or knees, whatever feels most comfortable while keeping heels and toes on the ground throughout the movement. Lower the bum as low as possible. Exhale to push into feet and straighten out the legs, inhale to lower.

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EXERCISE	SETS/REPS	NOTES
<p><u>A1 - LATERAL BANDED STEP</u></p>	<p>3X30sec</p>	<p>Place mini band above the knees or around the ankles. Breathe as you take a wide lateral step to the right, and back to the left. For a more burn-ey bum feeling, hinge the hips back or bring chest forward over the thighs.</p>
<p><u>A2 - BICEP CURLS</u></p>	<p>3x30sec</p>	<p>Keep slight bend in the knees. Pull the weights toward shoulders on exhale keeping elbows close to body. Inhale to lower.</p>
<p><u>A3 - CROSSOVER STEP UP</u></p>	<p>3x30sec</p>	<p>Place yourself on right side of the bench. Place right foot on the bench and push into this foot to pull yourself up (avoid pushing from bottom leg). Inhale as you step down to the left side of the bench. Keep alternating.</p>
<p><u>A4 - MOUNTAIN CLIMBERS</u></p> <p>*Choose incline if you wish</p>	<p>3x30sec</p>	<p>Start with hands below shoulders and one knee down. Exhale to engage with the core and step both feet back. Bring one knee towards at a time while keeping back and pelvis in neutral. Keep breathing.</p>
<p><u>A5 - ELEVATED BRIDGE</u></p>	<p>3x30sec</p>	<p>Place feet on bench, chair, staircase, or wall. Exhale press into feet and lift the hips in line with ribs. Inhale to lower.</p>

# COOL-DOWN

Here is a quick cool down routine that can help with your recovery. The relaxation poses will allow your body to let go of tension and allow the nervous system to calm down. Feel free to do these anytime during the day or right before bed.

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HALF KNEELING HIP FLEXOR STRETCH - 30 secs

PIRIFORMIS STRETCH - 30 secs

INTERLACED FINGERS BEHIND - 30 secs

ELEVATED BUM - RELAX - 2-3 minutes