

TOTAL TRANSFORMATION

Overview & Key Concepts

The focus of this month is building a strong foundation by mastering the essential lifting moves; **Squats, Deadlifts, Pushups, Pullups, Lunges, & Hip Thrusts.**

Mastering these movement patterns will help you in your fat loss and transformation goals, and more importantly, will carry you through life with grace and strength. These movements all serve crucial purposes, and mimic natural movement patterns that the human body was designed for.

Mind Muscle Connection - To get the most out of this, and every workout, actively focus on the muscles you're using while you workout. Mind muscle activation is KEY in getting fantastic results from your training. Focus focus focus!

Squats - A key idea to remember with squats is the use of "torque". Torque is the active engagement of your legs throughout the movement. To get torque, stand with your feet hip width apart, and imagine screwing your entire leg outwards from your feet. Notice the sensation of your outer thighs and glutes engage as you do this.

Eyes forward, Chest Up, Knees in line with your feet. Keep your core braced throughout this movement

Stiff Leg Deadlift - Maintain a natural arch in the spine, avoid rounding out your back, and keep your head in neutral. Use your glutes as you bring the bar up by squeezing at the top.

Push-Ups - Using the principle of torque, engage the targeted muscles by mentally corkscrewing your arms as you press up. Maintain a straight back, head in neutral, and press up at the top. Imagine trying to separate your shoulder blades as you reach the top.

Pull-Ups - Use a resistance loop band to assist. Don't use momentum, and focus on the muscles used. Exhale as you come up.

Overview & Key Concepts

Lunges - Pay attention to the front knee, and make sure it's not caving inward. Keep your shoulders back and a proud posture. While the front leg is the primary focus of a lunge, the back leg is also helping, so press off of the back foot with a fair amount of force.

Hip Thrusts - Keep your eyes forward during double leg hip thrusts. This will help to keep your glutes engaged, and prevent the wrong muscles from taking over. Use a tilting motion with your hips, rolling them back slightly as you go down, and rolling forward and up slightly as you come up. Squeeze your glutes at the top.

Rest Periods - Use rest periods throughout your workout, resting after each super set. The purpose of rest periods is to allow ATP (energy) to replenish in your tissues, and to make sure your next set is done with good, clean form. **A standard rest period is typically around 1 minute.** Stay focused during rest periods, limit phone scrolling, and avoid chatting. Misuse of rest periods can break momentum and focus, leading to lackluster workouts

Tabata - Tabata is a science backed method of cardiovascular training shown to accelerate fat loss. This form of cardio is very short, but very intense. There is a tabata for each day of the program in this month. Feel free to substitute various tabatas. For example, if you don't have a heavy rope at your gym, do the treadmill tabata instead.

*Note: You should download a tabata timer app for your tabatas. The free tabata timer app works great.



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This arrow symbolizes a super set. Do one exercise, and immediately follow it with the noted exercise, then rest for one minute

EL

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Each Leg

Month 1

BRENDATURNER.COM

Jan 2023

Strong Foundations

TOTAL TRANSFORMATION

Three Main Training Days - Full Body

DAY 1	DAY 2	DAY 3
 Back Squat - 10  Squat Jumps - 10 3 X	 Stiff Leg Deadlift - 10  Ski Jumps - 10 3 X	 Reverse Lunges - 10EL  Power Jumps - 10 3 X
 Pushups - 10  Mountain Climbers - 10 2 X	 Pushups - 10  Spider Climbers - 10 2 X	 Pushups - 10  Plank Jacks - 10 2 X
 Hamstring Curls on Swiss Ball - 10  Walking Plank - 10 3 X	 Hyperextension - 20  Power Lunge - 10 EL 3 X	 Reverse Hypers - 10  Band Jumps - 10
Chin Up with Band - AMRAP 3 X	Chin Up with Band - AMRAP 3 X	Chin Up with Band - AMRAP 3 X
Hip Thrust - 10-20 3 X	Elevated Bridge - 10-20 3 X	Kickbacks - 10-20EL 3 X
Treadmill Tabata 20 Sec Work 10 Sec Rest 8 X (4 Min Total)	Bike Tabata 20 Sec Work 10 Sec Rest 8 X (4 Min Total)	Heavy Rope Tabata 20 Sec Work 10 Sec Rest 8 X (4 Min Total)

Daily Step Target - 10k Steps (or More)

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Accessory & Cardio Days (Optional)

ACCESSORY DAY 1 ARMS & CARDIO	ACCESSORY DAY 2 Core & Glutes
 Biceps Curl - 10	Kickbacks - 20 EL
 Tricep Pushup - 10	High Bird Dog - 10
 Shoulder Press - 10	Single Leg Hip Thrust 20 EL
 Half Burpee - 20	Elevated High Plank - 30 SEC
 Mountain Climber - 10	Glute Bridge 25
 Kick Throughs - 20	Reach Through V 10
 Supine Toe Reach - 10	Half Burpee - 10
Rest 1 Minute	Rest as Needed. Repeat 3 X
Repeat 3X	

**Daily Accessory Day Step Target
- 12k Steps (or More) -**

TOTAL TRANSFORMATION PROGRAM

COMING FEBRUARY 2023



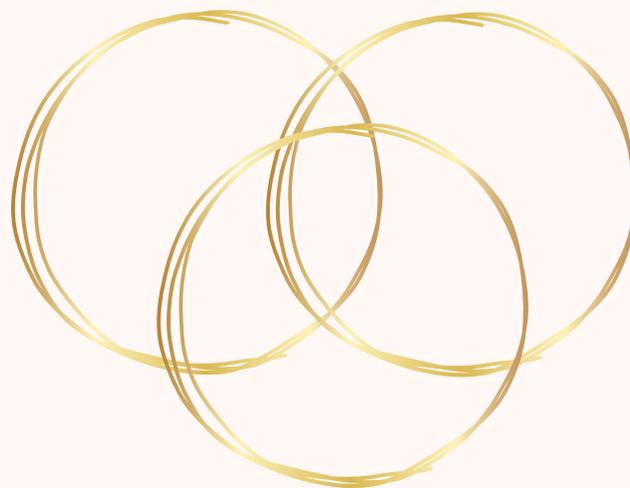
True transformation happens when you nurture your *entire being*: Mind, Body & Spirit.

MIND - Create New Patterns

BODY - Look & Feel Fantastic

SPIRIT - Connect with What Matters

See You There! xoxo. Brenda



JOIN THE WAITLIST

