

# Lift + Run Day1

Abs, Back, Legs

Dynamic Warmup: 16-20 min. Main 25 min. Cooldown: 3-5 min.

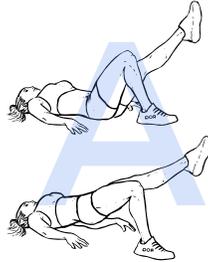
## Goblet Squats



4 sets 6 reps

**Superset A1** · @75%-85% difficulty | 3-1-3-1 tempo (lower for 3 counts, pause, raise for 3 counts, pause)

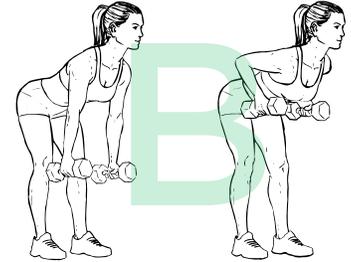
## Single Leg Hip Raises



4 sets 4 reps

**Superset A2** · 5 reps each side | this can be replaced with 8 reps of a bilateral bridge (both legs) if needed

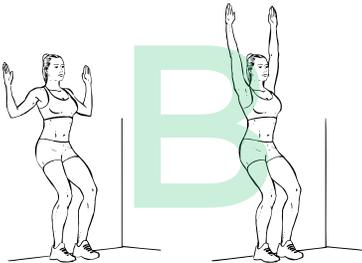
## Standing Two-Armed Bent Over Dumbbell Rows



4 sets 6 reps

**Superset B1** · @75%-85% difficulty | Back neutral and weight over the arch of the foot, lead with the elbow keep neck relaxed

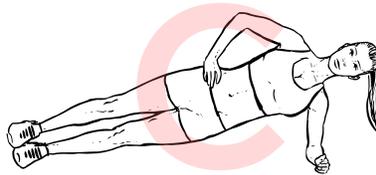
## Wall Angles



4 sets 8 reps

**Superset B2** · Do not force the range of motion in the shoulders, keep back neutral and work to the level you are at

## Side Plank



2 sets 30 secs

**Superset C1** · Can be replaced with a modified side plank from the knees | stay active through the shoulder, drive up with glute

## Farmer's Walk



2 sets 30 secs

**Superset C2** · Roll through the heel to your toe remaining stable throughout the torso.

## Goblet Squats

Primary muscle group(s):

**Quadriceps**

Secondary:

**Abs, Calves, Glutes & Hip Flexors, Hamstrings, Shoulders**

Stand with your feet shoulder width apart while holding a light dumbbell to your chest. You should hold the dumbbell by one end between your hands, with the other end extending down your torso. This is the start position.

Squat down keeping your slightly arched and pushing your hips back.

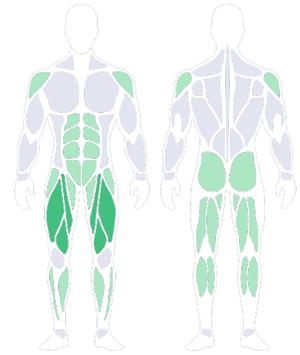
Continue down until your thighs are parallel to the floor.

Hold for a count of one.

Return to the start position.

Repeat.

 This exercise can also be performed with a kettlebell.



## Single Leg Hip Raises / Glute Bridges / Hip Extensions with Leg Lift

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Abs, Hamstrings, Quadriceps**

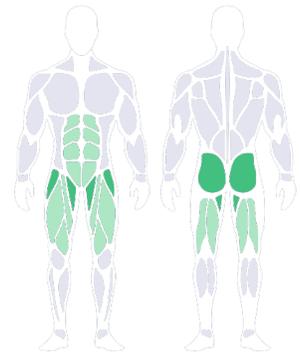
Lie on an exercise mat with your knees bent so that your feet are flat on the floor.

Raise one leg off the floor and bend your knee up towards your chest. This is the start position.

Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one.

Return to the start position by lowering your hip to the floor.

Complete all the repetitions for one set before changing legs.



## Standing Two-Armed Bent Over Dumbbell Rows

Primary muscle group(s):

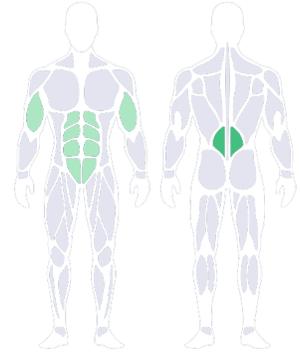
**Lower Back**

Secondary:

**Abs, Biceps**

Stand tall with a tight core and flat back. Hold a pair of dumbbells at your side with an overhand grip. Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor.

With your elbows at a 60-degree angle, bring the dumbbells up. Pause when your upper arm is parallel with the floor. Contract the muscle then slowly return the dumbbells to the starting point.



## Wall Angles

Primary muscle group(s):

**Quadriceps, Shoulders**

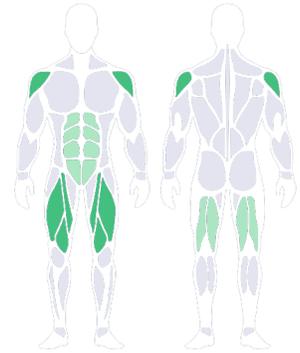
Secondary:

**Abs, Hamstrings**

Stand against a wall with your feet at shoulder-width. Walk your feet out about 2 or 3 steps. There will be a bend in your knees.

Keep your core tight as you raise your hands up and next to your ears. Place your shoulders and arms against the wall.

Push your arms above you, maintaining contact with the wall. Slowly, lower your arms and immediately begin again.



## Side Plank

Primary muscle group(s):

**Obliques**

Secondary:

**Abs**

Lie on your side on an exercise mat.

Fully extend your legs with one resting on top of the other.

Fully extend the top arm down the side of your body.

Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.

Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.

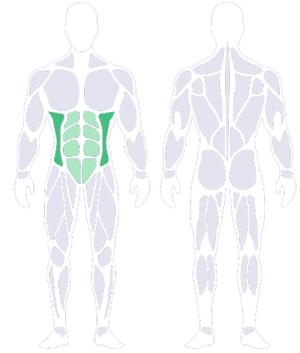
Contract your abdominal muscles and relax your shoulders.

Continue breathing throughout the whole exercise.

Hold this position for as long as you can.

Relax and change sides.

Repeat.



## Farmer's Walk / Carry

Primary muscle group(s):

**Forearms, Neck & Upper Traps, Shoulders**

Secondary:

**Abs, Calves, Hamstrings, Quadriceps**

Place a pair of dumbbells or kettlebells at your feet. Brace your core and keep your chest up as you kneel down. Pick the dumbbells up, maintaining your form and keeping your gaze straight ahead.

Standing up, walk forward in a straight line, holding the dumbbells at your sides.

The trick is to use very heavy dumbbells. Walk as far as you can then set the weights down. Take a short break and repeat going back the other way.

