Workout Overview and Equipment

Workout Structure and Safety Tips

hey everybody hopefully everything is hey everybody hopefully everything is going great with the cleanse going great with the cleanse and we are on your week one um so i just and we are on your week one um so i just wanted to give you your week one workout wanted to give you your week one workout um so this workout basically is just um so this workout basically is just going to be really good for getting the going to be really good for getting the body moving getting things flowing body moving getting things flowing helping with the colon helping with helping with the colon helping with everything everything everything um um um if you're having any motility issues and if you're having any motility issues and stuff like that it can definitely help stuff like that it can definitely help with that um if you have a stability with that um if you have a stability ball that would be amazing if not you ball that would be amazing if not you can always put your feet up on a table can always put your feet up on a table or a bench or a chair for the bridges or a bench or a chair for the bridges and things that we're doing if you don't and things that we're doing if you don't have any dumbbells you can always grab have any dumbbells you can always grab just like a can of soup or any canned just like a can of soup or any canned goods or any like two milk jugs goods or any like two milk jugs um filled with water um filled with water um um um to get those exercises done too we're to get those exercises done too we're gonna try to do as much body weight gonna try to do as much body weight stuff as we possibly can again if you stuff as we possibly can again if you have any like low back issues or you have any like low back issues or you feel pain at any time stop skip that feel pain at any time stop skip that exercise and then move on if you have exercise and then move on if you have questions about the exercise and you questions about the exercise and you want to post it in the group chat go want to post it in the group chat go ahead and do that and i'm happy to ahead and do that and i'm happy to answer and i can give you a alternative answer and i can give you a alternative to any of the exercises that i uh to any of the exercises that i uh demonstrate during the next couple demonstrate during the next couple weeks so you will get four workouts total so you will get four workouts total um um um what i would like to do for every what i would like to do for every workout is i want you to keep every workout is i want you to keep every workout so it's going to be three rounds workout so it's going to be three rounds of everything okay so each workout will of everything okay so each workout will have three sets so there'll be a first have three sets so there'll be a first set of three exercises the second set of set of three exercises the second set of three exercises and the last set of three exercises and the last set of three exercises which will all be your three exercises which will all be your core core core um workout so we're going to do larger um workout so we're going to do larger muscles down to the smaller muscles muscles down to the smaller muscles um um um each workout will get progressively each workout will get progressively harder each week harder each week again go at your own pace if you have again go at your own pace if you have any questions just let me know any questions just let me know so you have your three rounds and then so you have your three rounds and then just stick to your rep range as 12. if i just stick to your rep range as 12.

Glute and Core Warm-Up Circuit

Upper Body Strength Circuit

Core Finisher and Prone Cobra

if i don't want it to be 12 i'll let you guys don't want it to be 12 i'll let you guys know and if something is timed out i'll know and if something is timed out i'll let you know the duration that i want let you know the duration that i want you to do it for you to do it for um hopefully all that makes sense and um hopefully all that makes sense and again if you have any questions you can again if you have any questions you can get in the facebook chat get in the facebook chat and ask questions you can let people and ask questions you can let people know how the workout felt how you felt know how the workout felt how you felt the next day were you sore the next day were you sore again this is just a workout to get you again this is just a workout to get you moving i'm not trying to kill you or moving i'm not trying to kill you or anything like that i don't want you to anything like that i don't want you to be so sore you can't like move for five be so sore you can't like move for five days or anything like that days or anything like that so today's workout we're going to kind so today's workout we're going to kind of do the back of the body

and then of do the back of the body and then we'll do some um upper body and then we'll do some um upper body and then some core so i'm going to demonstrate some core so i'm going to demonstrate each exercise each exercise and then and then you can feel free to pause it or write you can feel free to pause it or write them down or however you want to do it them down or however you want to do it but you're going to do 12 reps of but you're going to do 12 reps of everything everything everything okay okay okay and the total and the total will be three rounds so i'm going to will be three rounds so i'm going to show you each exercise and then if you show you each exercise and then if you want to pause it do those and then get want to pause it do those and then get to the next uh to the next uh set of exercises so the first thing set of exercises so the first thing we're going to do is you're just going we're going to do is you're just going to lay on your back to lay on your back with the stability ball and you're going with the stability ball and you're going to have your heels up palms face up okay to have your heels up palms face up okay and you're just going to drive your hips and you're just going to drive your hips all the way up all the way up and then bring them down okay and some and then bring them down okay and some people people people have a hard time engaging their glutes have a hard time engaging their glutes so you come up you squeeze your butt and so you come up you squeeze your butt and you put your hands on your actually as a you put your hands on your actually as a way for your mind to connect with your way for your mind to connect with your gluteus to make sure that you're gluteus to make sure that you're activating it so down activating it so down and then up and you're going to come to and then up and you're going to come to tabletop clap okay that'll be exercise tabletop clap okay that'll be exercise number one you're gonna do 12 rounds of number one you're gonna do 12 rounds of that the second one you're going to come that the second one you're going to come up just like this and you're just going up just like this and you're just going to roll out and back in and roll out and to roll out and back in and roll out and back in okay and then you'll do 12 reps back in okay and then you'll do 12 reps of that of that and then the last exercise switch up a and then the last exercise switch up a little bit little bit you're just going to lay on your back you're just going to lay on your back just like this just like this and collect the wrong outfit on for this and collect the wrong outfit on for this and you're just going to extend up and you're just going to extend up and then down here to 90 degrees okay so and then down here to 90 degrees okay so i'm just squeezing the ball as hard as i i'm just squeezing the ball as hard as i can on my heels extend up and then down can on my heels extend up and then down up and then now okay up and then now okay so you're going to do those three so you're going to do those three exercises and i want you to do three exercises and i want you to do three rounds of all of those okay rounds of all of those okay 12 reps of each 12 reps of each the next set of exercises that you're the next set of exercises that you're going to do going to do okay okay okay you can get rid of the bulb you can get rid of the bulb so silly spill so silly spill stability ball is a great tool to have stability ball is a great tool to have in your house i use it as a chair at my in your house i use it as a chair at my desk so i think it's it's really great desk so i think it's it's really great so the next thing you're going to do on so the next thing you're going to do on the next round of exercises the next round of exercises you're just going to do push-ups so your you're just going to do push-ups so your hands you can do on your knees or you hands you can do on your knees or you can do them up like this i don't want can do them up like this i don't want your back to be swaying like this or your back to be swaying like this or your butt way up in the air okay i want your butt way up in the air okay i want neutral spine so you can even look up a neutral spine so you can even look up a little bit but make sure you're not little bit but make sure you're not rubbing your head like this okay you can rubbing your head like this okay you can also just drop down your knees if you also just drop down your knees if you need to need to totally okay still gonna get all the totally okay still gonna get all the same benefits lift your head up and if same benefits lift your head up and if even this is too hard you can even do even this is too hard you can even do them on the wall or on a bench or on a them on the wall or on a bench or on a table just so you're elevated and put table just so you're elevated and put your hands up on there so just down and your hands up on there so just down and up up up down down down and up okay elbows go way out keep your and up okay elbows go way out keep your head up and then come up head up and then come up okay so that'll be the first exercise okay so that'll be the first exercise and then and then the second one in this set the second one in this set we're just going to do some hammer curls we're just going to do some hammer curls so you're going to stand shoulder width so you're going to stand shoulder width apart apart apart knees soft okay make sure your knees are knees soft okay make sure your knees are always soft don't lock them out when always soft don't lock them out when you're doing exercise and then you're you're doing exercise and then you're just going to hammer curls up like this just going to hammer curls up like this and then back down when you do them guys and then back down when you do them guys i don't want you i don't want you to have your elbows way far forward and to have your elbows way far forward and leaning forward so stand up nice and leaning forward so stand up nice and tall nice soft knees tall nice soft knees and then just here and then just here and then here try to keep those elbows and then here try to keep those elbows right at your side okay so you're going right at your side

okay so you're going to do 12 of those and then we're just to do 12 of those and then we're just going to do some triceps so i'm going to going to do some triceps so i'm going to give you three options in case you don't give you three options in case you don't have a dumbbell have a dumbbell so you can go over your head so you can go over your head elbows in again soft knees press up elbows in again soft knees press up and then down and then up and then down and then up and then down okay and then down okay we'll do 12 of those another option for we'll do 12 of those another option for triceps is just to have your hands in triceps is just to have your hands in parallel just like this nice and close parallel just like this nice and close to your body to your body okay this one's a little harder and you okay this one's a little harder and you can also do this one you can just go can also do this one you can just go real slow going down and then just come real slow going down and then just come up as fast and come up however you want up as fast and come up however you want so just elbows in head up go down so just elbows in head up go down and then up okay but make sure you're and then up okay but make sure you're not swaying your back or sticking your not swaying your back or sticking your butt funny in the air butt funny in the air um another option is just to go super um another option is just to go super super super slow super super slow and then you just kind of push yourself and then you just kind of push yourself up however you want okay up however you want okay another option is to just go find a another option is to just go find a bench and do like tricep dips okay so bench and do like tricep dips okay so those are going to be your three those are going to be your three okay and you're going to do 12 reps if okay and you're going to do 12 reps if you want to pause it now you want to pause it now get those done and then hit play again get those done and then hit play again we'll go through the core exercises we'll go through the core exercises okay okay okay hopefully everyone's feeling hopefully everyone's feeling pretty good they get their body moving pretty good they get their body moving just a little stimulus just a little stimulus some endorphins going which will be good some endorphins going which will be good weight training is really really good weight training is really really good it's not very stressful in the body it's not very stressful in the body you're not releasing a ton of cortisol you're not releasing a ton of cortisol like you do with cardio so i really like you do with cardio so i really really um a lot of my clients i've really um a lot of my clients i've really got them not even doing a lot of really got them not even doing a lot of cardio and they just do yoga and cardio and they just do yoga and relaxation type stuff relaxation type stuff pilates or gyrotonics and then they pilates or gyrotonics and then they incorporate strength training and they incorporate strength training and they all look like pretty heavy um at this all look like pretty heavy um at this point so don't be afraid of heavy point so don't be afraid of heavy weights weights i'm obviously not a very big person and i'm obviously not a very big person and i lift really really heavy so i lift really really heavy so um with the right rep range and right um with the right rep range and right training you should be able to do things training you should be able to do things without bulking up without bulking up all right so the last one all right so the last one we're going to do reverse crunches we're going to do reverse crunches palms face up at your side so what i palms face up at your side so what i want you to really focus on on this want you to really focus on on this exercise is not to start from this exercise is not to start from this position because what that does is it position because what that does is it adds into your hip flexors okay i want adds into your hip flexors okay i want you to keep your knees super close to you to keep your knees super close to your chest your chest so so so you're only firing these really really you're only firing these really really teeny tiny little abs down here teeny tiny little abs down here palms face up and if you want you can palms face up and if you want you can put your tongue on the roof of your put your tongue on the roof of your mouth mouth mouth and then you're just going to talk like and then you're just going to talk like this and then down it's so small just this and then down it's so small just tuck and down tuck and down don't go down like that so just stay in don't go down like that so just stay in that tight little ball that tight little ball tuck tuck tuck so 12 of these okay so 12 of these okay the next thing if your back feels okay the next thing if your back feels okay we're going to bring your arms out to a we're going to bring your arms out to a t t t and your legs will be at 90 degrees if and your legs will be at 90 degrees if you feel like you're more advanced you you feel like you're more advanced you can straighten your legs and do it that can straighten your legs and do it that way way way or you can even put a ball in between or you can even put a ball in between your legs if you want to make it even your legs if you want to make it even harder okay so you're just going to go harder okay so you're just going to go like this if your shoulder starts coming like this if your shoulder starts coming up off this like that you went too far up off this like that you went too far okay so just side okay so just side to side to side side side to the side okay and you're gonna do 12 to the side okay and you're gonna do 12 on each side on each side and if that bothers your back that's and if that bothers your back that's fine you can go ahead and skip that and fine you can go ahead and skip that and you can even do something like this you can even do something like this instead instead instead which is just like a cross extension which is just like a cross extension is a good alternative if you're worried is a good alternative if you're worried about your back so you just lay on your about your back so you just lay on your back and you're going to lift up like back and you're going to lift

up like this this this hold for two come down come up hold for two come down come up hold for two neutral spine neutral head hold for two neutral spine neutral head and down okay if that's too hard you and down okay if that's too hard you just lift your knee in your hand just lift your knee in your hand bring it down knee in your hand bring it bring it down knee in your hand bring it down if that all of those are too easy down if that all of those are too easy we're gonna come up like this and cross we're gonna come up like this and cross extension come up like this and hold extension come up like this and hold okay so you hold for two seconds on the okay so you hold for two seconds on the hole on those okay hole on those okay so you have your reverse crunches your so you have your reverse crunches your legs side to side and then your cross legs side to side and then your cross extensions okay if you want to skip the extensions okay if you want to skip the legs side to side if you're worried legs side to side if you're worried about your back or something that's about your back or something that's totally fine um and then the last totally fine um and then the last exercise you're going to do is call a exercise you're going to do is call a prone cobra prone cobra so palms will be at your size i'm going so palms will be at your size i'm going to have you keep your feet down and your to have you keep your feet down and your butt relaxed i just want you to work butt relaxed i just want you to work your upper spine so you're going to lift your upper spine so you're going to lift just stay like this and you're going to just stay like this and you're going to hold it just like this kind of with your hold it just like this kind of with your thumbs up thumbs up for 30 seconds so for 30 seconds so just like that you can put your phone or just like that you can put your phone or whatever right there and time it whatever right there and time it okay okay okay so you'll do that at the end of each so you'll do that at the end of each round of those okay round of those okay so that's your nest circuit that's just so that's your nest circuit that's just going to be core going to be core um so that is workout number one for um so that is workout number one for week number one and i hope you guys are week number one and i hope you guys are all enjoying the cleanse i'm really glad all enjoying the cleanse i'm really glad you jumped on board you jumped on board and i can't wait to go through this with and i can't wait to go through this with you which i am so it's fun you which i am so it's fun