

# THE MAMA MOVEMENT



## REDEFINING MOVEMENT : 5-DAY EXPERIENCE

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## HELLO FRIEND!

*Here is workout #2 from our 5-days of Redefining Movement*

Below you will find workout #2 from our 5-Days of Redefining Movement. This workout was designed to be able to get it done in 30-minutes or less. 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 and a resistance band 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 in the private group chat!

Now have some fun!

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 - SQUAT PULSES</u>	3x8	Stand with feet slightly shoulder width apart. Inhale to pull yourself down into squat and pulse here for 3 counts. Exhale to push yourself to stand. This counts as 1 rep.
<u>A2 - BICEP CURLS</u>	3x8	Keep slight bend in the knees. Pull the weights toward shoulders on exhale keeping elbows close to body. Inhale to lower.
<u>B1 - BANDED BRIDGE</u>	3x10	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>B2 - DUMBBELL FLYES</u>	3x8	Start lying on your back holding dumbbells straight up. Inhale as you pull the dumbbells apart, exhale as you press them together. Keep a slight bend in the elbows.
<u>C1 - 2-ARM SUITCASE CARRY</u>	3x 30 secs	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.
<u>C2 - BANDED LATERAL STEP</u>	3x10 side	Place mini band above the knees or around the ankles. Breathe as you take a wide lateral step to the right, and back to the left. For a more burn-ey bum feeling, hinge the hips back or bring chest forward over the thighs.

## 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.

# 2

INTERLACED FINGERS BEHIND - 30 secs

PIRIFORMIS STRETCH - 30 secs

HAMSTRING STRETCH - 30 secs

LOWER BACK STRETCH - 30 secs

CHILD'S POSE - RELAX - 2-3 minutes