

THE MAMA MOVEMENT



WORKOUT #2

7-DAY SIMPLE STRENGTH PROGRAM

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HELLO FRIEND!

Here is workout #2 from our 7-day Simple Strength Program

Below you will find workout #2 from our 7-Day Simple Strength Program. This workout was designed to be able to get it done in 30-minutes or less, and it's the exact one found in the Stronger Now Program. You have the option to warm-up and cool-down before and after each workout... take it from me, sometimes I skip in order to just get it done... and it's okay!

You will need a pair of dumbbells for this workout.

In each 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.

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

Now have some fun!



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 - GOBLET SQUAT</u>	3x10	Hold a dumbbell with both hands. Turn toes out just a little. Inhale to pull yourself down, exhale to stand up.
<u>A2 - STANDING OVERHEAD PRESS</u>	3x8	Start in standing position with DBL in each hand resting on shoulders. Keep a slight bend in the knees and ribs stacked over pelvis. Exhale as you push dumbbells straight overhead, inhale as you pull down. Don't trust the ribs at the top.
<u>B1 - SUITCASE DEADLIFT</u>	3x10	Inhale as you send the hips back, sliding the dumbbells down the side of your legs (up to half way down the calves). Exhale to push the hips forward to stand. Keeping your back straight here may feel better for you.
<u>B2 - LAWNMOWER ROW</u>	3x8 side	Start with left arm and left knee on bench or chair and holding dumbbell in right hand. Exhale to pull dumbbell towards back pocket, inhale to lower.
<u>C1 - SIDE TO SIDE LUNGE</u>	3x8 side	Start with feet wide in triangle stance. Inhale as you lean to one side by sending the bum back and bending the knee. Exhale as you push off that bent leg to standing. Repeat on other side.
<u>C2 - STANDING SIDE BENDS</u>	3x8 side	Hold dumbbells in each hand. Inhale as you allow one shoulder to drop and the dumbbell slide down your thigh. Exhale pull yourself to standing. You don't pull on the dumbbell, your core does the work to pull you up.

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