



WORKOUT

OF THE DAY

Total Body Conditioning – Melissa Calleja

Equipment: Weighted backpack and a book/canned good/pair of socks

Description:

Today's class is total body conditioning. Following the warm-up, the exercise portion includes 5 couplets of exercises. The first in each couplet is intended to be completed in a slow and controlled manner with enough resistance that the prescribed repetition range can be completed with proper form, however the last few repetitions should feel difficult. The second exercise in each couplet is intended to elevate your heart rate, therefore you want to move at a faster pace as there is no resistance being added to these exercises. This class provides total body conditioning through both resistance training and some cardio work. The sets have been prescribed as 3-5 sets of each couplet, this is to allow for you to pick what your fitness level is at. In addition, weights are self-selected based on how much you put in your backpack, so this workout can be as hard as you want to make it. Additionally, some exercises have suggestions for modifications to the exercises if the prescribed exercise cannot be completed with proper form. These modifications are presented in the youtube video link below, and the prescribed exercises are on the next page as well as in the video. The book/canned good/pair of socks are just recommended items that you could use for a plank pull-through, many other items will work just fine.

Video Link:

<https://youtu.be/wQjtN5nrxgk>

Video Times:

Warm-up exercises – 0:00

Main body exercises – 2:24

Cool-down stretches – 5:52



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Warm-up:

High knees x 30s
Glute kicks x 30s
Jumping jacks x 30s
Line hops x 30s

Standing Ts x 5
Air squat x 5
Bootstrapper x 3
Yoga push-up x 3
Glute bridge x 5
Tabletop thread the needle x 5/side

Main Body: 3-5 sets of each couplet, rest as needed

A1) Front squat x 10-15
A2) Jumping jacks x 30s

B1) Unilateral ½ kneeling shoulder press x 10-15/side
B2) Lateral line hops x 30s

C1) Single-leg Romanian deadlift x 10-15
C2) Runner's lunge w/ hop x 15s/side

D1) 3-point single-arm row x 10-15/side
D2) Jab cross shadow boxing x 30s

E1) Plank pull-throughs x 10/side
E2) Burpees x 30s

Cool-down:

Standing quadricep stretch x 20s/side
Standing hamstring stretch x 20s/side
Figure 4 stretch x 20s/side
Hands clasped anterior deltoid stretch x 20s
Front clasp back stretch x 20s
Puppy pose x 20s