Today's session, *on one page*

Warm up, do the work, cool down. Then note how it felt.
Strength Foundations, Workout A · Squat · Push · Pull · Core · 30 to 35 minutes

DATE _____ **SESSION NO.** _____ **ENERGY 1–10** _____

I. WARM-UP (5 MINUTES)

MOVE	AMOUNT	DONE
March in place, swinging your arms	1 minute	☐
Arm circles, forward and back	30 seconds each way	☐
Bodyweight squat	10 reps	☐
Glute bridge	10 reps	☐
Inchworm walk-out to plank and back	5 reps	☐
Bodyweight squat, a little deeper	10 reps	☐

III. COOL-DOWN (5 MINUTES)

MOVE	AMOUNT	DONE
Half-kneeling hip flexor stretch	30 to 45 seconds per side	☐
Hamstring stretch (lying or heel on a low step)	30 to 45 seconds per side	☐
Child's pose	45 seconds	☐
Slow breathing on your back, knees bent: in for 4, out for 6	1 to 2 minutes	☐

II. MAIN SET (20 TO 25 MINUTES)

EXERCISE	SETS	REPS	REST	DONE	LOG / LOAD
Goblet squat	2 to 3	8 to 10	60 to 90 sec	☐	
Incline or floor push-up	2 to 3	6 to 10	60 to 90 sec	☐	
One-arm dumbbell row	2 to 3	8 to 10 per side	60 to 90 sec	☐	
Glute bridge	2 to 3	10 to 12	60 sec	☐	
Dead bug	2 to 3	6 per side	60 sec	☐	

NOTES

COACH NOTE · TESS

Finish each set feeling like you could do 2 to 3 more good reps. If your form starts to change, the set is over. Exhale on the effort and avoid holding your breath or bearing down.

Pregnant or postpartum? Check with your doctor or midwife first.