Online Train with Trina

Fitness Solutions 4 Every Woman Fit4Females.com / #TrainwithTrina

WOW TIPS AND NOTES

Workout Timing: **W** = Work / **R** = Rest ie: 40:20 is 40 W / 20 R	**AMRAP** = As many rounds as possible	**HIIT** = High Intensity Interval Training	**EMOM** = Every Minute on the Minute	**STEADY** = Steady continuous flow minimal rest
ABBREVIATIONS:	**SL** = Single Leg	**DL** = Double Leg	**L** = Left	**R** = Right
	RND = Round	**ROM** = Range of motion	**HR =** Heart Rate	**CX** = Circuit
EQUIPMENT:	**DB** = Dumbbell	**KB** = Kettlebell	**MB** = Medicine Ball	**SB** = Stability Ball
	BW = Body weight only	**Household items:** Water bottles, chair, steps, paper plates, towel	**Trina's Faves:** Skipping rope, SB, MB, KB, DB, Resistance bands, Foam roller, Mat	**Tabata Pro App** is a great way to track timing for workouts while playing music
HOW OFTEN	**Beginner:** 3-4 times / week	**Advanced:** 4-6 times / week	Schedule your workouts as an apt in your calendar	**X** off your workout in your WOW Calendar
INTENSITY:	Always **WARM UP** first 6/10 intensity	**WORK** at about 7-8.5/10 with 10 being the hardest	**COOL DOWN:** 5-10 min Always stretch and foam roll, gentle tension no pain *see video	**Cardio moves —** Raise your HR **Strength moves —** Slow and steady
PLEASE NOTE:	**Never work through pain, progression is the goal** Never sacrifice form for speed	Dizzy getting up and down? Break up moves with more rest or do standing exercises first then the floor exercises	Rest days are important and stretching is a MUST	Always listen to your body, complete range of motion
TRINA'S TIPS:	Along the way you can mix up the WOWs and Core Blasters	**Click here for a blank workout calendar**	**Record your HR on your sheet and post to FB group**	Say 5 positive things every time you cool down

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WOW #1 TOTAL BODY BLASTER

Move	Reps / Time	TOTAL BODY BLASTER WARM UP	Trainer Tips Click here for Instructional Video	Notes / Mark rounds with a ✔
	STEADY	Complete 3 rnds of moves #1-4	**Warm up - Goal is to increase HR**	
	6 min			
#1	30 sec	Jumping jacks or Single Jack	***Low impact:*** one leg at a time	
#2	30 sec	Squat Side Step with R & L punch	Punch L&R, then R&L Avoid too much rotating while punching ***High Impact:*** Squat jack with punch	
#3	30 sec	Giddy up with upper cut	Increase your HR!	
#4	30 sec	Squat with Airplane	Push hips back, draw arms straight behind	
	HOW TO:	**Complete 3 rnds of moves #1-4**		

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Move	Reps / Time	TOTAL BODY BLASTER 40:20	Trainer Tips Click here for Instructional Video	Notes / Mark rounds with a ✔
	STEADY	Complete 3 rnds of moves #1-5 **Equipment:** Skipping rope, SB	If it hurts stop or you need rest **STOP** Resume only when you feel comfortable. Take it at your own pace **Be mindful of form always!**	
	15 min	**40:20**		
#1	40 sec	Skipping with or without a rope	Chest up, shoulders back and down	
#2	40 sec	Squat to chair sit, unload and reload	Squat chest up, hips back first ***Progression:*** add weight or power jump	
#3	40 sec	Squat punch x 2	***Low impact:*** side step punch punch ***High impact:*** squat jack punch punch	
#4	40 sec	Supine floor bridges	Supine, engage glutes and lift hips ***Progression***: add a stability ball	
#5	40 sec	Front elbow plank / Pushups **Rnd 1 plank, Rnd 2 pushups, Rnd 3 plank**	Plank on elbows, start on knees Shoulders, elbows and wrist in alignment ***Progression:*** Plank and pushups on toes	
	HOW TO:	Perform 40 sec of #1, rest 20 sec, then #2 repeat all the way to #5 = 1 round then start from the top for 3 rounds total		
	5-6 min	**Cool down: Stretch / Foam roll**	Stretch all muscles used during the workout!	

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