

# SUMMER WELLNESS

20  
20



**LET'S GET SOCIAL**



**@OUCOUNSELING | @BRAVES\_ATHLETIC\_PERFORMANCE**



**@BRAVESATHPERF**



**BRAVES ATHLETIC PERFORMANCE**



# PROGRAM FLOW

WELLNESS VIBES '20



WORKOUTS



WELLNESS TIPS



NEW RECIPES



BOOK/PODCAST  
RECS



# WEEK 1

## WORKOUTS

### 3 X EACH



## MONDAY

- 10 KETTLEBELL SWING
- 4E LATERAL HIP ROCKER
- 5E GOBLET STEP UP
- 5E STRAIGHT LEG SUPINE MARCH
- 8 UPPER PULL OF CHOICE
- 5E PUSH-UP SHOULDER TAP
- 10 TOW TOUCH CRUNCHES

## THURSDAY

- 4 SQUAT JUMPS
- 4E 4 CORNER HIP FLIP 2 LEAN
- 3 POORMAN GLUTE HAM RAISE
- 6 SUPERMAN
- 5E KNEELING T-SPINE ROT.
- :10 CHILDS POSE
- 12E SIDE SQUAT WALK

## TUESDAY

- 5 GOBLET 5 POSITION SQUAT
- 4E OPEN CLOSE GATE
- 5 1/2 KNEELING PRESS
- 8 BLACK BURNS
- 5E SINGLE LEG RDL
- 5E SIT & SLIDE
- 5E BW REVERSE LUNGE

## FRIDAY

- 4 WEIGHTED PUSH-UP
- 4E QUAD REACH THRU
- 5 BROOMSTICK OVERHEAD SQUAT
- 6E DEADBUG
- 10 CRUNCHES
- 6E SIDELYING WINDMILL
- 12E LATERAL LUNGE



# WEEK 1 WELLNESS TIPS



Create + keep  
a daily  
routine, with  
modifications to our  
current reality




Practice  
relaxations  
techniques, including  
breathing &  
meditation  
exercises



Stay connected;  
reach out and talk  
with your  
friends + family



**MOVE YOUR BODY**  
Dance, walk, exercise,  
ride your bike, move  
from the bed to  
couch



Try  
something you have  
put off because you  
didn't have time



# WEEK 2

## WORKOUTS

### 4 X EACH



## MONDAY

- 10 KETTLEBELL SWING
- 4E LATERAL HIP ROCKER
- 5E GOBLET STEP UP
- 5E STRAIGHT LEG SUPINE MARCH
- 8 UPPER PULL OF CHOICE
- 5E PUSH-UP SHOULDER TAP
- 10 TOW TOUCH CRUNCHES

## THURSDAY

- 5 SQUAT JUMPS
- 4E 4 CORNER HIP FLIP 2 LEAN
- 4 POORMAN GLUTE HAM RAISE
- 8 SUPERMAN
- 5E KNEELING T-SPINE ROT.
- :10 CHILDS POSE
- 12E SIDE SQUAT WALK

## TUESDAY

- 5 GOBLET 5 POSITION SQUAT
- 4E OPEN CLOSE GATE
- 5 1/2 KNEELING PRESS
- 8 BLACK BURNS
- 5E SINGLE LEG RDL
- 5E SIT & SLIDE
- 5E BW REVERSE LUNGE

## FRIDAY

- 5 WEIGHTED PUSH-UP
- 4E QUAD REACH THRU
- 5 BROOMSTICK OVERHEAD SQUAT
- 8E DEADBUG
- 10 CRUNCHES
- 6E SIDELYING WINDMILL
- 12E LATERAL LUNGE

# WEEK 2 WELLNESS TIPS

Having  
trouble sleeping?  
Create & stick to a  
bedtime routine. No  
screen time 30 min  
before bed

Communicate  
& ask for help if  
needed

Set realistic  
goals for yourself

Stretch before and  
after working out

Drink  
plenty of water  
throughout the day  
(1/2 of body  
weight in ml)



# WEEK 3

## WORKOUTS

### 3 X EACH



## MONDAY

- 12 KETTLEBELL SWING
- 5E LATERAL HIP ROCKER
- 6E GOBLET STEP UP
- 6E STRAIGHT LEG SUPINE MARCH
- 10 UPPER PULL OF CHOICE
- 6E PUSH-UP SHOULDER TAP
- 12 TOW TOUCH CRUNCHES

## THURSDAY

- 6 SQUAT JUMPS
- 5E 4 CORNER HIP FLIP 2 LEAN
- 5 POORMAN GLUTE HAM RAISE
- 10 SUPERMAN
- 6E KNEELING T-SPINE ROT.
- :15 CHILDS POSE
- 15E SIDE SQUAT WALK

## TUESDAY

- 6 GOBLET 5 POSITION SQUAT
- 5E OPEN CLOSE GATE
- 6 1/2 KNEELING PRESS
- 10 BLACK BURNS
- 6E SINGLE LEG RDL
- 6E SIT & SLIDE
- 6E BW REVERSE LUNGE

## FRIDAY

- 6 WEIGHTED PUSH-UP
- 5E QUAD REACH THRU
- 6 BROOMSTICK OVERHEAD SQUAT
- 10E DEADBUG
- 12 CRUNCHES
- 8E SIDELYING WINDMILL
- 15E LATERAL LUNGE



# WEEK 3 WELLNESS TIPS



Avoid  
caffeine, eating  
and drinking  
before bed




Take  
time  
to relax  
& enjoy hobbies



PRACTICE  
GRATITUDE  
DAILY



Schedule  
a virtual workout  
session with a friend.  
It's fun & holds you  
accountable



Eat small, healthy  
snacks  
throughout the day





# WEEK 4

## WORKOUTS

### 4 X EACH



## MONDAY

- 12 KETTLEBELL SWING
- 5E LATERAL HIP ROCKER
- 6E GOBLET STEP UP
- 6E STRAIGHT LEG SUPINE MARCH
- 10 UPPER PULL OF CHOICE
- 6E PUSH-UP SHOULDER TAP
- 12 TOW TOUCH CRUNCHES

## THURSDAY

- 6 SQUAT JUMPS
- 5E 4 CORNER HIP FLIP 2 LEAN
- 5 POORMAN GLUTE HAM RAISE
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# WEEK 4 WELLNESS TIPS

Limit how much time you spend on social media each day

Take one day at a time by focusing on the here and now

Try to reduce alcohol use when stressed. Alcohol can increase symptoms of anxiety & depression

Change up your workouts. Try a new yoga or tai chi video

Start your day with a good, healthy breakfast. Try a new smoothie recipe!

# SUMMER RECIPES



## Broccoli Cauliflower Rice Chicken Casserole

A healthy and cheesy broccoli cauliflower rice chicken casserole that is perfect for...



Isabel Eats / May 18, 2019



## Chile-Lime Grilled Watermelon Recipe

Chile-Lime Grilled Watermelon will be the hit of your summer BBQ! Sweet, subtly...



Cooking On The Weekends / May 11



## One Pan Healthy Italian Sausage & Veggies

Italian Sausage and Veggies all cooked in one pan and deliciously seasoned. A grea...



Chelsea's Messy Apron / Chelsea Lords / ...



## Fudgy Black Bean Brownies

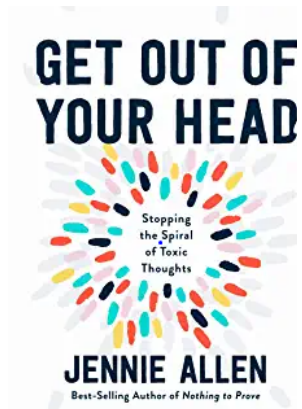
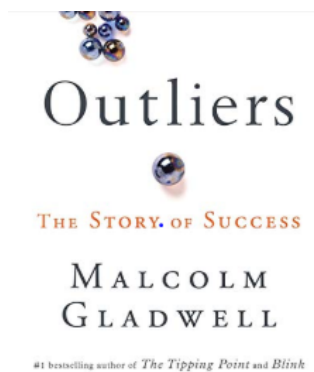
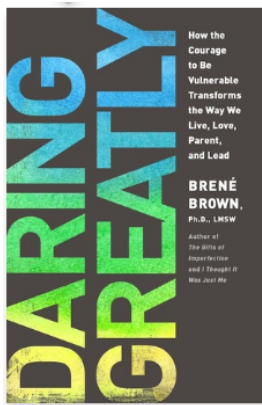
These black bean brownies are flourless & can easily be made vegan. They are deliciously fudgy, packed with fiber and...



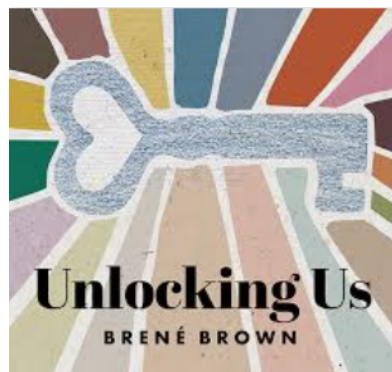
Wellness for the Win / Shanna / Apr 21

# SUMMER RECS

## BOOKS



## PODCASTS



## WELLNESS APPS

