



**myomy**  
Coaching

**SIGN - UP GIFT**

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**FULL WORKOUT WRITTEN  
BREAKDOWN**



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## Your Full-Length Workout - Gift

Thank you for downloading this full body workout. I have a suggestion: Over the course of the next 4 weeks, repeat this workout once or twice per week so you can take note of your progress. Below you will find some suggestions of how to set things up, the workout link, a workout log to record your reps and times, and a “taking stock exercise” so you take time to really notice your progress or even your greatest struggles.

### Set-up & Options

- A. **Intervals + Separated Rounds (Beginner-Intermediate):** Set your interval timer for 5 cycles of 25 seconds (rest) and 35 seconds (effort) then perform 1 round of 5 exercises. Take a longer break and do 1 set of the “Bridging Exercise” (BE) and then begin round 2 as before. Repeat this for round 3. Only do 2 total sets of the BE.
- B. **Intervals + Consecutive Rounds (Intermediate-Advanced):** Set your interval timer for 15 cycles of 25 seconds (rest) and 35 seconds (effort) then perform 3 rounds of the 5 exercises. At the end, do 2 sets of the “BE” back to back.
- C. **Set-Reps (All Levels, but good for beginners to keep reps low and form good):** Still do 3 rounds, but perform the suggested reps and rest 30-90 seconds between exercises. See below table for suggested rep-ranges for your fitness level.

**NOTE: Beginners: to progress over time, work at increasing reps before starting with a heavier weight. Build endurance before strength.**

### Workout Breakdown with suggested Rep Ranges:

Find the full workout here: <https://vimeo.com/154487919/8273a8cb43>

Exercise	Alternatives	Time Stamp in Video	Beginner Rep Range	Intermediate+ Rep Range
Warm-up		4.30		
KB Vertical Pull Burpee	KB Deadlift w/wo Burpee	12.15	6-8	8-12
2H KB Swing	KB/DB RDL	14.07	6-10	10-20
KB Alt. Ballistic Row	KB/DB Alt.Row	16.21	12-16 (total)	10-20 (total)
Alt. Reverse Lunge	J-Jacks / Lunge Jumps	18.08	12-16 (total) or 20 Jacks	10-20 (total)
Plank Climber	Staggered P-Up / JJ	19.26	12-16 (total) or 20 Jacks	10-20 (total)
“BE” X-Band Steps	Standing Hip Ext/Abd	<a href="#">Here</a> or 21.06	12-16 (total)	10-20 (total)
Cool-down		44.20		

## Your Workout Log (print this page)

Repeat this workout once or twice each week for 4 weeks:

Main Exercise	Sets/ Rounds	Reps/ Time			
		Week 1	Week 2	Week 3	Week 4
KB Vertical Pull Burpee	3				
2H KB Swing	3				
KB Alt. Ballistic Row	3				
Alt. Reverse Lunge	3				
Plank Climber	3				
“BE” X-Band Steps	2-3				

### Taking Stock Exercise

**To notice what’s happening inside & out, you first must slow down to notice. That’s what this short exercise is for; to help you begin noticing the way you see yourself.**

Each week, take some time to consider how you see yourself:

- Outside: by reviewing your ability, your appearance, weight lifted, recovery etc
- Inside: by becoming more in tune with your inner dialogue (this can often be more challenging). You don’t need to force positivity as it’s more about being aware.

Week	Outer Strength (eg. how you see yourself, better form, better recovery, more weight lifted)	Inner Strength (eg. inner dialogue, self-appreciation, naming feelings, inner critic, guilt, shame)
1		
2		
3		
4		

## **Summary**

As you set out to practice this workout and the “Taking Stock Exercise”, I encourage you to enjoy it and take note of how much better you are at this than you might realize now.

After the 4 weeks, I'd really love to know how you got on and what you took from it. Feel welcome to contact me at any time: [marianne@myomytv.com](mailto:marianne@myomytv.com)

### **Finally:**

- Remember to warm up and cool down.
- Use appropriate weight to maintain good form.
- Don't be afraid to lower the weight during a set/interval.
- You can progress/regress the exercise at any time.
- Take longer or shorter breaks as required.
- Record your progress.

Enjoy!

Cheers,  
Your Coach, Marianne