

15-MINUTE BEGINNER STRENGTH WORKOUT

TOOLS YOU'LL NEED:

- A FOAM ROLLER
- STABILITY BALL
- MAT
- A LONG BAND

www.movefeelwellpt.com

THE FLOW: WHAT TO DO

FOAM ROLL/STRETCH

2-3 MIN

ACTIVATE MUSCLES (AKA THE
WORKOUT)

7-10 MIN

COOL DOWN

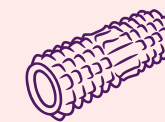
1-2 MIN



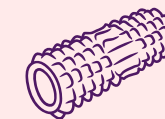
WARM UP & COOL DOWNS

Foam roll

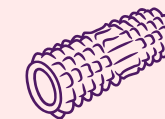
30 seconds per side



HOW TO FOAM ROLL
YOUR CHEST



HOW TO FOAM YOUR
QUADS



HOW TO FOAM
ROLL YOUR CALVES

2 MINUTE STRETCH HERE!

***PAUSE THE VIDEO AS NEEDED



15-MINUTE STRENGTH CHEAT SHEET

REMEMBER: 3 SETS X 12 -15 REPS WITH 30 SEC REST IN BETWEEN SETS, GO SLOW

WORKOUT 1

PELVIC TILTS

MCGILL CURL UPS

STABILITY BALL COBRA

GLUTE BRIDGES

WORKOUT 2

SIDE PLANKS (20 SEC HOLDS X 3)

90/90 HIP LIFTS

SUPERBAND SHOULDER PRESS

DEEP SQUAT TUTORIAL

WORKOUT 3

PELVIC TILTS

MCGILL CURL UPS

STABILITY BALL COBRA

FROG BRIDGE

DEEP SQUAT TUTORIAL



WORKOUT 4

90/90 HIP LIFT

SIDE PLANKS (20 SEC HOLDS X 3)

SUPERBAND SHOULDER PRESS

GLUTE BRIDGES

PAUSE SQUATS

WORKOUT 5

MCGILL CURL UPS

STABILITY BALL COBRA

FROG BRIDGE

KNEE BASED ELEVATED LUNGES

PAUSE SQUATS