

# THE MAMA MOVEMENT



## BETA TEST WORKOUT #2

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*Hi there*

# WELCOME TO WORKOUT #2 OF THE BETA TEST WORKOUT SERIES



Alright my friend, now that we have our first workout done, it's time to test out workout #2!

For this 30-minutes or less workout, you will need a set of dumbbells. If you have more than one set, you can choose a lower weight set and a higher weight set if you wish. As in the previous PDF, you will also find your warm-up and cool-down options, which are the same so that you don't have to spend extra time figuring out new exercises! (Psst... we are trying to make this as short and effective as possible).

As a reminder, in the workout section you can click on the exercise to see a video demonstration of that exercise. You'll see there is a section titled SETS/REPS, for example 3x10 means you will repeat the exercise for 10 repetitions for 3 times (sets). Lastly, if you see exercise A1, A2, this means a superset. Perform exercise A1 for appropriate number of repetitions, then exercise A2 for the amount of repetitions, and begin again at A1 until completed the # of sets.

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.

2

EXERCISE	SETS/REPS	NOTES
<u>A1 - SUMO SQUAT</u>	3x12	Feet are wide and turned out. Inhale to pull yourself down, exhale to stand. Less leaning forward and more standing straight.
<u>A2 - 1-ARM HALF KNEELING OVERHEAD PRESS</u>	3x6/side	Start in half kneeling position with back toes curled under. Bring dumbbell to shoulder height. Exhale to press the dumbbell overhead while keeping the ribs stacked on top of pelvis. Inhale to lower. You're going to want to find some stability in the half kneeling position.
<u>B1 - CURTSEY LUNGE</u>	3x8/side	Start with feet shoulder width apart. Inhale as you step one foot back and across and pull yourself down into lunge. Exhale to push off the back leg into standing. Alternate Sides
<u>B2 - BENT OVER ROW</u>	3x8	Hold dumbbells in each hand. Keep slight bend in the knees and hinge the chest forward. Exhale to pull the weights towards back pocket, inhale to lower.
<u>C1 - KICKSTAND DEADLIFT</u>	3x5/side	Hold dumbbells in each hand. Step one foot back and stand on that tippy toe. Front leg will have a small bend in the knee. Inhale to send the hips back (flash the wall, split the butt cheeks). Keep the dumbbells close to shins, exhale to stand.
<u>C2 - 2-ARM SUITCASE CARRY</u>	3x 30 sec	Exhale as you pick dumbbells up off the floor. Walk around the room while you breath in and out. Bring some awareness to your ribs and see if they can stay stacked on top of that pelvis if that feels good in your body. This exercise targets the core and grip strength.

# 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.

1

HALF KNEELING HIP FLEXOR STRETCH - 30 secs

PIRIFORMIS STRETCH - 30 secs

INTERLACED FINGERS BEHIND - 30 secs

ELEVATED BUM - RELAX - 2-3 minutes