

## Empowerment Week, Phase 2, 2019

*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 mastery 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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### 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

### P2, Workout A, Warm Up

1. Side-Lying Thoracic Ext. w/ Rot x8e

2. Band Resisted Leg Lowers x8e

3. Towel Curls x8

4. Supine Bridges w/ DB OH x20

5. Bent-Over DB ER @ 90° x8-15

6. HK 3-Way Ankle Mobes @ Wall x3e

7. Standing Arm Drive x20

8. Hurdle Hop Arm + Leg Drive x3e

9. Overhead, High Knee Skip x8e

10. Bwd Lunge to Instep to Reach OH x4e

11. Inchworm + Cobra & Hips L/R x6

12. Lat Lunge to Crossover Toe Touch x3e

### P2, Workout B, Warm Up

1. Quad Rock back T-Spine Rot x8e

2. DB OH Psoas Bridge w/ Exhale x8e

3. Quadruped BK Holds, Hip Abd x12e

4. Kneeling Adductor Rockbacks x6e

5. Incline Ankle Mobes x15e

6. Seated Legs on Wall, Floor Slides x8e

7. Standing Arm Drive x20

8. Hurdle Hop Arm + Leg Drive x3e

9. Overhead, High Knee Skip x8e

10. Bwd Bear Crawl x8e

11. Lat Quad Pull to Deep Squat x4e

12. HKN to Inverted Hamstring to Y-Raise x4e

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# Workouts

**Challenge Workout #1 (modified, Workout B):** *complete CW#1 AFAP!*

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

**Movement Prep Series:** *see above for individual exercises*

**Strength:** *complete CW#1 ASAP (G=19min); 15-30%BW.*

A1. Low Plank w/ Alternate Knee Flexion x10e

A2. BK Side Plank w/ Straight Leg Hip Abduction x20

A3. BK Backside Bridge w/ Alt. Hip Flexion x10e

A4. BK Side Plank w/ Straight Leg Hip Abduction x20

*2rds AFAP,  
then rest 1min*

B1. Quadruped, **Knees off Ground Hold**, Bent Knee,  
1-Leg Hip Abduction, x10e

B2. 1-Leg Hurdle Squats x5e

*2rds AFAP,  
then rest 2min*

C1. 2-DB Front Squats x12

C2. DB **Split Squat Hold**, Alternating Overhead Press  
x12e

C3. DB Offset Load, Offset Stance RDL's x12e

C4. 1-DB Supine Pullovers x12

*4rds AFAP*

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

Push Up Calf, R / L

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

**Challenge Workout #2 (modified, Workout A):** *complete CW#2 AFAP!*

## Empowerment Week, Phase 2, 2019

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

**Movement Prep Series:** *see above for individual exercises*

**Strength:** *complete CW#2 AFAP (G=20min), 15-30%BW.*

A1. Low Plank w/ Alternate Knee Flexion x10e

A2. BK Side Plank w/ Straight Leg Hip Abduction x20

A3. BK Backside Bridge w/ Alt. Hip Flexion x10e

A4. BK Side Plank w/ Straight Leg Hip Abduction x20

*2rds AFAP,  
then rest 1min*

B1. DB or Band Bent-Over External Rotations x12

B2. Double Bounce Tuck Jumps x5

*3rds AFAP,  
then rest 2min*

C1. 2-DB on Hips, Supine Bridges – Mat Optional x12

C2. Push Up Marches x12

C3. DB Front Squat Grip, Split Squats (1-leg/round) x12

C4. DB or Band Bent-Over Rows (thumbs down to palms up) x12

*4rds AFAP*

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

1-Arm Chest Push, R/L

1-Arm Lat Pull, R/L

Behind Back Overhead Shoulder Reach