

# the cut to the core total body workout

an eat spin run repeat subscriber exclusive

## The Plan

Day 1: Do part A, the sprints in part B, and part C.

Day 2: Do your choice of other workout depending on how you feel - ideally not involving a heavy emphasis on squats and split squats. Upper body strength, mixed cardio, yoga, a group class or even rest are all great options!

Day 3: Do part A, the conditioning circuit in part B, and part C.

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## Part A: Strength

After warming up with 5-10 mins of easy cardio and dynamic stretches to mobilize the muscles, begin lifting. Pick a lighter weight, medium and heavy (which will likely be different for each exercise.)

### 1. barbell squats

1x10 reps at light weight  
2x8 reps at medium weight  
3x6 reps at heavier weight

Rest 2-3 mins between sets.

Do all sets with 10 push-ups (regular, modified or decline) in between.

### 2. bulgarian split squats

1x10 reps at light weight  
2x8 reps at medium weight  
3x6 reps at heavier weight

Rest 2-3 mins between sets.

Do all sets with 10 lying leg raises (on bench) in between.

### 3. split squats

1x10 reps at light weight  
2x8 reps at medium weight  
3x6 reps at heavier weight

Rest 2-3 mins between sets.

Do all sets with 10 hanging knee raises in between (hanging from bar).

## Part B: High Intensity Interval Finisher

### day 1: running or bike sprints

- 5 min warm up from an easy to moderate effort
- 5x: 1 minute sprint, 1 minute easy
- 5 min recovery from moderate to very easy effort

Do this on a treadmill, bike, or outside. Allow yourself to slow right down in the rest minutes in order to recover as much as time will allow.

### day 3: conditioning circuit

- 10 dumbbell burpees
- 12 dumbbell thrusters
- 14 kettlebell swings
- 16 walking lunges with weight plate held straight overhead

Repeat for a total of 3 rounds, as fast as you can with good form, resting only if necessary.

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## Part C: Mobility/Cool Down

This final phase of the workout is just as important as the strength and HIIT portions, so don't skip it! Focus on the major muscle groups and areas you've just worked - the glutes, hamstrings, quads, and your entire back. Do a few hip openers here (pigeon and sleeping hero poses are two of my favourite yoga-inspired ones).

Remember that stretching can help prevent injury, but the benefits go way beyond that. Mobility is super important for being able to maintain proper form for the strength moves above, and eventually being more mobile will increase your ability to lift heavier weights. That means more core engagement, more definition and better results - no crunches required!