

# THE MAMA MOVEMENT



## WORKOUT #3

# 7-DAY SIMPLE STRENGTH PROGRAM

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## HELLO FRIEND!

### Here is workout #3 from our 7-day Simple Strength Program

Below you will find workout #3 from our 7-Day Simple Strength Program. This workout should only take you 15-minutes or less. We are having fun with some conditioning today which means tapping into the cardiovascular system a little more! You can some heavier breathing and maybe a little bit of sweat.

What I love about intervalls is that you get to choose the intensity. You set the timer and you set the pace, whether you want to speed it up to increase the reps, or slow it down to add more rest. Allow yourself to explore but remember that it is not a race. We want to be able to tune into our body's feedback.

For this workout, you are going to need a set of dumbbells and a bench (or chair, staircase). Just a little reminder that you can click on the exercises below to open up a video demonstration so that you don't have to try and figure it out alone.

If you still have questions, don't hesitate to reach out!

Now have some fun!



## Warm-Up

We are keeping the same warm-up for the whole week, because the goal is simplicity! So 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.

**Equipment** : Set of dumbbells & a bench (chair or staircase)

## EXERCISE

## SETS/REPS

## NOTES

A1 - 1-ARM FRONT  
SQUAT

2x 45 sec

Hold dumbbell in one hand and rest on shoulder. In a standing position with feet a little wider than shoulder width apart and toes out, inhale as you pull yourself down into a squat, exhale as you stand.

A2 - 2-ARM  
FLOOR PRESS

2x 45 sec

Lie on your back with knees bent. Hold dumbbell in each hand with fingers facing your opposite arm. Exhale to press the dumbbell up, inhale to lower.

B1 - SINGLE LEG  
STEP UP

2x 45 sec

Start with chair or bench facing you. Exhale as you press one foot on the bench to push yourself to standing. With that same leg, inhale to lower back to the ground. You can alternate sides for this one.

\*add dumbbells

B2 - OVERHEAD  
TRICEP EXTENSION

2x 45 sec

Start in standing position with feet shoulder width apart and slight bend in knees. Hold dumbbell with both hands behind your head with elbows bent. Exhale to pull the dumbbell overhead and straighten the arms. Inhale to bend the elbows and lower the dumbbell. Keep gaze looking forward and elbows close to ears.

B3 - SIDE PLANK ON  
KNEES

2x 20 secs  
per side

Start on your side with both knees bent and shoulder above your elbow. Exhale as you press your hips up so that you're in a diagonale position. Stay connected to your core but keep breathing. If your shoulder hurts, think about putting more tension on your knees too.

\*or on both feet

## 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. Psst... my favourite is the Elevated Bum = INSTANT relaxation!

# 1

HALF KNEELING HIP FLEXOR STRETCH - 30 secs

PIRIFORMIS STRETCH - 30 secs

INTERLACED FINGERS BEHIND - 30 secs

ELEVATED BUM - RELAX - 2-3 minutes