



## Violet Crown- Foundations Workout 1

Warm-Up Exercise	Reps	Sets
World's Greatest Stretch	10 Rotations	2
Bird Dog	10 kicks each leg	2
Clam Shell	10 per movement each side	2
Flamingo on wall	15 sec per side	2

Exercise Group 1	Reps	Sets	Hold
Bridge	10-15	2-3	3 sec hold @ top
Heel Raise	15	2-3	Pause @ top
Plank Saw	10	2-3	

Exercise Group 2	Reps	Sets	Hold
Hip Flexor Banded Deadbug	12 kicks per leg	2-3	
Hip thrusters	12	2-3	
Star Taps	5 per leg	2-3	

Finisher	Reps	Sets	Hold
3 Position Plank Circuit	10 sec per position	4	Rest 10 seconds between rounds if needed

**Notes:**



# WELLSPORT

## Violet Crown- Foundations Workout 2

Warm-Up Exercise	Reps	Sets
½ Kneeling Hip Flexor Stretch	30 seconds/side	2
½ Camel	10	2
Plank Saw	10	2
Deadbug	10 kicks per leg	2

Exercise Group 1	Reps	Sets	Hold
½ Kneeling Pallof Press	10 each side	2-3	
½ Kneeling Wall Press	10 taps each direction	2-3	
Sidestepping w/ Band	10-12 each leg	2-3	

Exercise Group 2	Reps	Sets	Hold
½ Kneeling Rotational Press	10 each Side	2-3	
Split Squat	10 each side	2-3	2 sec up/2 sec down tempo
Goblet Squat	12	2-3	

Finisher	Reps	Sets	Hold
Plank Ups	30-45 sec	2-3	Rest 10 sec between rounds if needed

**Notes:**

