



## **BREAKING MUSCLE WORKOUTS**

These workouts are designed for moms with babies and toddlers at home. They are meant to supplement your usual workouts and serve as functional, effective training routines you can do with little ones running around. Some of the workouts also include movements you can do with your kids to get them involved.

The workouts are four days a week, and you can do them on consecutive days or between your days at the gym. You can also use them as supplemental workouts for your primary training. For example, if your usual focus is running, the strength endurance workout might be good to do before your run. Since the focus of the program is general physical fitness, it can be used by moms of all levels.

Each day has a different focus. Day One is conditioning day, day two is a short interval workout, and day three is devoted to yoga. The final day of the week is focused on a specific skill you're working on.

Although you can jump in any time you like, I recommend starting from the beginning. Over the six-week period, you will repeat certain workouts at a greater intensity or volume and focus on improving your pull ups, running, and core strength.

### **WEEK ONE**

#### **Day One: Conditioning**

Stroller Run/Walk – 45 minutes

Walk 5 minutes to warm up. Then walk 3 minutes, run 5 minutes for 40 minutes or  
5 total rounds.



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### **Day Two: HIT Workout**

*You can do these one after the other or at different times of the day.*

A. 20 minutes, as many sets as possible, 1 minute rest between sets:

Goblet/Baby Squat x 15

Weighted Lunges x 20 (10 per side)

Weighted Cossack Squat x 20 (10 per side)

Weighted Split Squat x 10 (5 per side)

B. 20 minutes, as many sets as possible, 1 minute rest between sets

Push Up x 10

Plank Hold x 20 seconds

Side Plank x 20 seconds

Bridge x 15

### **Day Three: Yoga Standing Series**

*My three-year-old daughter loves doing this series with me. I emphasize the opening movements of stretching tall during tree pose, side angle, and triangle pose, as well as the curling up movements of forward fold and child's pose.*

Run through the following series 3–5 times. Hold each pose for three deep breaths:

Mountain Pose

Tree Pose

Mountain Pose

Forward Fold

Triangle

Extended Triangle

Side Angle

Triangle



## **BREAKING MUSCLE WORKOUTS**

Warrior 2

Warrior 1

Tree Pose

Chair Pose

Forward Fold

End with 3 minutes in Child's Pose, followed by a 5–10 minute Savasana.

### **Day Four: Practice Day**

Practice a skill of your choice (handstands, pistols, pull ups, or other exercise you're working on) for twenty minutes today.

## **WEEK TWO**

### **Day One: Conditioning**

Stroller Run: 30 minutes, with 10 minute warm up

### **Day Two: HIT Workout**

*This is another good workout to do with your toddler. For the farmer's walks, she can carry buckets with water. For the chin ups, she can be in charge of counting how many you reps you get.*

A. Tabata:

Push Ups

Squats

Side Plank

Chin Up

B.

3 Rounds:

Farmer's Walk – 40 meters with half your bodyweight

Jumping Jacks x 20

Mountain Climbers x 20



## **BREAKING MUSCLE WORKOUTS**

### **Day Three:**

Run through the following series 3–5 times. Hold each pose for three deep breaths:

Cat/Cow

Cobra

Yogi Squat

Gate Pose

Wide Legged Forward Bend

High Lunge

Low Lunge

High Lunge

Mountain Pose

Forward Fold

Downward Dog

End with 3 minutes in Child's Pose, followed by a 5–10 minute Savasana.

### **Day Four: Practice Day**

Practice a skill of your choice (handstands, pistols, pull ups, or other exercise you're working on) for twenty minutes today.

## **WEEK THREE**

### **Day One: Conditioning**

Stroller Walk/Run: Find a hill nearby for some hill sprints with the stroller.

5 minute walk

5 minute jog

Hill sprint x 10 seconds

Rest 60 seconds

Walk down the hill and repeat seven time for a total of 8 sprints



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### **Day Two:**

3 Rounds, 1 minute rest between rounds:

Burpees x 20

Squats x 25

Down Dog to Cobra x 10

Spiderman Crawl x 1 minute

Inchworm x 1 minute

Bridge w/one leg extended x 15

### **Day Three: Babywearing Yoga Flow**

Mountain Pose

Warrior 1

Warrior 2

Reverse Warrior

Warrior 2

Warrior 1

Mountain Pose

Chair Pose

Eagle Pose

Chair Pose

Mountain

Yogi Squat

Butterfly

### **Day Four: Practice Day**

Practice a skill of your choice (handstands, pistols, pull ups, or other exercise you're working on) for twenty minutes today.

## **WEEK FOUR**



# **BREAKING MUSCLE WORKOUTS**

## **Day One: Conditioning**

Stroller Run/Walk – 60 minutes

Walk 10 minutes to warm up. Then walk 3 minutes, run 6 minutes for 45 minutes or

5 total rounds. Cool down with 5 minutes of walking.

## **Day Two: HIT Workout**

*You can do these one after the other or at different times of the day.*

A. 25 minutes, as many sets as possible, 1 minute rest between sets:

Goblet/Baby Squat x 15

Weighted Lunges x 20 (10 per side)

Weighted Cossack Squat x 20 (10 per side)

Weighted Split Squat x 10 (5 per side)

B. 25 minutes, as many sets as possible, 1 minute rest between sets

Push Up x 10

Plank Hold x 20 seconds

Side Plank x 20 seconds

Bridge x 15

## **Day Three: Yoga Standing Series**

*My three-year-old daughter loves doing this series with me. I emphasize the opening movements of stretching tall during tree pose, side angle, and triangle pose, as well as the curling up movements of forward fold and child's pose.*

Run through the following series 3–5 times. Hold each pose for three deep breaths:



## **BREAKING MUSCLE WORKOUTS**

Mountain Pose

Tree Pose

Mountain Pose

Forward Fold

Triangle

Extended Triangle

Side Angle

Triangle

Warrior 2

Warrior 1

Tree Pose

Chair Pose

Forward Fold

End with 3 minutes in Child's Pose, followed by a 5–10 minute Savasana.

### **Day Four: Practice Day**

Practice a skill of your choice (handstands, pistols, pull ups, or other exercise you're working on) for twenty minutes today.

## **WEEK FIVE**

### **Day One: Conditioning**

Stroller Run: 45 minutes, with 10 minute warm up

### **Day Two:**

### **Day Two: HIT Workout**

*This is another good workout to do with your toddler. For the farmer's walks, she can carry buckets with water. For the chin ups, she can be in charge of counting how many you reps you get.*



## ***BREAKING MUSCLE WORKOUTS***

A. Tabata:

Push Ups

Lunges

Side Plank

Pull Up

B.

5 Rounds:

Farmer's Walk – 40 meters with half your bodyweight

Jumping Jacks x 20

Mountain Climbers x 20

### **Day Three: Tall and Strong Flow**

Run through the following series 3–5 times. Hold each pose for three deep breaths:

Cat/Cow

Cobra

Yogi Squat

Gate Pose

Wide Legged Forward Bend

High Lunge

Low Lunge

High Lunge

Mountain Pose

Forward Fold

Downward Dog

End with 3 minutes in Child's Pose, followed by a 5–10 minute Savasana.





## **BREAKING MUSCLE WORKOUTS**

### **Day Four: Practice Day**

Practice a skill of your choice (handstands, pistols, pull ups, or other exercise you're working on) for twenty minutes today.

### **WEEK SIX**

#### **Day One: Conditioning**

Stroller Walk/Run: Find a hill nearby for some hill sprints with the stroller.

5 minute walk

5 minute jog

Hill sprint x 15 seconds

Rest 60 seconds

Walk down the hill and repeat eight times for a total of 9 sprints

#### **Day Two:**

5 Rounds, 1 minute rest between rounds:

Burpees x 20

Squats x 25

Pull Ups x 5

Down Dog to Cobra x 10

Spiderman Crawl x 1 minute

Inchworm x 1 minute

Bridge w/one leg extended x 15

#### **Day Three: Babywearing Yoga Flow**

Mountain Pose

Warrior 1

Warrior 2

Reverse Warrior

Warrior 2



# *BREAKING MUSCLE WORKOUTS*

Warrior 1

Mountain Pose

Chair Pose

Eagle Pose

Chair Pose

Mountain

Yogi Squat

Butterfly

## **Day Four: Practice Day**

Practice a skill of your choice (handstands, pistols, pull ups, or other exercise you're working on) for twenty minutes today.