

# THE GLOW PROJECT

## Movement Plan

### *MONDAY WORKOUT:*

-Total body + stretch + walk

#### Superset 1:

- Resistance band/Dumbbell goblet squats 12 x 3
  - Keep the weight in your heels, make sure your knees aren't going past your toes, keep your core tight and engaged, as you lower down for the squat, push that booty back like you're sitting in a chair, really picturing the weight being driven by your glutes and hamstrings
- Elevated reverse lunges 12 (on each side) x 3
  - You can totally do these without the elevated step, just grab some dumbbells and make your own variation of this, but keep your weight in the front leg, as you step back for the lunge, just use that back foot as a kickstand to hold you up, drive yourself up using the front quad, make sure your knees don't go past your toes
- Resistance band crab walks 20 total x 3
  - Lower yourself down like you're going to go into a squat, after you ground yourself in that low squat, step your right foot out far enough so you feel the stretch and resistance from the band, squeeze through your glutes to push the legs out, keep your core tight, chest high, and then step to the other side, with the same form

#### Superset 2:

- Bicep curl to lateral raise 12 x 3
  - Keep your feet shoulder width apart, or together, whatever is comfortable for you, start with the weight by your side, then bring your pinky up to your shoulder, really making that mind to muscle connection, picturing as you squeeze that arm to engage the biceps, lower the weight, then bring your elbows up so you're in a T shape, and really squeeze those shoulder caps engaging the deltoid muscle
- Arnold press 12 x 3
  - Start with the palms facing you at your chest, as you push the weight up to the sky, your palms are going to shift out for a shoulder press motion, really picturing as you twist the weight up, you're engaging your shoulders, your triceps, and make sure you have a tight and engaged core here, too
- Overhead tricep extensions 12 x 3

- Ground yourself before starting this movement, bring your dumbbell behind your head, keep your elbows pinned to your ears, lower the weight with your hands to really stretch the back part of the arm, the tricep, then drive the weight up to the sky, not fully being straight and locked with your arms, just a slight bend as you reach the top of that motion, go super slow and controlled with this move to avoid injury and make sure that you start light
- Push up to mountain climber 12 x 3
  - Start with a push up, lower your knees if needed, keep your palms in alignment with your shoulders, keep your core engaged, lower yourself for a push up, keep a flat back, no dipping or arching, then bring the opposite knee to the opposite elbow and really squeeze through those obliques for that crunch
- Plank to ankle taps 12 x 3
  - Start in a plank position, bring push your booty up the sky like the downward dog yoga position, bringing your opposite hand to the opposite ankle, then lowering yourself back down into a plank position, remember to stay in control, take your time and really picturing squeezing the ab muscles to make sure the core is tight
- Plank jacks 12 x 3
  - Start with your normal plank position and your feet together, keep your hands grounded, pop the feet out to the side, then back in, out and then back in, make sure, again, you're thinking about being engaged in your whole body to stay in control

*TUESDAY WORKOUT:*

- Total body, stretch + walk

Superset 1:

- Dumbbell Deadlifts 12 x 3
  - Add a resistance band if you want, but keep the weight in your heels, hinging at your hips, not the knees, and picture painting the shins with the dumbbell and dragging it as close to your body as you can throughout this move, keep your back nice and flat, chest is up high, core is tight and engaged, really squeeze the hamstrings and glutes at the top of the movement
- Elevated step ups 12 (each side) x 3
  - Use a step if you feel comfortable, grab some dumbbells, push the weight up through that first first on the stepper, go slow and controlled, really using the hamstrings and back of the legs to drive you up
- Glute bridges 12 x 3

- Use a resistance band or dumbbell, lay on the floor, walk your feet up to the body and have the knees at a 90 degree angle, elevate your body off the floor by pushing through the lower back and glutes, really squeezing the glutes at the top of the move to engage that muscle

#### Superset 2:

- DB bent over row to tricep kickback 12 x 3
  - Start in a standing position, back is flat, lower the weight like you're putting down a box on the coffee table, fully extend those arms, then pull the weight close to the body, keeping your elbows pinned to your sides, bringing the weight and your hands up to your lat/elbow area, really squeeze the back at this point in the movement, as you squeeze the back, move into your tricep kickback, straightening the arms, engaging the back of those arms and tricep areas
- DB lying chest press to chest fly 12 (12 chest press to 5 flys) x 3
  - Use a bench of some kind if you have it, if not, the floor is fine, lower the dumbbells so your hands are at your armpits basically, really picturing extending that muscle, then contracting it by pushing the weight up and straightening your arms, after you do 12 press with your palms facing your feet, face your palms together and finish off with 5 flys
- V ups 12 x 3
  - Lay down on the floor, ground your hands on the floor, lift your legs up from the floor, so they're at a 90 degree angle from the floor, then slowly and very controlled, lower your feet to the floor without resting them on the floor, just tapping, then raise feet again, lower again, etc
- Plank dips 20 total x 3
  - Start in your plank position, keep the core nice and engaged, then lower one side of your hip at a time to barely touch the floor, rock side to side as you use your obliques and abs to really hold up the body and swivel side to side
- Plank pull throughs 20 total x 3
  - Start in a push up position, grab a lighter dumbbell, drag the weight through the mat to the other side, but keeping the core tight as you can, drag the weight from side to side

#### WEDNESDAY WORKOUT:

- walk + stretch

#### THURSDAY WORKOUT:

- total body + stretch + walk

- DB reverse lunge to bicep curl 20 x 3

- Step the foot back for a reverse lunge, slow and controlled, keeping the weight in that front foot, lower yourself down, then drive through the front foot to get yourself back up, at the top of that motion, bring the weights up to the shoulders, picturing squeezing those bicep muscles and bringing your pinky up to your shoulder cap
- DB deadlift to upright row 12 x 3
  - Hinge at the hips, lower the weight down and keep it as close to your shins and body as possible, picturing hinging at the hips and using those glutes to pull your torso up, squeezing the hamstrings and glutes, at the top of the movement, bring your elbows up so your forearms are parallel with the floor, squeezing those shoulder muscles
- Burpees 12 x 3
  - Keep the core strong and engaged, jump up and reach for the ceiling, as you lower yourself down, put your hands on the mat, pop the feet back and then quickly pop back up, keep your core tight and engaged, strong, keep your form in check by using a mirror
- Tricep dips 12 x 3
  - Use a stepper, or bench, keep your hands on it, walk the feet out, lower your torso down so you feel that stretch in your triceps, then use your triceps to push yourself back up through the movement, keep your legs bent or straight whatever feels best for you
- Lying hamstring curls 12 x 3
  - Use sliders or your socks, or even a paper plate, but keep your back flat on the ground, then drag your heels up to a 90 degree angle to contract the hamstrings and glute muscles
- Plank reachers 20 total x 3
  - Start table top position, flex your core to engage it, then reach out one hand in front of you, parallel to the floor, as you extend that arm, extend your back leg with the arm, contracting the abs and obliques
- Plank 45 seconds x 3
  - Lay your forearms on the ground, tuck the pelvic floor, picture pinching the side of your obliques to each other, keeping that core tight, do this in front of a mirror so you can assess your form, making sure your back doesn't start dipping or overarching, if you can't hold it for 45 seconds, hold it as long as you can, then lower the knees to catch your breath, go back up, hold as long as you can, then lower the knees if needed

#### *FRIDAY WORKOUT:*

-total body + stretch + walk

#### SUPEREST 1:

- Squat to twist 20 (total) x 3

- Perform your squat like normal, pushing through the heels, keeping your core tight and engaged, as you come up from the squat, bring your opposite knee to opposite elbow for a little crunch for your obliques, slow down the move, don't swing around, stay nice and slow and controlled
- Glute bridge 15 x 3
  - Use a resistance band or dumbbell, lay on the floor, walk your feet up to the body and have the knees at a 90 degree angle, elevate your body off the floor by pushing through the lower back and glutes, really squeezing the glutes at the top of the move to engage that muscle
- Jumping lunges 20 (total) x 3
  - Make sure you feel comfortable doing this jumping motion, if you're not totally there yet, just do regular walking lunges or even pulsing lunges, if you're going to do the jumping lunges, get grounded in your feet first, keep the motion fluid, keep the core tight and make sure you're posture is upright, your chest is high and you're maintaining your balance

#### SUPERSET 2:

- Alternating bicep curls 20 total x 3
  - One arm at a time, bring that weight up to your shoulder cap, picturing your pinky meeting your deltoid, squeeze that muscle as you reach the top of the movement and also focus on controlling the rate at which you lower the weight, stay controlled and strong, don't let it just swing and fall down, half the effort here is in controlling the second half of the movement
- Shoulder press to overhead tricep extension 12 x 3
  - Stand with your feet about a foot apart, palms are facing out and hands are right above your chest, you drive the weight up to the ceiling, at the top of the move, you're going to drop the weights behind your head, slowly and controlled, fully extend those triceps, then drive the weight back up the ceiling, flexing the underarm and tricep area
- Rear delt flies 12 x 3
  - Bend over like you're going to do a bent over row, hold the dumbbells facing each other, then lead with the elbows, picturing engaging the back side of your shoulder muscle to target all areas of the deltoid muscles
- Mountain climbers 20 x 3
  - Start in a push up position, get yourself locked in and engaged before starting the motion, drive the opposite knee to the opposite elbow, squeezing your obliques and contracting the ab muscles throughout the movement, if you can't do this fluidly, do one at a time
- Side plank pull throughs 12 each side x 3

- Stack your feet on top of each other, lay your forearm on the ground, and thread the needle so to say, bring your opposite arm that's not on the ground to the mat, in between your body and the mat, then act like you're starting a lawn mower, dragging the hand over the chest, pointing it up the sky, keep the core tight, engaged and use a mirror to monitor form