



THE MUM GYM

April Workouts

Ensure you always warm-up

Remember! - SLOW IT DOWN! EVEN SLOWER!!!

Day 1

Lower Body, do 10 of each exercise. (AIM FOR 4 ROUNDS)

Hip Thrust x 10 very slow down, fast up

Sumo Squat x 10

Deadlift x 10

Leg curls x 10 (VERY slow)

Glute Bridge x 10 with 20 pulses

Finisher

30 secs on / 15 secs off

3 rounds

High knees

Top Taps

Walkouts

Day 2

Upper Body, do 10 of each exercise. (AIM FOR 4 ROUNDS)

Upright row x 10

Lying Tricep Overhead Ext x 10

Chest Press x 10 (1 & 1/2 reps each)

Shoulder Press

Shoulder Raise

Finisher

30 secs on / 15 secs off

3 rounds

Wall Squat

Skaters

Bear Plank / Full Plank

Day 3

Total Body Blast - 20 reps of each 5-7 rounds!

Pillow Throws

Squat & Press

Side squats

High knees

knee ups

Finisher!

Wall Squat as long as you can.

Try beat last weeks time