

Empowerment Week, Phase 7, 2018

Disclaimer: Use your best judgment during these workouts. Go at your own pace. If you need to rest, take a break or drink water, do it. It's o.k. Remember form is always first. Do not sacrifice form for speed. These workouts are not that important, your long-term health & safety is. These are fun & challenging workouts that you've been prepared for over the last few weeks and are designed to yield maximum results in short periods of time if you're following the nutrition & cardio plan. You may need additional caloric consumption, water, stretching/rolling, naps and/or rest on these days. Take it, its o.k.

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Instructions

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The goal of empowerment week is 2-fold: build in recovery from high intensity training and allow members to practice what they've learned by training on their own to develop greater master of movement and stronger "can do" mental muscles! High intensity training can yield fast results and also can increase a person's risk for overtraining and injury.

Members who feel beat up and need muscle and joint recovery from strength training and/or a break from intense training can choose to do a reduced frequency of training per week, less volume of strength training, different strength training and/or no strength training. I do recommend members exercise every week in some form and still hit their cardio goals. If you do no strength training, women's cardio goals are 360min and men's cardio goals are 250min.

Also, new members or members who have been inconsistent with their training may be able to go 3-6 months or more of weekly training without taking a week off from strength training due to a reduced training age and adaptation. Listen to your body and your heart. Your body will tell you if you need a break or if you can keep going. Your heart will tell you if you're lying to yourself or being honest. Listen to the message that's going to help you get better. If your body says you need a break and your heart agrees, take one. If your body says it can go and your heart agrees, then train. If your body says no and your heart disagrees, then train. If your body says yes and your heart disagrees, then don't train. Your heart always has your back.

When you finish an empowerment week workout, post your results to our [facebook page](#) to share with your friends. Post your results here:

[facebook.com/ChangeYourBodyBootCamps.Newton.Ma](https://www.facebook.com/ChangeYourBodyBootCamps.Newton.Ma)

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Warm Up

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June 11 – June 30, 2018, Phase 7, Warm Ups

Foam Roll 5min (10:5; aim for 5-10 rolls)

Foam Roll Upper to Lower Back

Foam Roll Thoracic Extension

Foam Roll 1-Arm Lat, R/L

Foam Roll Piriformis, R/L

Foam Roll 1-Leg Hamstring, R/L

Foam Roll 1-Leg Calf, R/L

Foam Roll 1-Arm Pec, R/L

Foam Roll Bent-Knee Adductor, R/L

Foam Roll Hip Flexor / Quad, R/L

Foam Roll TFL, R/L

Foam Roll IT-Band, R/L

Static Stretch (3min)

CW#1 – Bands (15:5)

1. SB Ham - R/L

2. SB Add Pull - R/L

3. SB Hip Cross - R/L

4. SB Quad Pull - R/L

5. HK Triceps -R/L

CW#2 – Wall (25:5)

1. Split Adductor - R/L

2. T-Spine Rotation - R/L

3. Prone Glute Push -R/L

CW#3: Mat+Roller (15:5)

1. Forward Bend

2. Deep Squat

3. DS R/L Reach

4. Stride Back, R/L

5. T-Spine Rot, R/L

6. HK Triceps – R/L

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P7, Workout A, Warm Up

1. Side Lying Thoracic Rolls. x10e
2. High Plank March x8e
3. DB OH, 1-Leg Bridge x8e
4. Supine Floor Slides x10
5. mb Hip ER+IR x10e, mb Squat x10
6. Incline Ankle Mobes x8e
7. Seated Arm Drive x20s
8. Hurdle Hop A&L Drive Pattern x3e
9. HKAnkling Skip w/ Arm Drive x6e
10. Lateral Crossover Toe Touch x4e
11. Inchworm x6
12. QP to BwLunge to 1-ArmReach x4e

P7, Workout B, Warm Up

1. Quadruped T-Spine Rotation x8e
2. Band Leg Lower x8e
3. FR-2-Leg Bridge w/ DB OH x20
4. FFE, DB ER in Scap Plane x8-15e
5. Kneel 3-Way Flat Ankle Mobes x5e
6. Lateral Mini Band Walks (ankle) x10e
7. Seated Arm Drive x20s
8. Hurdle Hop A&L Drive Pattern x3e
9. HKAnkling Skip w/ Arm Drive x6e
10. Lateral Deep Squat x4e
11. Bear Crawl x8e
12. Bwd Inv Hamstring to Y-Reach x4e

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Workouts

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Workout A (modified): *complete Max Sets in ~34min!*

Foam Roll (5min): *see above for individual exercises*

Movement Prep Series: *see above for individual exercises*

Strength: *complete Max Sets in ~34min; 20-40%BW.*

- A1. High Plank March x8e
- A2. Lateral Hurdle Hop x3e

4min (3:1), Max Sets

- B1. Mini Band Hip Rotations x8e
- B2. Alternating Spider March x8e

5min (3:2), Max Sets

- C1. DB Hang Jump Shrug – *palms neutral*
- C2. DB Hang Clean Pull – *palms neutral*
- C3. DB Hang Power Clean – *palms neutral*
- C4. DB Front Squat
- S1. Quadruped Wrist Flexor Stretch
- S2. Hands Behind Back, Neck Mobes x3e

*7.5min (5:2.5),
continuous 25sec,
2rds, 6reps,
50sec active rest*

- D1. 1-DB SLDL – R+L x8e
- D2. Towel Tuck x8

4.5min (4:0.5), Max Sets

Conditioning: Jumping Jacks

3min (2:1.25), Max Reps

- E1. DB Straight Arm Pullovers x8
- E2. Pike Push Up + Floor Slides x8

4.5min (4:0.5), Max Sets

Conditioning: Jumping Jacks

3min (2:1.25), Max Reps

Cool Down (mats & band): 2min (15:5)

1-Arm Chest Push, R/L

1-Arm Lat Pull, R/L

Behind Back Overhead Shoulder Reach

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Workout B (modified): *complete Max Sets in ~34min!*

Foam Roll (5min): *see above for individual exercises*

Movement Prep Series: *see above for individual exercises*

Strength: *complete Max Sets in ~34min, 20-40%BW.*

A1. Front Foot Elevated, External Rotation x8e

A2. Squat Jumps x5

4min (3:1), Max Sets

B1. DB, FR, 2-Leg Bridge x15

B2. High Plank T's x5e

5min (3:2), Max Sets

C1. DB Hang Jump Shrug – *palms down*

C2. DB Hang High Pull – *palms down*

C3. DB Hang Muscle Curl – *palms neutral*

C4. DB RDL – *palms neutral*

S1. Quadruped Wrist Flexor Stretch

S2. Hands Behind Back, Neck Mobes x3e

*7.5min (5:2.5),
continuous 25sec,
2rds, 6reps,
50sec active rest*

D1. DB 1-Leg Squat to Bench – R+L x6e

D2. DB Reverse Crunch x8

4.5min (4:0.5), Max Sets

Conditioning: Jumping Jacks

3min (2:1.25), Max Reps

E1. Bent-Over Y-Raise x8

E2. Push Up to Downward Dog x8

4.5min (4:0.5), Max Sets

Conditioning: Jumping Jacks

3min (2:1.25), Max Reps

Cool Down - (mats & wall): 5min (25:5)

Push Up Calf, R / L

½ Kneel Quad + Hip Flexor Push @ Wall, R/L