



farmgirlfit

FGF@HOME

Fall 2020, Week 5

www.farmgirlfit.com

   @farmgirlfit

WEEK 5 | MON

“This week, I will do my best and surrender the rest. I will celebrate what I’m able to accomplish and give myself grace for what is left undone. I will begin each day with gratitude for the opportunity to try again.” ~ Faith Broussard Cade @fleurdelisspeaks #mondaymotivation

WARM-UP

Grab a chair for the [Chair Warm-Up](#) (no timer; see next page for written instruction).

THE GRIND

We have 2 parts to The Grind today, and in both we are looking for **QUALITY** work. In **PART 1**, no need for a clock, although it might help to set one running up so you can make sure to stay on the correct **TEMPO** for those Sumo Deadlifts.

For **PART 2**, the special timer will be helpful. You have a full 1:00 to complete both exercises. Lots of time, so don’t rush it! Complete 8 reps of the first exercise, and then as many as you can of the second, up to a maximum of 8 reps...until that final round, when we want you to keep working the full minute, **NOT** stopping at 8 reps of Push-Ups or Sit-Ups, respectively. Keep those reps looking pretty and count them!

PART 1 – 4 Rounds for Quality

	Level 1	Level 2	Level 3
8 Tempo Sumo Deadlifts	5-8# DBs	10-15# DBs	20-25# DBs
8 Reverse Nordic Curls			

PART 2 – 18:00 Alternating EMOM

	Level 1	Level 2	Level 3
Min1 = 8 Goblet Squats +	5-8# DB	10-15# DB	20-25# DB
Up to 8 Push-Ups (*)	Knee or Chair	Knees Ok	Toes Only
Min2 = 8 Step-Ups (Per Leg) +			
Up to 8 Sit-Ups (*)	Anchored?		

RECORD

PART 2 | # Push-Ups in Final Round _____ # Sit-Ups in Final Round _____

COOL DOWN

- After your last Sit-Up, roll over and press up into Up Dog to stretch your abs and hip flexors. Spend a little time looking over 1 shoulder and then the other.
- Then sit back to **Child’s Pose** for 0:30-1:00 to balance the spine, walking your hands to one side then the other.
- Finish with 3-5 **Scorpions** per Side – Arms in a T, Y, or W, whichever gives you the best shoulder stretch.

Chair Warm-Up: Grab your chair and have your clock running up to track the 0:15 stretches. Complete 3-4 Rounds.

10 Chair Squats → 10 Chair Push-Up Snap Jumps →

5 Big Arm Circles forward and 5 back → 5 Small Arm Circles forward and 5 back →

5 Seated to Standing Good Mornings → 5 Leg Swings per leg → 5 Lateral Leg Swings per leg →

0:15 Shoulder Stretch (arms in front) → 0:15 Shoulder Stretch (arms in back)

PART 1:

Tempo Sumo Deadlifts: Feet in Sumo stance (wider than squat stance with toes slightly turned out), and work with both DBs held end-to-end. Keep your shoulders rolled back, NOT rounding forward, but also ribs down. Lots of work for the Hamstrings and Adductors (inner thighs). **Tempo = 0:02 to lower, 0:02 pause at the bottom**, then return to standing (press strong through your feet and think about zipping your legs together), then right back down into the next rep.

Reverse Nordic Curls: Awesome exercise for your quads and somewhat hamstrings. Keep the hips high, but the ribs tucked down. If these bother your knees, a rolled blanket or towel, or even a throw pillow can help.

PART 2:

Goblet Squats: Working with 1 DB or a KB. As with any squats, use a chair behind you as needed and ensure full range of motion!

Push-Ups: With whatever variation you choose, be sure to keep your shoulders rolled back and down (do NOT let them shrug up to your ears), and squeeze your glutes to take some of the work through your whole body, not just your arms.

Step-Ups: Using your Chair from the warm-up, or grab a step stool, find some stairs, or even a cooler. Step-up with your full foot on the chair, step or stool. Other foot taps to the top, then step down and switch sides. Continue alternating. If you want an extra challenge, you can keep a hold of your DBs (1 or both). **8 per Side.**

Sit-Ups: On each rep, shoulder blades should touch to the floor at the bottom, and then sit-up nice and tall at the top (shoulders over hips), but do not round your shoulders forward. Instead, lead with your chest. Option to anchor your feet under your DBs or maybe your couch if needed.

WEEK 5 | TUE

“Embrace what you know; learn what you don’t and grow your own way.” ~ Jaime Schmidt

WARM-UP

Complete 4 rounds of the [Down and Back Warm-Up](#) (no timer, so see the next page for written instruction).

THE GRIND

PART 1 is one of our recurring benchmarks – one of the exercises we repeat periodically to track your progress over time. Choose the number of reps you want to complete. Keep in mind, whatever number you choose is NOT necessarily intended to be done unbroken. Instead, you’re trying to get through all of them as quickly as you can, so that might mean dividing them into 2, 3, or 4 sets, with just a quick break in between. Make a note of the # of Reps you choose, the weight of your DB or KB, and your total time. Then next time we do this, you can try to do the same work faster, or increase your reps, or the weight!

PART 2 is our standard AMRAP format, BUT the twist today is that the number of reps you do increase each round. First round, it’s 2 of everything, then 4, then 6, and so on...keep adding 2 reps each round until the 20:00 are up!

PART 1 – For Time

	Level 1	Level 2	Level 3
Swings	60 Reps	80 Reps	100 Reps

PART 2 – 20:00 AMRAP

	Level 1	Level 2	Level 3
+2 Squat Cleans	5-8# DBs	10-15# DBs	20-25# DBs
+2 Single-Arm Press (Total)	Same 1 DB	Same 1 DB	Same 1 DB
+2 Toe Taps (Per Leg)	To a Stair (~6-8")	To a Box (~12")	To a Chair Seat (~18-20")
+2 Plank In-and-Outs (Total)			

RECORD

PART 1 | # Reps _____ DB/KB Weight _____ Time _____

PART 2 | Last Full Round Completed? _____ Additional Reps? _____

COOL DOWN

Spend 0:30 to 1:00 in each: **Down Dog** (spread the fingers wide and press strong into the floor to help stretch out the forearms and wrists after lots of grip work) → **Up Dog** → **Runner’s Lunge (L)** → **Runner’s Lunge (R)** → then find Tabletop for [Thread-the-Needles](#).

Down and Back Warm-Up: No need for a clock. Complete 4 Rounds:

10 Starfish Stretch →

10 Lunge steps forward (or step-forward Lunges) →

5 Push-Ups (+ 1 Arm Circle on each side at the top of each rep) →

10 Lunge steps backward (or step-back Lunges)

PART 1:

Swings: Working with 1 DB, or a Kettlebell if you have it. Ideally, we'd love for you to make these full American Swings, taking them all the way overhead, but of course, Russian Swings (to eye-level) are always an option. Read the full deets on the front page!

PART 2:

Squat Cleans: Remember big HIP power, and be sure to get a full squat on each rep.

Single-Arm Press: For today, you are only working with 1 DB, which requires some extra midline stability (think core strength) to stay stacked and centered while only loaded with weight on one side. Stay stacked = hips underneath you, ribs down, shoulders back and down. This is a **STRICT** press, so absolutely no help from the legs! The **rep count is TOTAL**, so 2 will be 1 on each side, 4 will be 2 per Side, and so on.

Toe Taps: Choose a height that challenges you a little bit, and work for quick feet: left, right, left, right. Notice the **rep count is PER LEG**, so 2 is 2 per Leg, 4 is 4 per Leg, and so on.

Plank In-and-Outs: AKA Plank Jacks. Your choice to do from a Hand plank or Elbow plank position. Either way, making sure to keep your shoulders rolled back and down, and maintaining a good plank position, NOT bouncing willy nilly! Nothing above your hips moves. Imagine you have a glass of your favorite beverage resting on your back – don't you dare spill it! **Out + In = 1 Rep**

WEEK 5 | WED

“Joyful movement is more about intention and less about intensity. You can still challenge yourself while moving joyfully.” ~ Lauren Leavell

WARM-UP

[TABATA Warm-Up](#) Use our timer, or set your own with 12 TABATA cycles (6:00 Total).

THE GRIND

On **PART 1**, set your clock running up so you can track 0:30 of the Deadbug Hold. Otherwise, don't worry about the time and instead focus on very intentional movement, and giving your very best effort.

Again for **PART 2**, you only need your clock to track the 0:30 of Typewriter Jumps (if you choose that as an alternative to a 100m Run). Again, we want you to focus on intentional movement, slowing down a little bit and working to YOUR best end range of motion. These are exercises that you'll get more benefit from by moving slowly (more time under tension), rather than rushing through! Except for that last one of course, where we do want you to HUSTLE!

PART 1 – 4 Rounds for Quality

	Level 1	Level 2	Level 3
10 Shoulder Fly's			
10 Tabletop T-Spine Rotations (Total)			
20 Clamshells (Total)			
0:30 Deadbug Hold with DB			

PART 2 – 4 Rounds for Quality

	Level 1	Level 2	Level 3
8 Bridges *=Option to Combo			
8 Alternating Single-Arm Top-Down Floor Press (Per Arm) *=Option to Combo	5-8# DBs	10-15# DBs	20-25# DBs
8 Plank Pull-Thrus (Per Side)	Same 1 DB	Same 1 DB	Same 1 DB
8 Single-Leg Deadlifts (Per Leg)	Same DBs	Same DBs	Same DBs
100m Run, or 0:30 of Typewriter Jumps			

RECORD

Nothing for today. Focus on proper performance of each exercise and just move through hump day!

COOL DOWN

- Start with the [Tall Lunge + Reach](#) (5-10 reps per side with your breath).
- Then reach your hands towards your front foot, and sit the hips back, straightening the front leg as much as you can for a [Hamstring Stretch](#). Rock forward and back 5-10 times per side, or hold it for 0:30-1:00 per Side.
- Finish with about 1:00 each of [90/90 Stretches](#) to work through the entire hip joint.

PART 1:

Shoulder Fly's: A *NEW* exercise for us here, though you may have seen or done them before. You don't need much weight for these to be effective, so if you have access to light (up to 5#) DBs or weighted plates, use those, otherwise grab a couple waterbottles, or cans of food from the pantry. Check out the video!

Tabletop T-Spine Rotations: We've done a couple variations of this mobility exercise. For today, you'll be in a Tabletop position. It's **10 Total, so 5 per Side**.

Clamshells: Another exercise that we've done different variations of. For today, you get your choice to add a mini-band (if you have one and are up for it) and to do lying on the ground or in a side plank. It's **20 Total, so 10 per Side**.

Deadbug Hold: Lying on your back with arms straight up to the ceiling holding onto 1 DB. Legs bent 90-degrees at the hips and knees, low back sealed into the floor. Maintain that low back position, and **HOLD for 0:30**.

PART 2:

Bridges: The traditional 2-foot variety for today. Include a short pause at the top to squeeze your booty, then just a quick tap down to the floor (or maybe not quite to the floor so that you stay under tension through all 8 reps).

Alternating Single-Arm Top-Down Floor Press: Just like our regular Floor Press, except you will only move 1 arm at a time. Press both DBs to the top (full extension of your arms) then lower one lightly tapping your elbow to the floor and back up. Switch sides. Continue alternating for **8 per Arm**.

***Challenge Option:** To combo the Bridges and Floor Press. So Bridge the hips up, and keep them lifted squeezing the booty, as you do 1 Floor Press per Arm. Bring the hips down and right back up for 1 more Floor Press per Arm. Continue for 8 Total Reps.*

Plank Pull-Thrus: Maintain a tight hand plank position (on toes or knees), not allowing the hips to rock. Remember, you are PULLING the DB, not pushing it. So if it is on your left side, your right arm is grabbing it to pull it through. This exercise is more challenging the further out to the side that you place the DB. Complete **8 per Side**.

Single-Leg Deadlifts: Ideally working with both DBs for this. OPTION: Use one DB, holding it in the hand on the same side as the leg on the ground. Use your other hand on a stabilized chair to provide more balance and assist in achieving full range of motion. **8 per Leg**. Work back and forth as needed.

Run: Remember 100m is approximately the length of 1 city block.

Typewriter Jumps: If running isn't an option, try these out moving as quickly and deliberately as you can for 0:30!

WEEK 5 | THU

Happy October... 10/1... get it?!? 😊 It's also the first day of our month-long challenge and fundraiser to celebrate our anniversary: [Run for a Reason!](#) Click the link to read all the deets, and please join us! Today's mile will get you started!

WARM-UP

Set your clock for 6:00 (or use the Seconds timer) for the [Again Faster, then Stretch Warm-Up](#).

THE GRIND

Again today, 2 parts to The Grind. You can complete them in either order and at any point throughout the day. If you do them back-to-back, give yourself at least 5:00 of rest in between so you can truly give your best effort for both! On **PART 1**, yes, 10 Rounds is a lot, but once you get going, we think you'll be pleasantly surprised at how quickly each round goes. Set a steady pace and KEEP. ON. MOVING!

PART 2 is another one of our benchmarks. And we know this one can be daunting, maybe even bringing back nightmarish feelings from middle school. But let's adjust our perspective, enjoying 1 mile of dedicated time outside, fresh air (even if it feels like you can't suck in enough) and appreciating that this is something your body CAN do!

PART 1 – 10 Rounds for Time

	Level 1	Level 2	Level 3
10 Step-Back Lunges (Total)			
10 Oblique V-Ups (Total)			
10 Quarter Moons (Total)	1 DB	1 DB	1 DB
1 Woman Maker	5-8# DBs	10-15# DBs	20-25# DBs

PART 2 – Run For Time!

	Level 1	Level 2	Level 3
Run For Time	800m?	1 Mile	1 Mile

RECORD

PART 1 | Time _____ PART 2 | Time _____

COOL DOWN

After Part 1, 5 [Inchworms](#), holding each position for 2 deep breaths. Then 2:00 per side **Couch Stretch** after the run.

PART 1:

Step-Back Lunges: Intended to be unweighted today, but if you want to up the intensity, you can certainly grab your weights, either 1 DB in the Goblet position, or both held down by your sides. Maintain good posture throughout: shoulders back and core engaged. Alternate legs on every step. **10 Total, so 5 per Side.**

Oblique V-Ups: Like our regular V-Ups, keep the torso tall and legs as straight as you can. Both your legs and torso come off the floor at the same time. In this oblique version, your weight will be shifted onto one glute. It's **10 Total**, so do 5 on one side then switch to the other side for 5.

Quarter Moons: Remember that you are going hip-to-hip. Can be standing or kneeling. **10 Total, Over = 1, Back = 2.**

Woman Makers: Our beloved DB complex, working the DBs from the ground, up to overhead. **1 Woman Maker = 1 DB Push-up + 1 Row (per side) + Burpee up + Squat Clean + Thruster Overhead.** The goal is to keep your hands on the DBs throughout the entire Woman Maker. Just 1 rep at a time today, you can do it!

PART 2:

Run: Find your course for 1 mile, or if needed, cut the distance down to half, 800m. Just get out there and DO IT, and tune into how you feel during and after! How's your breathing? Your recovery? How do your muscles feel? If the actual timing brings on unnecessary anxiety, then don't time it. Remember that we don't care how fast or slow you go, our hope for you instead is to take the opportunity to appreciate that this is something your body can do, and to be proud of that effort!

WEEK 5 | FRI

"Our rest breaks are more productive when we don't spend them guiltily ourselves for not getting something done." ~ Dr. Jenn Hardy Take the rest you need, during today's workout and heading into the weekend.

WARM-UP

5 Minute [Jump Rope Warm-Up](#) (using the Seconds timer).

THE GRIND

The special timer will be very helpful today for this interval work. You will spend a total of 4:00 at each "station," working for 0:40, then resting for 0:20. Notice that both the first and last "stations" have 2 exercises, so you'll spend 0:40 on the first, rest the 0:20, then 0:40 on the second, and repeat. After completing the full 4:00 at each "station," you'll rest for an entire 1:00, and then move to the next "station" repeating the same format. On the last round, your final 0:40 interval, count your Jump Rope reps, whether you do Singles, Doubles, or half and half. See other notes on the next page.

6 Rounds (0:40 Work / 0:20 Rest, Rotating)

	Level 1	Level 2	Level 3
1. Lateral Deadlift to Curtsy Lunge	5-8# DBs	10-15# DBs	20-25# DBs
2. Center Hand Plank – Shoulder Tap each side + Knee Tap each side			
3. Alternating Snatches	1 DB	1 DB	1 DB
4. Chopsticks			
5. Jump Rope	Singles	0:20 Singles + 0:20 DU Attempts	Double Unders

RECORD

JUMP ROPE | Which Level did you choose? 1 | 2 | 3 Total Reps on Final Round? _____

COOL DOWN

Jump Rope Stretches, about 0:30-1:00 of each per leg: **Hamstring Stretch** = Lying on your back, 1 leg extended up to the ceiling, jump rope around the bottom of your foot. **Hip Stretch** = Same, but now the extended leg comes across the body. **Adductor Stretch** = Same, but now the extended leg opens out to the other side. **Assisted Quad Stretch** = Now roll onto your belly and use the rope to help pull the foot closer to your glute. Finish with 10-15 **Overhead Pass-Thrus**.

Lateral Deadlift to Curtsy Lunge: As a combo move, this might be new to you, but we have done both exercises separately many times, so we know the combo will be easy breezy. Check out the video! Try to stay on one side for at least 0:20. If you can, do the full 0:40 on one side, then switch to the other leg next round.

Hand Plank + Taps: Maintaining a strong HAND PLANK position, you will quickly and deliberately release 1 hand to tap your shoulder on the same side, then switch the other hand, and then tap one knee to the floor and the other knee. Continue rotating around: Shoulder Tap, Shoulder Tap, Knee Tap, Knee Tap.

Alternating Snatches: Remember to use your HIPS for this movement! You're drawing a vertical line with the DB, straight up your body, not a diagonal across it. Today, we want you to alternate arms on every rep, and to practice switching arms while the DB is overhead for quicker transition – it's a little tricky, try it out before you start!

Chopsticks: Recall, these are one-legged V-Ups. Check out the video for a modified version.

Jump Rope: Choose the option that will challenge you, but leave you feeling accomplished. We'd love for everyone to try out some Double Unders today. **Notice our "recording" is only for Jump Rope today!**

farmgirlfit



Copyright © 2020 | Outside the Box Fitness, LLC