

THE MAMA MOVEMENT



BETA TEST WORKOUT #1

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Hi there

WELCOME TO WORKOUT #1 OF THE BETA TEST WORKOUT SERIES



YAY! It's testing time!

Below you will find workout #1 from the Beta Test Workout Series! This is a bodyweight workout only, so no equipment is needed to make it even easier for you to test it out! You will also find a warm-up and cool-down option if you have some time to spare!

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 until completed the # of sets.

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

HAPPY SWEATING!

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.

1 EXERCISE	SETS/REPS	NOTES
<u>A1 - BODYWEIGHT SQUAT</u>	3x12	Stand with feet shoulder width apart or more. I like to go a little wider, it feels better in my hips. Inhale to pull yourself down in to squat, exhale to stand. You should feel this mostly in the quads (front of the thigh) and the glutes.
<u>A2 - FOREHEAD PUSHUP</u>	3x8	Get on all 4's with wrists below shoulders and knees below hips. Inhale as you bend at the elbow (30-45 degrees) to touch forehead to the ground (or wherever it feels good to stop). Exhale to push into hands to start position.
<u>B1 - BRIDGE WALL PRESS</u>	3x12	Lie on your back with knees bent so that you can reach your hands overhead to press into the wall. Exhale as you press hands into the wall and press down into the feet and lift your hips up. Inhale to lower and release pressure in the hands. Keep ribs in line with hip bones.
<u>B2 - INCLINE PLANK WITH SHOULDER TAPS</u>	3x 10/side	Place hands on bench or chair. Exhale to step back into plank position on tippy toes. Stay connected to your core. Exhale to lift right hand and tap left shoulder. Inhale to lower. Repeat on the other side.
<u>C1 - WALKING LUNGES</u>	3x8/side	Start in standing position with hands on hip. Inhale as you step one foot in front and pull your body down into lunge. Exhale as you push yourself up and forward with the opposite foot. Keep alternating

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