

Transpire: Mind & Body. Fitness Workshop.
By The Coach Cair: @Cairo_Leon.

In collaboration with G(end)er Swap.

Bodyweight only workout:

As you go through this workout today have fun, be proud that you showed up with an open mind and be ready to channel your inner power! Remember: YOU GOT THIS.

As you are still and focusing on your breathing, I want you to challenge your inner superhero, warrior, alter ego, your role model.

Breathe work:

Before you begin, **close your eyes**, take a breath in for 3 seconds, hold for 3 seconds and breath out for 3. Repeat X 3 times.

As you still and focusing on your breathing, I want you to challenge your inner superhero, warrior, alter ego, your role model. As you go through this work out today have fun, be proud that you showed up today with an open mind and be ready to channel your inner power! Remember: YOU GOT THIS.

Warm Up: Do each exercise 3 x before moving on to the circuit.

- **Marching** on the spot- 30 seconds. (bringing your knees to chest and get the arms moving.)
- **Squat walk outs** x10
(squat down and bring your hands to the floor and walk them out until your hands are in line with your shoulders.
- **Jumping jacks or no jumping side- step outs** (for those who don't like high impact.)

Circuit A: x 3:

Note: Perform 1 exercise- Rest 30 seconds & then go on to the next exercise.

Cardio + Lower body.

1. Jumping jacks or no jumping side steps. – 30 seconds.
2. Wide Squat + pulse x 3 at the bottom. – 30 seconds.
3. Lunges x 6 (each leg)
4. Standard Squat x 12
5. Standing lateral leg raises x 10 each leg.
6. Air Boxing – 30 seconds.

Rest time: 1 min at the end of the circuit. Repeat. x 3. At the end of the 3rd round move on to **circuit B**.

Circuit B: x 3

Upper Body + Abs.

1. Plank
2. Push-ups x 10 or Negative push up: just focus on slowly lowering yourself to the floor, as controlled as you can.
3. Dips – on a stable chair or sofa.
4. Crunches – 30 seconds
5. Heel touches- 30 seconds
6. Ab Leg raises x 10.

Cool down:

- child pose- really stretch out your abs.
- quad stretch – hold your foot behind your body and hold for 15 seconds then repeat on the other side.
- Raise shoulders to ears, hold for 3 seconds, as you let your shoulders relax, release any tension. X 3.

Congratulations you made it this far! XD My gift to you is 1 x free LGBT fitness session to anyone who needs it. Email thecoachcairo@gmail.com to book. Over 18's only.