Online Train with Trina

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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 #2 TBC 20/12 TOTAL BODY CONDITIONING

Move	Reps / Time	TBC 20/12 TOTAL BODY CONDITIONING WARM UP	Trainer Tips	Your Notes Mark the rounds with a ✔
	AMRAP	Complete moves #1-4 for 6 min AMRAP	**Warm up - Goal is to increase HR**	
	6 min			
#1	20 reps	Giddy up with upper cut	Increase your HR!	
#2	20 reps	Squat with R & L punch	Punch L&R, then R&L Avoid too much rotating while punching ***Progression:*** squat jack with punch	
#3	20 reps	Jumping jacks or single jacks	***Low impact:*** one leg at a time	
#4	12 reps	Regular body squats	Go to your depth – use a chair to assist, chest up, shoulders back and down, back tall	
	HOW TO:	**Complete moves #1-4 for 6 min AMRAP**		

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WOW #2 TBC 20/12 TOTAL BODY CONDITIONING

Moves	Reps / Time	TBC 20/12 TOTAL BODY CONDITIONING	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
	AMRAP	Complete moves #1-4, repeat **Equipment:** choice to add a skipping rope, DB/MB and SB	If it hurts, stop or if you need rest **STOP** Resume only when comfortable Take it at your own pace Option to finish with a TWT Bonus Core Training	
	12 min	**Consistent work**		
#1	20 reps	Double leg calf raise	Stand tall, raise to your tippy toes, pause for 1 then lower ***Progression:*** hold a dumbbell/weighted ball, use a step	
#2A	10 reps	Single leg touch down R foot planted	Squat chest up, hips back first, reach down to the ground and aim for an item (dumbbell, water bottle, yoga block, etc.) ***Progression:*** don't let the back leg touch the floor	
#2B	10 reps	Single leg touch down L foot planted	Repeat above on the other leg	
#3	20 reps	Side to side ski jumps wide or narrow	***Modification:*** by stepping side to side minimal impact 1 foot at a time ***Progression:*** use a skipping rope to side ski jump side to side double foot	

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Moves	Reps / Time	TBC 20/12 TOTAL BODY CONDITIONING	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
#4	20 reps	Front to side plank *10 on each side	Shoulders and elbows stacked Plank on elbows, hold for 1-2 count turn to R side plank, back to front repeat L = 2 reps ***Progression:*** plank on toes	
	HOW TO:	AMRAP consistent work for 12 min. Complete moves #1-4, repeat ***Progression*****:** 16 minute AMRAP with weights		
	5-6 min	**Cool down: Stretch / Foam roll**	Stretch all muscles used during the workout!	

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TWT BONUS CORE BLAST

Move	Reps / Time	CORE BLAST	Trainer Tips	Your Notes
	AMRAP	Complete this Core Blast on its own or with a WOW Complete moves #1-4, repeat	**You can do this 5x in the week**	
	5 min			
#1	5 reps	Pushups	Shoulders, elbow and wrist in a straight line Lower slowly towards the ground on your knees or toes, slow and steady press up ***Progression:*** dive bombers or diamond pushups	
#2	5 sec	Slow count plank hold	Focus on strength and recruiting muscles, don't just hold it, focus and count slowly to 5 ***Progression:*** plank jack	
#3	5 reps	Hip bridge 3 to 5 reps/side if performing single leg	Lie face up, knees bent, face up and thrust hips towards ceiling either double or single leg ***Progression:*** use stability ball or Bosu	
#4	5 reps	Tricep dip incline plank hold	Find your incline plank and slowly lower your hips to the floor into a half tricep dip keeping elbows tight and wrists, elbows and shoulders stacked – do not pull away from shoulders ***Progression:*** from bridge to straight legs ***PHOTOS BELOW**	
	HOW TO:	AMRAP consistent work for 5 mins. Complete moves #1-4, repeat		

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INCLINE PLANK LEVEL 1

INCLINE PLANK PROGRESSION *VERY HARD

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