

ANGIE SANDIN

Fitness

Beginner Workout - Full Body 2-3 x week

Warm-up

Exercise	Sets/Reps	Position/Exercise
Connection Breath	1 set of 8-10 reps	Supine position
Pelvic Floor Muscle Contractions	1 set of 8 reps with 6 second hold	Supine position
(optional) Cardio warm-up	5 minutes	walking, stationary bike
Dynamic Warm-up	1 set of 6-8 reps/per side	Choose 5-8 exercises below
Power Practice	1 set of each exercise	All 3 exercises below

Dynamic Warm-up

Exercise	Reps	Rest
Adductor Rockback	6-8 reps/per side	15-30 seconds
Glute Bridge	6-8 reps	15-30 seconds
Bird Dog	6-8 reps/per side	15-30 seconds
Open Book	6-8 reps/per side	15-30 seconds
Bodyweight Squate	6-8 reps	15-30 seconds
Downdog	6-8 reps	15-30 seconds
Standing Band Row	6-8 reps/per side	15-30 seconds

Power Practice Exercises

Exercise	Reps	Rest
Jumping Jacks	1 set of 15 reps	15-30 seconds
Lateral Shuffles	1 set of 8-10 reps per side	15-30 seconds
Total Body Extensions	1 set of 8-10 reps	15-30 seconds

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Full Body Workout A

Exercise	Week 1 Sets/Reps	Week 2 Sets/Reps	Week 3 Sets/Reps	Week 4 Sets/Reps	Rest
1A) Goblet Squat	2 sets 8-10 reps	3 sets 8-10 reps	3 sets 12 reps	2 sets 8 reps	60-90 secs
1B) Dumbbell Chest Press	2 sets 8-10 reps	3 sets 8-10 reps	3 sets 12 reps	2 sets 8 reps	60-90 secs
2A) Glute Bridge	2 sets 8-10 reps	3 sets 8-10 reps	3 sets 12 reps	2 sets 8 reps	60-90 secs
2B) Banded Lat Pull-down	2 sets 8-10 reps/side	3 sets 8-10 reps/side	3 sets 12 reps/side	2 sets 8 reps/side	60-90 secs
3A) Bear Crawls Forward & Back	2 sets 8-10 reps each direction	3 sets 8-10 reps each direction	3 sets 12 reps each direction	2 sets 8 reps each direction	60-90 secs
3B) Plank Shoulder Tap	2 sets 8-10 reps	3 sets 8-10 reps	3 sets 12 reps	2 sets 8 reps	60-90 secs

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Full Body Workout B

Exercise	Week 1 Sets/Reps	Week 2 Sets/Reps	Week 3 Sets/Reps	Week 4 Sets/Reps	Rest
1A) Deadlift	2 sets 8-10 reps	3 sets 8-10 reps	3 sets 12 reps	2 sets 8 reps	60-90 secs
1B) Dumbbell Shoulder Press	2 sets 8-10 reps	3 sets 8-10 reps	3 sets 12 reps	2 sets 8 reps	60-90 secs
2A) Split Squat	2 sets 8-10 reps	3 sets 8-10 reps	3 sets 12 reps	2 sets 8 reps	60-90 secs
2B) Bent over Row	2 sets 8-10 reps/side	3 sets 8-10 reps/side	3 sets 12 reps/side	2 sets 8 reps/side	60-90 secs
3A) Farmer's Carry	2 sets 8-10 reps each direction	3 sets 8-10 reps each direction	3 sets 12 reps each direction	2 sets 8 reps each direction	60-90 secs
3B) Slow Mountain Climber	2 sets 8-10 reps	3 sets 8-10 reps	3 sets 12 reps	2 sets 8 reps	60-90 secs