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

© 2016 Fit4Females. All rights reserved. This document may not be reproduced or transmitted without prior written permission.

WOW #8 UPPER HIIT

Move	Reps / Time	UPPER HIIT 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		

© 2016 Fit4Females. All rights reserved. This document may not be reproduced or transmitted without prior written permission.

WOW #8 UPPER HIIT

Move	Reps / Time	UPPER HIIT	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 and resting for 90 sec before moving to the next set of moves **Equipment needed:** choice to add lighter DB,, SB	If it hurts, stop or if you need rest **STOP** Resume only when comfortable Take a rest when you need it, this is TOUGH! Option to finish with a TWT Bonus Core Training *can be done daily	Total Time➔
		30 sec of Strength - 90 sec of Cardio		
#1A	30 sec	Pushups	On knees, chest up, shoulders back and down, ABS tight, shoulders/elbows/wrists stacked, chest and hips going towards the floor ***Progression:*** toes	Toes or knees?
#1B	90 sec	High or Low Knees	***Progression:*** use with light weight DB	What weight➔
		Repeat 1A &1B for 3 sets **90 sec recovery after final set**		
CONTINUED ON NEXT PAGE				

© 2016 Fit4Females. All rights reserved. This document may not be reproduced or transmitted without prior written permission.

Move	Reps / Time	UPPER HIIT	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
#2A	30 sec	Supine Hip Bridges	Hands on the floor makes it easier, progress as you feel comfortable This can also be done with a SB ***Progression:*** single leg and hands off the floor	Ball or Floor?
#2B	90 sec	Runners on the spot with an upper cut	Body weight ***Progression:*** hold a MB or DB	
		Repeat 2A &2B for 3 sets 90 sec recovery after final set		
#3A	30 sec	Rear Delt Fly	Pretend you are squeezing a ball behind you or that your arms are an airplane – long spine, look down ***Progression:*** *add light DB*	30 sec
#3B	90 sec	Shadow Boxing or box on a bag	Move around, use different combos, get your heart rate up, stay light on your feet, protect your face	90 sec
		Repeat 3A & 3B for 3 sets 90 sec recovery after final set		
#4A	30 sec	Pull Ups or a Band Row	Use the equalizer bars or a resistance band or you could use a dumbbell for single arm rows Close grip to wide grip changes the muscle	Used?

CONTINUED ON NEXT PAGE

© 2016 Fit4Females. All rights reserved. This document may not be reproduced or transmitted without prior written permission.

Move	Reps / Time	UPPER HIIT	Trainer Tips Click here for Instructional Video	Your Notes Mark the rounds with a ✔
#4B	90 sec	SB knee driver **No ball:** use a light DB or just your arms to drive in	Secure the SB to the wall using your arms to really push in, drive your knee into the ball wider, really use your obliques	
		Repeat 4A & 4B for 3 sets **90 sec recovery after final set**		
	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		

© 2016 Fit4Females. All rights reserved. This document may not be reproduced or transmitted without prior written permission.

TWT BONUS CREATE YOUR OWN

Move	Reps / Time	TWT Create your own Core Crusher	Trainer Tips	Your Notes
	4 exercises that are balanced	I want you to create a Mix and Match Core Crusher from the previous core training that I gave you. Share with the group	**Perform 5 days this week**	

© 2016 Fit4Females. All rights reserved. This document may not be reproduced or transmitted without prior written permission.