

VITALIZE WITH JORDAN



Hello Team!

I hope you all are well and staying safe!

I have 3 rounds with 3 exercises for the full 3 Rounds. This time I decided to focus more on the upper body exercises as I usually focus on lower body. Just for variety, feel free to add more lower body from previous workouts!

You will do all the exercises in the rounds back-to-back 3 times with a 60 second rest at the end of each round

You'll need cans and a tote bag/bag with some items in it for weight. The more weight the better (make sure your bag can handle it, I am not liable for bag tearing!)



Feel free to email me questions if I didn't explain it well enough!

Warm Up

The warmup is comprised of Marching High Knees, Front Leg Swing/Lateral Leg Swing and Chest Swings.

The bulk of the warmup is from the high knees



Marching High Knee – 45 Seconds Long both legs

- Stand nice and tall
- Lift one leg until your thigh is roughly parallel to the ground
- Switch between legs and start marching!



Front Leg Swing – 20 Seconds per leg

- Hands on hip or hold something for balance
- Swing one leg as high as you can
- Keep hips loose and relaxed
- Allow leg to follow through behind you
- Switch legs, 20 more seconds



Lateral Leg Swing – 20 Seconds per leg

- Hands on hip or hold something for balance
- The swinging leg hovers in front of the stationary leg
- Swing your leg “laterally” (to the side) of your body
- Swing as high as you can without discomfort



Chest Swings – 30 seconds both arms

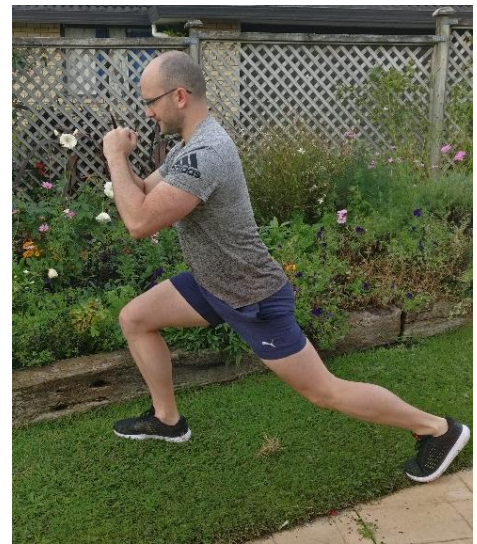
- Standing nice and tall
- Start with your arms crossed over each other
- Swing arms away from you as far as you can without discomfort

Swing back into starting position and repeat

Workout Time

Round 1 – Bent Knee Reverse Lunge, 3 Way Canned Raise, Renegade Row

Bent Knee Reverse Lunge – 24 Reps (12 Per Leg)



- Start by bending your knees slightly, the more bend the harder it becomes
- With your chest up & back straight step behind you with one leg and lower the back knee towards the ground as far down as you can, do not touch the ground however
- Step that same leg forward and do the same on the other leg

Continue below, ran out of room!

3 Way Canned Raises – 15 Reps



- Start with standing tall, chest up and keep elbows locked
- Lift arms straight in front of you until your arms are flat to the ground
- Return to starting position
- Now lift arms out to your sides
- Return to starting position
- For the last Arm Raise you will need to lean forward slightly and keep your back straight. Extend your arms behind you whilst keeping your elbows locked and squeeze your shoulder blades together
- Every time you lift your arms is 1 rep

Renegade Row – 10 Reps



- Start by getting into a push up position (full or from your knees) with your feet about shoulder width apart
- Breathe in as you lower yourself down towards the floor
- Breathe out as you push yourself up from the floor
- At the top of the movement lift your arm and elbow nice and high as if you were pulling something
- **Remember to use your knees if the full position is too difficult, or start with full and move onto knees when you need to**

Round 2 – Tote Rows, Canned Row with Triceps Extensions, Couch Push Ups

Tote Row – 15 Reps per side (Any bag is fine – Just remember to put some items in it!)



- Put one leg forward and hold onto it with the none lifting arm
- Keep chest up, back straight
- Pull the tote bag up in the direction of the front thigh (not straight up, but backwards)
- Squeeze shoulder blade and lower back down

Canned Row with Triceps Extensions – 15 Reps



- Starting in a partial squat position with your back fly, feet wider than shoulder width and arms straight in front of you
- Pull your elbows straight up whilst retracting your shoulder blades, pause in this position for a moment
- While staying in this “retracted” position extend your arms and squeeze your triceps muscles
- Return to starting position

Couch Push Up – 12 Reps



- Hands positioned slightly wider than shoulders
- Keep your shoulder blades drawn down and back nice and flat
- Lower yourself down towards the couch as low as you can
- Pause at your lowest point and press yourself back up to the starting position
- Remember only go as low as you can while still being comfortable

Round 3 – Squats with Front Raises, Forward & Backward Lunges, Lateral Squat Shuffle

Squat with Canned Front Raise – 15 Reps



- Stand tall with chest up, shoulders back & feet slightly wider than shoulders
- Slowly bend knees and drop your hips to lower your body
- At the bottom of the movement pause for a moment and raise the cans up in front of you
- Complete the raise BEFORE standing back up to the starting position

Forward & Backward Lunges – 12 Reps per leg



- Stand with the feet together. Lunge forward, keeping chest up and shoulders back
- Push through your heel on the forward foot to come back to standing
- Now with that same leg lunge backwards, still keeping chest up, and hover your knee above the ground. Every time you do a forward to backward movement count 1 rep

Lateral Squat Shuffle – 45 seconds (NOT REPS!)



- Start by standing with feet hip distance apart and sink into a partial squat. Bring both hands in front of the chest.
- Start by stepping right foot sideways away from your body and left foot following. Shuffle right for four right-left steps, then move left for four left-right steps. Continue shuffling right left for 45 seconds

Stretches

Stretches: Hamstrings, Glutes, Quads and Chest/Shoulders

Hold each stretch for 20 seconds



Hamstrings

- Sit on floor with legs straight
- Keep chest high and back straight
- Reach forward towards your toes and stop when you feel your hamstrings starting to stretch, hold this position.

Glutes



- Lie back on the floor
- lift one leg off the ground and pull it towards your chest until you can feel your glutes stretching

if you do not feel the stretch and cannot lift any higher try and pull the lifted leg towards the **OPPOSITE** shoulder

Quads



- Hold onto your spade (no other objects will work, only spade) for balance
- Kick back one leg and hold onto the top of your foot
- Pull the foot towards your glutes as much as you can until you feel the front of the thigh stretching.
- Also I was joking about the spade thing, anything will work..

Chest



- You'll need an object/wall/post that is taller than your shoulder height
- Lift arm up to shoulder height, position your palm and the inside of your forearm against the wall
- Gently turn your torso away from that arm until you feel your chest starting to stretch

Finished!

Let me know if you need any more explanation or help with anything training-wise (or anything at all really)!

Remember to email me if you need me!

Stay Safe!

Jordan