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 #7 TRINA'S CALORIE BLASTER

Move	Reps / Time	TRINA'S CALORIE BLASTER WARM UP	Trainer Tips	Your Notes Mark the rounds with a ✔
	STEADY	Complete 2 rnds of moves #1-4 with no rest	**Warm up - Goal is to increase HR**	
	6 min			
#1	45 sec	Shuffle touch down	Chest up, shoulders back and down, reach to floor, 2 steps R touch down, 2 steps L touch down	
#2	45 sec	Squat touch down	Chest up, shoulders back and down, reach floor ***Progression:*** squat jack	
#3	45 sec	Bent over shoulder raise	Deadlift position with a shoulder raise side (like a T) then to the back (palms up)	
#4	45 sec	High Knees	Stand tall, keep chest up, R&L knee up	
	HOW TO:	Complete 2 rnds of moves #1-4 with no rest		

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WOW #7 TRINA'S CALORIE BLASTER

Move	Reps / Time	TRINA'S CALORIE BLASTER	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
	STEADY	**Perform Move A and then B right away – minimal rest** Complete each move combo (A&B) for 3 rnds before moving to the next set of moves **Equipment needed:** choice to add lighter and heavier DB, KB, SB	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	Total Time➔
		30 sec of Cardio – 45 sec of Strength		
#1A	30 sec	Shuffle touch down: 2 steps R touch down, 2 steps L touch down	Chest up, shoulders back and down, reach to floor ***Progression:*** move faster reach lower	
#1B	45 sec	Squat with a military press	Squat then press overhead ***Progression:*** squat thruster with weights the power of the movement comes from your hips, thrust weights up using hips at the mid part of the movement	What weight➔
		Repeat 1A &1B 3x/minimal rest		

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Move	Reps / Time	TRINA'S CALORIE BLASTER	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
#2A	30 sec	Body weight swing	Deadlift position with legs, swing only to shoulder height ***Progression:*** swing DB, work up to KB	Weight?
#2B	45 sec	SB lift and hold with an oblique punch press	Face up on a SB lift shoulders slightly off the ball and press your arms opposite shoulder - punch ***Progression:*** use a DB to press	➔
		Repeat 2A &2B 3x/minimal rest		
#3A	30 sec	Lunge skater style w/ bicep hammer	Lunge back, curl in a hammer position ***Progression:*** add a DB	➔
#3B	45 sec	Bent over shoulder raise with a back arm raise	Bent over in a deadlift position, raise arms to the side (like a T) then to the back (palms up) ***Progression:*** use light weights	Weight➔
		Repeat 3A & 3B 3x/minimal rest		
	HOW TO:	**Perform Move A and then B right away – minimal rest** Complete each move combo (A&B) for 3 rnds before moving to the next set of moves		

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TWT BONUS CORE AND BOOTY CRUSHER

Move	Reps / Time	CORE AND BOOTY CRUSHER	Trainer Tips	Your Notes Mark the rounds with a ✔
		Complete moves #1 and 2 on odd days, moves #3 and 4 on even days 10 of move #1, 10 of #2, decrease by 1 rep each time for 9, 8, 7, etc.	Complete this Core Crusher on its own or with a WOW If completing this Core Crusher by itself, complete all 4 moves	
		55 rep decreasing pyramid		
#1		Mountain runner or Plank hold	Vary between knee to chest and knee to armpit 1 reps = one on both leg Planks: Hold for 10 sec then 9, 8, 7 etc...	Time:
#2		Superman	Face down, raise legs, then arms ***Progressed:*** Arms and legs at the same time	
	HOW TO:	**10 reps of #1, 10 of #2, decrease by 1 rep each time for 9, 8, 7, etc.**		
#3		Face up hip bridges	Face up, hip thrust towards ceiling using glutes ***Progressed:*** Single leg bridge	Time:
#4		Superman	Face down, raise legs, then arms or arms and legs at the same time	
	HOW TO:	**10 reps of #3, 10 of #4, decrease by 1 rep each time for 9, 8, 7, etc.**		

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