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 #5A CURTSY PRESS, SHOULDERS AND BACK

Move	Reps / Time	CURTSY PRESS, SHOULDERS AND BACK BONUS	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
	STEADY	Complete moves #1-3 for 5 RNDS **Equipment needed:** choice to add heavy and light DB and aresistance band	**Add this Bonus WOW to any of your workouts this week for an extra challenge!**	
	5 rnds			
#1	10 reps	Step back curtsy lunge with a military press 5 reps each leg	Use just your arms, chest up, step back into a regular or curtsy lunge while pressing overhead, palms front facing ***Progression:*** use weights	Weights?
#2	10 reps	Bent over rear front and lateral shoulder flies	Body weight, chest up, bent over with straight back, a slight bend in knees, lift arms to the side and then to the front ***Modification:*** use one arm at a time ***Progression:*** light weights	
#3	10 reps	Band rows with a body squat	Make sure band is secure, squat and then row ***Modification:*** Body squats ***Progression:*** squat add a jump with the row, land softly	With or without band? HR?
	HOW TO:	Complete 5 RNDS of moves #1-3 with no rest		

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