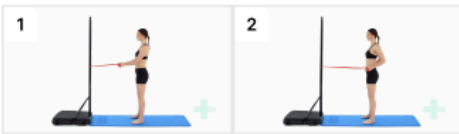
# Routine Reset: Get Started Exercise Routine

DAY 1

## PUSH UP — 3 Sets / 10 Reps

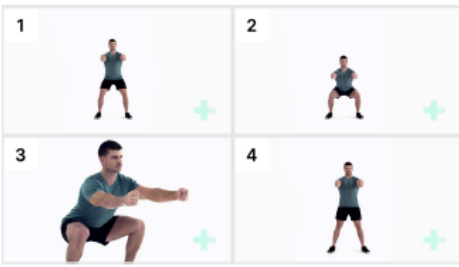

Start on your hands and knees and walk your hands forwards until you have a straight line from your shoulders to your knees.
Keeping yours body straight, slowly bend your elbows, bringing your chest towards the floor, then push back up to the start position.

## ROW (with resistance band) — 3 Sets / 10 Reps




Tie a resistance band around a solid object and hold the ends in each hand.
Stand on both legs with your feet hips width apart, keeping a good upright posture.
Bend your elbows and pull the band back, squeezing your shoulder blades together.
Control the movement as you return your hands to the start position.
Keep your core strong throughout this exercise.

## STANDING SQUAT — 3 Sets / 10 Reps / 1 Second Hold




Start position is standing straight with the arms out in front and bent at the elbows, the fists should be clenched and the palms facing inwards.
Move downwards into a squat position so that the knees are aligned over the toes and the heels are in contact with the floor, make sure the back is straight.
Keep the head and chest upright and the gaze horizontal.
Hold for 2 seconds and return to the start position.

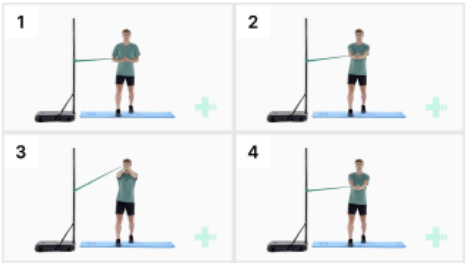
PUT IN THE WORK

YOU GOT THIS !

# Routine Reset: Get Started Exercise Routine

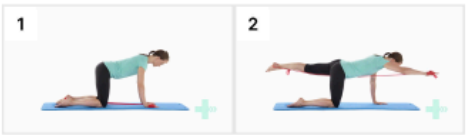
DAY 2

## PALLOF PRESS (with resistance band) — 3 Sets / 10 Reps



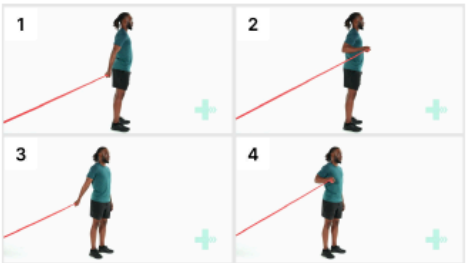

Fixate a resistance band to a solid object at naval height and hold the other end in your hands.
Turn 90 degrees away from the fix point and ensure there is tension in the band.
Step your outside leg backwards to assume a split stance position.
Engage your deep abdominal muscles.
Starting with your hands clasped together at your waist, maintain tension in the band as you lift your hands vertically.
Return to the start position with control.
Keep your shoulders level and avoid rotating at your trunk throughout this exercise.
Repeat.

## BIRD DOG (with or without resistance band) — 3 Sets / 10 Reps




Start on your hands and knees with your hands under your shoulders and knees under your hips.
Have a resistance band tied in a loop around one foot and hold the other end in your opposite hand.
With your back flat and your neck in a neutral position, tighten your abdominal muscles to maintain this position.
Straighten your opposite arm and leg out, the ones with the band attached.
Ensure your body remains in the same position.
Do not allow your hips to rotate.
Control the movement as you move your arm and leg back in to the starting position, and then repeat.

## BICEPS CURL (with resistance band) — 3 Sets / 10 Reps




Securely attach one end of an exercise band at floor level.
Stand with your back towards the band attachment holding the other end in one hand with your arm straight and close to your side slightly behind your body.
When ready, keep your upper arm in place and pull the band by bending at your elbow.
Bring your hand towards your front shoulder and in a controlled manner let your elbow straighten back to starting position.

## SHOULDER EXTERNAL ROTATION (with resistance band) — 3 Sets / 10 Reps


Stand in an upright position holding a resistance band in both hands.
Lift your affected arm out to the side.
Your arm should be at approximately 90° to your body.
Bend your elbow to a right angle.
Maintaining good posture and shoulder blade control, rotate your arm upwards from horizontal to vertical.
Your elbow should remain at a right angle and your upper arm should not move up or down.
Your posture should stay straight and your shoulder blades remaining back and down.
Slowly return to start position and repeat.

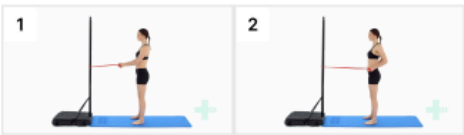
# Routine Reset: Get Started Exercise Routine

DAY 3

## PUSH UP — 3 Sets / 10 Reps


Start on your hands and knees and walk your hands forwards until you have a straight line from your shoulders to your knees.
Keeping yours body straight, slowly bend your elbows, bringing your chest towards the floor, then push back up to the start position.

## ROW (with resistance band) — 3 Sets / 10 Reps

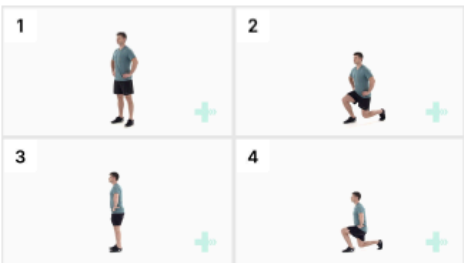



Tie a resistance band around a solid object and hold the ends in each hand.
Stand on both legs with your feet hips width apart, keeping a good upright posture.
Bend your elbows and pull the band back, squeezing your shoulder blades together.
Control the movement as you return your hands to the start position.
Keep your core strong throughout this exercise.

## SHOULDER PRESS (with 2 lb dumbbell or resistance band) — 3 Sets / 10 Reps


Stand with your feet shoulder width apart, holding a dumbbell at your shoulder in one hand.
Contract your glutes and keep your stomach tight.
Press the weight overhead ensuring your arm is fully locked out.
Lower the dumbbell back down to your shoulder.
Continue the set on one side before repeating with the opposite arm.

## REVERSE LUNGEN — 3 Sets / 10 Reps




Stand upright stance with your hands on your hips and your legs at shoulder-width apart.
Take a large step backward on one leg onto the ball of your foot.
Simultaneously, lower your body down between both feet until your knees are both at 90 degrees.
Hold and then rise back up using both legs, stepping your rear leg back to the front.
Repeat for the other leg.

**DON'T FORGET**

**WHY YOU STARTED**