

## Strength Workout: Bread & Butter

### Equipment needed:

- [Exercise mat](#)
- [Dumbbells](#)
- [Loop Resistance Band](#) the different colors signal different resistance. Choose a resistance that feels challenging yet still allows you to maintain proper form. I am using a green band in the photos for this workout which is a medium resistance.
- [Stability Ball](#) the 55 inch sized ball is the size I use with most of my clients, but you may need a larger/smaller ball depending on your height.
- [Deadlift Bar](#)
- [Olympic weights](#)
- [Foam roller](#)

I call this workout “Bread & Butter” because it’s a round-up of exercises that are staples in my fitness routine. This is a challenging strength workout that works your entire body. You will need to pay close attention to form, focus, breathing, and getting the most out of every moment. I’m really excited that you get to do deadlifts - it’s a powerful exercise that works your entire body and gives you lean muscle definition (especially in your butt and abs!). Ready to get started? Bring your game face and let’s go!

## Strength Workout: Bread & Butter

Exercise	Picture
<b>Warm Up:</b> 5-10 minutes easy walk, bike, row, or foam roll to get the blood flowing and loosen up the muscles.	

### **Loop Resistance Side Step**

Bring the band in a loop around your shins. It should be tight enough that when you stand normally with your feet hip distance apart, the band is taut. Squat slightly, keeping your chest up and sending your butt back. Then step out straight to your right and then to your left, stepping back and forth.

Continue this stepping motion. Before long, you should be feeling the burn in your hips and butt!

**1 set of 60 seconds side steps**







### **Loop Resistance Band Clamshells**

Bring the loop band above the knees and lie down on your side. Bring the knees to 90\* with the knees stacked on top of each other. Lift the top leg using the hips and butt. Be careful not to wobble with the torso. Repeat 10-15 reps on one side, then switch sides.

**1-2 sets of 10-15 reps**





### **Stability Ball Forearm Plank “Stir the Pots”**

Put your forearms on the stability ball and tuck your toes under to lift your spine straight, coming into a plank position. Hold this straight stability ball plank and then add the “Stir the Pot” variation (moving the forearms forward and back or making a circle). Try 10-20 reps of circling the arms one direction, the other direction, and forward/back. The “stir the pots” are HARD! Take breaks if you start to lose your form or do less reps until you work your way up to more.

**2-3 sets of 10-20 reps**





## **Hollow Rocks**

This is a tough core move. You will rock back and forth with your body in the shape of a banana. When I teach this to clients I always joke, “this exercise is bananas!”

With your lower back touching the ground  
Take your legs straight and tight together with toes pointed. Arms straight and glued to your ears. Start rocking back and forth without allowing the shape to break at any point. Note: If shape breaks you are too extended and still need work. If your lower back hurts, try doing less hollow rocks with good form and resting in-between. You can also hold the V Sit position with arms extended in front of you or overhead (as shown in 3rd and 4th photos) for a modification.

[Check out the Hollow Body Progression video for more cues.](#)

**2-3 sets of 10-20 reps**

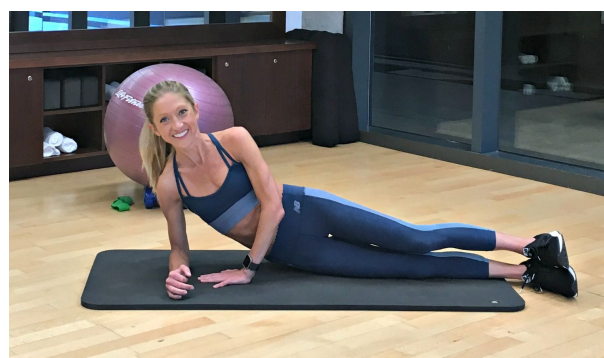




### **Forearm Side Plank**

Start on your left side with your left elbow below your left shoulder and your feet stacked. Lift your hips into the air, coming into a straight line with your body. Put your right knee on the floor for a modification if needed as shown in third photo. Continue to hold the hips up while keeping your core tight. Hold 30-60 seconds.

**2-3 sets of 30-60 seconds each side**

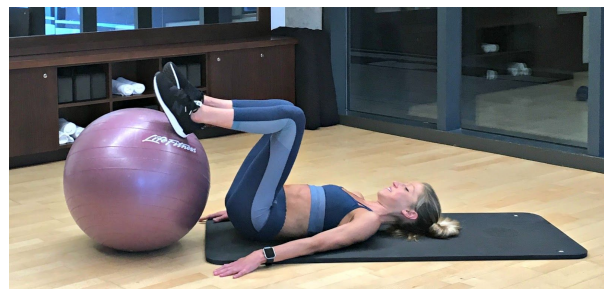




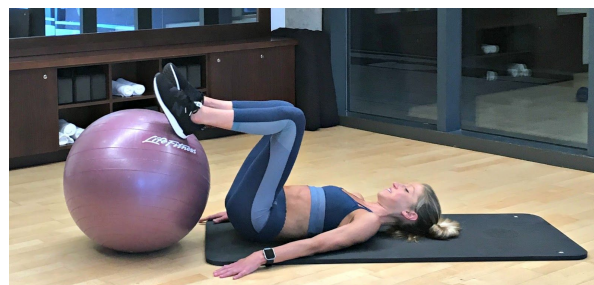
### **Stability Ball Hamstring Curl**

Lay on your back with your feet flat on top of the stability ball. Lift the hips off the ground into the air keeping the hip bones level. Try not to let the ball wobble and use your core to control the movement. Reach the legs out away from you extending them straight. Use your hips, butt and hamstrings to curl the ball back into bridge with your hips lifted. Keep the hips up and perform 10-20 reps. Then rest. This exercise is hard! Pace yourself and complete only the amount of reps you can do with good form.

**2-3 sets of 10-20 reps**







### **Warm Up Straight Bar Deadlift**

The warmup deadlift is done without Olympic weight plates. It is designed to just get you to work on your form and feel the movement in the correct body parts. When you load Olympic weight plates on the side, the exercise will be a bit different. So use this 1 set of warm-up deadlifts with the straight bar to work on your form and wake up your abs, hips, butt, lats, and hamstrings. Here are a few essential steps to Deadlift with proper form:

1. Stand with your hip distance under the bar.
2. Grip the bar about shoulder-width apart with the palms facing backwards. Your arms are vertical
3. Keep your chest open and your lats engaged.
4. Bend your knees and hinge your butt backwards without rounding your spine. Maintain a 45\* angle from your head to your hips.
5. Bring the bar below the knees.
6. Keep a straight spine as you return to standing, squeezing your butt and abs



Again, this first set of straight bar deadlifts is about warming up and preparing for your work sets. Typical straight bars weigh 35lbs. The warm up set gives you an idea of how the weight feels and how much you should add on for your work sets.

After your warm up set, load the Olympic weights on the side of the bar based on how much weight you feel would be challenging to complete 6-8 reps. You can start with 10lb Olympic weights on the side and build from there. 25lb Olympic weights on each side make for a good challenge! Don't be scared of heavy weight! With the right form, heavy deadlifts have the power to shape and tone your entire body head to toe.

**For your warm up of Deadlifts, do 1 set of 8 -10 reps. Focus on hinging the hips and engaging the butt, hamstrings, and abs.**





### **Single Arm Plank Row on a Bench**

Another one of my favorite total body moves that gets the core fired up!

Come into plank position on a weight bench with one forearm on the bench and the other arm holding a heavy dumbbell. Keeping your abs tight and elbows close to your body, row the dumbbell arm away from the floor, pulling your elbow as high as you can while you squeeze your shoulder blade back. Keep your chest open and spine straight. Return the dumbbell to the starting position. Repeat 8-10 reps and then switch sides.

**2-3 sets of 8-10 reps**



### **Squat to Overhead Press**

Begin in a standing position with a dumbbell in each hand. Bring the dumbbells to shoulder height with the palms facing each other and the elbows pointed forward. Look directly forward, keep your chest up, and place your feet about shoulder-width apart. This will be your starting position. Sit the hips back and down performing a squat. Keep your knees behind your toes and your chest up. Pause for a brief moment at the bottom of the squat before returning to a standing position by extending the hips and knees. After fully rising to a standing position, press the weights overhead by extending the elbows and flexing at the shoulder. Return the weights to the shoulder before repeating the entire movement.

**2-3 sets of 10-12 reps**







## Heavy Deadlift

The deadlift often crowned the king of total-body exercises. Pulling heavy weight off the floor translates to better core, back, leg, and grip strength as well as overall conditioning. The result? You're stronger and leaner than before. Lifting heavier loads also helps to switch up your routine and lead to bigger gains in muscle.

Add Olympic weight plates to the side of the barbell. The warm-up should have given you an idea of how much weight to start with, add 10lb Olympic weights if you are not sure and build from there. Set up the bar with the Olympic weight plates on the floor. Step up to the bar and get ready to lift. Follow all of the form you practiced in the warm up set of deadlifts. Put your mind to your muscle and engage your core, hips, butt, hamstrings, and lats. If you feel this exercise in your lower back, your form is off or the weight is too heavy.

Bring the feet hip distance apart toes pointing forward. Squat, sending your hips back and down. Keep your spine straight and chest open. Grip the bar with the palms facing back. Engage your lats to move your shoulders back and down. Your spine should be straight. From this position, press through your heels to stand, bringing the bar up along your thighs. Once the bar moves past your knees, straighten your spine all of the way. When you arrive at a straight standing position, squeeze your butt and core hard. To return to the floor, HINGE at the hips, sending the spine forward and the butt back. Once the bar moves past your legs, bend your knees coming back into a squat and put the Olympic plates back on the floor, returning to your start position. This is one rep. Move from this position with skill and strength to complete all of the reps in the set.

**For your work set in this workout, perform 3-5 sets of 5-8 reps at a challenging weight. Make sure to be ultra focused on form, breathing, and engaging your mind and muscles!**











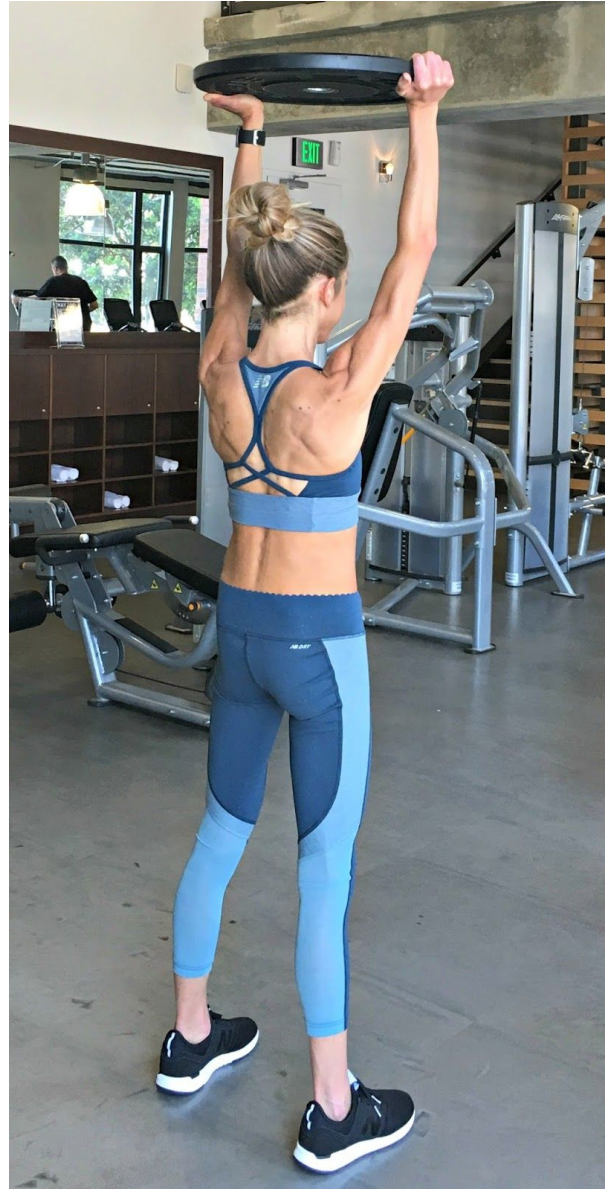


### **Overhead Olympic Plate Hold**

I love this exercise because it helps engage the upper back and works your posture! Take one Olympic weight plate and lift it over your head. Your arms should be straight and shoulder distance apart. Keep your shoulders down away from your ears, ribs in, and spine straight. Squeeze your butt and core. Hold this position for 30-60 seconds with good form. Return the weight to the floor to finish.

**2-3 sets of 30-60 second hold**



**Cardio Burst Finish**

Choose the rowing machine, bike or treadmill. Work easy for 90 seconds and push all out for 30 seconds. Do this for 10 minutes to finish your workout on a high note!

**Quad Stretch against the wall with tricep stretch**

Foam roll hips, IT bands, upper back, lower back, and lats.