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 #5 TRINA'S DIRTY 30'S!

Move	Reps / Time	TRINA'S DIRTY 30'S WARM UP	Trainer Tips Click here for Instructional Video	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	March 1, 2, 3 lift knee	March 1, 2 and on 3 – lift the knee up	
#2	30 sec	Ski machine double punch	Step L foot back double punch out, repeat R	
#3	30 sec	Side step squat	Squat L then back R	
#4	30 sec	Hold a squat big arm circles	Squat circle 10 forward, 10 back	
#5	30 sec	Alternating knee lifts & W arm position	Lift L knee squeeze arms in to a W position, repeat on R	
	HOW TO:	Complete 2 rnds of moves #1-5 with no rest		

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WOW #5 TRINA'S DIRTY 30'S!

Move	Reps / Time	TRINA'S DIRTY 30'S	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
		Option 1 = 1 rnd for time ***OR*** ***Option B =*** 12 min AMRAP write down exactly how many rnds you get through i.e.: if you get through 1 full rnd and you finish with 12 burpees, record that 1 full rnd and 12 Burpees ***Progression*:** Add equipment to suggested moves **Equipment needed:** choice to add DB, KB, resistance band, and paper plates	It's only YOU against YOU! Rest when needed If it hurts, stop or if you need rest **STOP** Resume only when comfortable Take it at your own pace We will be **testing this WOW again – be sure to repeat the same option testing day** Option to finish with a TWT Bonus Core Training *can be done anytime	Total Time➔ Which Option?
		Option 1=1 rnd for time **Option 2**=12 min AMRAP		
#1	30 reps	Pushups	Choose knees/toes or combo, good form is key, shoulders, elbows and wrists in a straight line, break them up if needed	How many # Toes or Knees ➔
#2	30 reps	Alternating lunges Option to add a ball or DB pass through	Alternating L and R -15 each side *reach chest up, knee over ankle, you should be able to "peekaboo" down at your toes on the lowering ***Progression:*** hold weights	What weight➔

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Move	Reps / Time	TRINA'S DIRTY 30'S	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
#3	30 reps	Burpees *just starting, elevate	***Modification***: 60 side step touches (30 each leg) ***Progression:*** Jump HIGH	➔
#4	30 reps	Superman swimmers	Slow and steady, long spine and swim ***Progression:*** lift legs with arms and add paper plates for resistance	➔
#5	30 reps	Standing deadlift double arm press back (like superman)	Use body weight ***Progression:*** use 1-2lb weights or resistance band and/or add a jump	➔
#6	30 reps	Standing wide grip bicep curls	Use a resistance band SA or DA ***Progression:*** use heavier weights	Equipment➔
#7	30 reps	Bird dog 15/side	Face down, slow and steady *big strength move extend opposite arm and leg	
#8	30 reps	Elbow plank with hip rocker	On knees, shoulder, elbows in alignment, squeeze the lats and glutes! ***Progression:*** toes	Which plank➔
	BONUS	***Dirty 30 Finisher***	**Row 500 m, 40 KB swings, 4 min on any cardio machine, run, stairs, etc.**	Choice➔
	HOW TO:	**Option 1**=1 round for time **Option 2**=12 min AMRAP		

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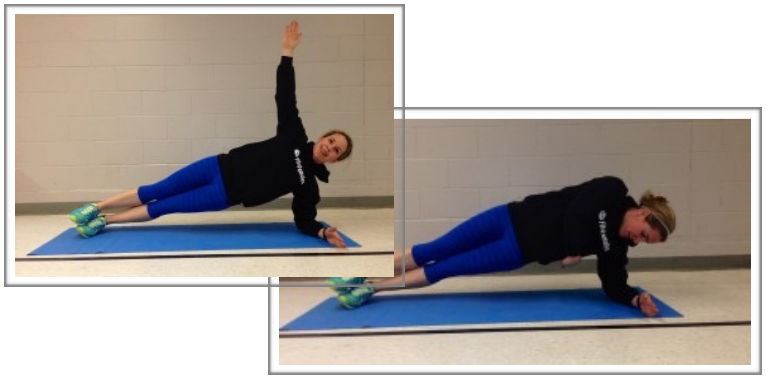
TWT BONUS CORE CRUSHER

Move	Reps / Time	TWT BONUS CORE CRUSHER	Trainer Tips	Your Notes Mark the rounds with a ✔
	3 rnds	**Complete moves #1-3 for 3 rnds, rest after each rnd**	**You can do this everyday! Photos below**	
#1	30 sec	Front plank	Shoulder, elbows in alignment, no saggy hips ***Progression:*** plank row with hands or DB	
#2	30 sec	L side plank	***Progression:*** side plank reach under	
#3	30 sec	R side plank	See above	
	HOW TO:	**Rest 30 sec after each rnd, repeat moves #1-3 for 3 rnds**		

PLANK ROW

SIDE PLANK START ON KNEES ADD PROGRESSION



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