

THE MAMA  
MOVEMENT



**WORKOUT #1**

**7-DAY SIMPLE STRENGTH  
PROGRAM**

By Martine Chiasson - B. Sc. Kin , M. Sc.

## HELLO FRIEND!

Here is workout #1 from  
our 7-day Simple  
Strength Program

Below you will find workout #1 from our 7-Day Simple Strength Program. This workout will **only take you 7-minutes** (+5 if you add warm-up and cooldown, which are totally optional)! I know right? Doesn't 7-minutes feel quite possible on this first day of the program? You've got this my friend!

The only piece of equipment you need for this workout is a mini band and a timer. We are starting with something very simple, an AMRAP, which allows you to control the intensity and keep that workout time way down!

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

Now have some fun!

XO  
MARTINE

## 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.

Okay for our very first workout of the week, we are going to keep it as simple as possible, ONE piece of equipment only - the mini band - and only FOUR exercises for a 7-minute AMRAP (as many reps as possible).

You are going to set a timer for 7-minutes and you're going to perform each exercise for the appropriate # of reps, and continue to do so for 7-minutes. So once you complete all exercises, you start again! The reason I love AMRAP's... because you get to control the intensity - speed it up, slow it down, add some water breaks, or walking breaks, reduce the # of reps if they are too much, or decrease from 7-minutes to 5-minutes. You get to EXPLORE!

1

EXERCISE	REPS	NOTES
<u>A1 - BANDED SQUAT</u>	x 6	Place mini band above or below the knees. Inhale to lower body down, exhale to stand.
<u>A2 - BANDED CURL &amp; PRESS</u>	x 6	Stand tall with a slight bend in knees. Place mini bands around your wrists and keep tension on the band. Exhale to bend the elbows and bring hands towards shoulders (bicep curl), continue to exhale as you press the arms overhead (keeping ribs down). Inhale to lower all the way down.
<u>A3 - BANDED BRIDGE</u> <u>*or Elevated Bridge</u>	x 6	Place band above the knees. Exhale to press into feet and lift bum so that ribs are in line with hips. Inhale to lower. Keep tension on the band the whole time.
<u>A4 - INCLINE BANDED MTN CLIMBER</u> <u>*or Banded Mtn Climber</u>	x 6 (total)	Wrap mini band around both feet. Place hands on bench or chair. Exhale to step the feet back and on your tippy toes. You're going to stay in neutral spine which means the bum is in line with your back and neck. Exhale to pull the knee towards chest while keeping the back and pelvis in neutral. Inhale to step back. Alternate sides.

## 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