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 #4 BOOT CAMP BLASTER

Move	Reps / Time	BOOT CAMP BLASTER WARM UP	Trainer Tips	Your Notes Mark the rounds with a ✔
	STEADY	Complete 2 rnds of moves #1-5 with no rest	**Warm up - Goal is to increase HR**	
	5 min			
#1	30 sec	High Knees or Skip	Stand tall, keep chest up, R&L knee up	
#2	30 sec	Flurry or regular punch	Feet side by side and punch	
#3	30 sec	Side step squat	Squat two times R and back 2 to L, repeat	
#4	30 sec	Alternating lunges	Alternate R and L forward or b/ward lunge Lunge: Forward 1st set, backwards 2nd set	
#5	30 sec	Pushup with core walk out	Start standing, with hands at feet, walkout to pushup position, then complete 1 pushup, return to starting position, repeat ***Modification:*** stand in place and circle arms forward	
	HOW TO:	Complete 2 rnds of moves #1-5 with no rest		

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WOW #4 BOOT CAMP BLASTER

Move	Reps / Time	BOOT CAMP BLASTER	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
	STEADY	Complete 1 rnd of moves #1-6 with below timing. Within rnd: go through moves #1-2 twice, move to #3-4, twice, move to #5-6 twice ***Progression*:** Complete 2 rnds and/or add weight to suggested moves **Equipment needed:** choice to add DB, KB, skipping rope	If it hurts, stop or if you need rest **STOP** Resume only when comfortable Take it at your own pace Minimal or no rest between sets *unless your form is compromised or you need it Option to finish with a TWT Bonus Core Training *can be done anytime	
	12 or 24 min	**45:15**		
#1	45 sec	Skipping / Ham curls / Fast Feet/ Lateral Skates or High Knees	Choose your cardio move ***Progression:*** KB or DB swing	HR ➔
#2	45 sec	Squat	**Squat:** stand with feet slightly more than shoulder width apart, back straight and chest up lace fingers behind head, elbows out, lower body until thighs are parallel to the floor, keep hips back, pause and stand ***Progression:*** **prisoner get ups:** squat down to ground, lower R leg to kneeling position, lower L down, then R up and L up *alternate between R&L, add weight	Choice: Weight?
		Repeat moves #1-2 ↑ 2 rnds total before moving on to #3-4		

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Move	Reps / Time	BOOT CAMP BLASTER	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
#3	45 sec	Lateral side lunge	Start Position: stand with feet shoulder width apart, step to R and shift weight to R leg, squat to 90-degree angle at R knee. Sit back with your butt, keeping back as upright as possible Lunge to R for 3 reps, then lunge L for 3, repeat ***Progression*:** hold DB in working leg	
#4	45 sec	Skipping / Ham curls / Fast Feet/ Lateral Skates or High Knees	Choose your Cardio move ***Progression:*** KB or DB Swing	HR ➔
		Repeat moves #3-4 ↑ 2 rnds total before moving on to #5-6		
#5	45 sec	Burpees or pushups	Choose your level and only do what you can Mark which move you did and toes or knees	➔
#6	45 sec	Squat pick up	Pick an object up from the floor I like to use water bottle or a weight/ball Go to your depth – don't be afraid to use a chair, chest up, shoulders back and down, back tall ***Progression:*** load with DB or KB	
		Repeat moves #5-6 ↑ 2 rnds total and start back from the top if you want a more advanced WOW		
	HOW TO:	Complete 1 rnd of moves #1-6. Within rnd: go through moves #1-2 twice, move to #3-4, twice, move to #5-6 twice ***Progression*:** Complete 2 rnds and/or add weight to suggested moves		

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TWT BONUS CORE CRUSHER

Move	Reps / Time	CORE CRUSHER	Trainer Tips	Your Notes Mark the rounds with a ✔
	3 Rnds	Complete this Core Blast on its own or with a WOW Complete moves #1-3 with below timing	**You can do this anytime!**	
		20:10		
#1	20 sec	Hip bridge	Lie face up, knees bent, face up and thrust hips towards ceiling ***Progression:*** Hold 20 sec for each single leg, and/or use SB or BOSU	Single or Double leg?
#2	20 sec	Slow count plank hold	Focus on strength and recruiting muscles, don't just hold it ***Progression:*** plank jack	
#3	20 sec	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	
	HOW TO:	Complete moves #1-3 with 20:10 timing **Strapped for time?** Do 1 rnd **Go and get it**: Do 3 rnds		

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TWT BONUS FOAM ROLLER CORE CRUSHER

Move	Reps / Time	TWT BONUS CORE CRUSHER with FOAM ROLLER	Trainer Tips	Your Notes Mark the rounds with a ✔
	STEADY	**EXTRA BONUS!!!** Complete moves #1-2 for 1 rnd	**You can do this everyday!** **See photos below**	
#1	8 reps	Foam roll quads with lat pull in	***Start Position***: Face down, roller at about your pelvic floor, arms reaching out like superman with palms down, neutral spine, legs straight **never roll over a joint* ***End Position:*** Using core and lats pull body till the foam roller is right above knee. Roll back and repeat	
#2	8 reps	Calf foam roll with tricep work	***Start Position***: Sitting slightly angled and upright, shoulders, elbows and wrists stacked, finger tips pointing towards toes, foam roller placed under knee, top of the calf, legs side by side ***Progression:*** Legs stacked ***End Position:*** Using core and triceps, roll to above the ankle. Roll back and repeat	

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FOAM ROLL QUADS WITH LAT PULL IN

CALF FOAM ROLL WITH TRICEP WORK

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