



**STRENGTH • COMMUNITY • CONFIDENCE**

# **LIFT LAB**



AN ONLINE  
FITNESS CLUB  
FOR ALL

A special note...

I know that some counties, cities or states are starting their own reopening phases, and that some gyms are following suit. In that light, I am going to err on the side of caution and create at-home workouts for you all for the month of June, in the event that your area has not opened up yet and/or you personally don't feel comfortable walking into a public space like a gym.

To reiterate from last month, these are all at-home workouts with minimal to no equipment. As we all know, movement is one of the best ways to uplift spirits and create good endorphins. As always, Level 1 is appropriate for those newer to fitness or returning after a hiatus; Level 2 are more intermediate/advanced bodyweight variations. As always, pick and choose your own adventure. Please also feel free to [share the link to Lift Lab](#) with friends and family, as I so appreciate any additional business during this time.

Below you will find your **workouts for June**. They are circuit-based again this month. Please feel free to load any variations with weights as you see fit, if you have access to weights. Otherwise, follow the bodyweight variations for an awesome, equipment-free workout!

Let me know if you have any questions! I am not currently on Facebook anymore, so please feel free to email with any questions. [elizabeth@elizabethstaceyellis.com](mailto:elizabeth@elizabethstaceyellis.com)

sending so much love...

Elizabeth

## Intro to this Month

In this next section, you will find all the information you need to be successful this month, including:

- Our focus this month
- Common terms and abbreviations key
- Warm up
- (4) workout templates
- links to video demos for exercises and timers for workouts

## Our Focus for June:

January: foundational movement patterns to establish/refine great technique.

February: unilateral work, aka single side work to increase strength, muscle and stability.

March: tempo work to explore how changing tempo influences the feel.

April: At-home bodyweight workouts.

May: At-home metabolic workouts.

**June:** Due to the uncertain reopening, these workouts will continue to accommodate at-home workouts with minimal/no equipment. Please feel free to load any variations with equipment you may have as you see fit.

## Common Terms / Abbreviations

AMRAP	As many reps or rounds as beautifully possible.
Alt	Alternating, in reference to single-side exercises. This means you should alternate between sides rep to rep. Example: <a href="#">alternating reverse lunges</a> . If your workout calls for 16 reps of alt. reverse lunges, this means do 16 total alternating reps, not 16 each leg.
R/L	R (right) and L (left) refers to sides of the body during single-side exercises. This means you should complete all assigned reps on the first side, and then switch to the other side. Example: <a href="#">Split Squats</a> . If your workout calls for 8 R/L, this means do 8 consecutive reps on the right side, and then 8 on the left.
Lat.	Lateral. Refers to the plane your body, or body part, is traveling in. Ex: <a href="#">lateral lunges</a> .
Rev.	Reverse, used most commonly in reverse lunges or reverse burpees. Refers to direction your legs are traveling.
OH	Overhead. Refers to direction the arms are traveling in any given exercise.
SA or SL	Single Arm or Single Leg. Denoting that only one arm or leg will be working at a time.
DB	Dumbbell. Most exercises that call for a DB can be interchanged for a kettlebell. The only exception would be kettlebell swings and cleans. These must be done with a KB.
KB	Kettlebell. Most exercises that call for a KB can be interchanged for a dumbbell. The only exception would be kettlebell swings and cleans. These must be done with a KB.
BB	Barbell.
MB	Medicine Ball. A weighted ball found at some facilities. Warning: some bounce, and some do not. Make sure you know which one yours is before using it!
SB	Stability Ball/Swiss Ball. Giant air-filled ball, great for creating an unstable surface.

# WARMUP

The warm up should take no longer than 10 minutes. The goal is to activate your breathing and major muscle groups like glutes, abs, hamstrings and your heart muscle, too!

DRILL	REPS/TIME
<a href="#">Belly Lift Breath</a>	5
<a href="#">Birddogs</a>	6-8 total, alternating sides
<a href="#">Deadbug</a>	6 - 8
<a href="#">Low Lunge with Twist</a>	6 R/L, spend some time holding this position too.
<a href="#">Adductor Rockbacks</a>	6 R/L, spend some time holding the stretch as well.
<a href="#">Single Leg Glute Bridge</a>	5 R/L, with a 5 second pause at the top
<a href="#">Couch Stretch</a>	1:00 R/L
<a href="#">Pigeon Pose</a>	1:00 R/L
<a href="#">Squat with Band Pull Apart</a>	10
Skip in place	0:30

# SCHEDULE

Here is a sample schedule of how to organize your workouts this month. Those who are well conditioned can feel free to add in 1-2 additional workouts/week if you have time. I highly recommend taking at least one full day of recovery, no matter your strength. Recovery days can be full rest, light yoga, a long walk, a relaxing swim or bike ride, slow jog, pilates, etc. Anything that doesn't feel intense or hard effort/impact. Always listen to your body! It knows best and will tell you what it needs if you listen.

Monday	Strength and Conditioning 1
Tuesday	Recovery or additional workout of choice
Wednesday	MRT
Thursday	Recovery or additional workout of choice
Friday	Strength and Conditioning 2
Saturday	MRT-X
Sunday	Recovery or additional workout of choice

# Strength and Conditioning 1

We are approaching the S&C workouts from a circuit standpoint again. This will keep the workout moving and your heart rate elevated.

**EQUIPMENT:** Level one requires no equipment. Level 2 requires two small towels or paper plates, because we are increasing the challenge via “sliders”. If you are working out on smooth, hard floors like tile or hardwood, please grab two small towels. If you are working out on carpet, please grab two paper plates. Also, feel free to load any exercises with free weights as you see fit, if you have access to equipment.

PERFORM AS MANY REPS AS BEAUTIFULLY POSSIBLE PER EXERCISE (1-6), RESTING 30-45S BETWEEN EXERCISES. REST 1:00-2:00 BETWEEN SETS. REPEAT 3-5X THROUGH.

		LEVEL 1	LEVEL 2: ADD SLIDERS
1	1:00	<a href="#">GLUTE BRIDGE WALKOUT</a>	<a href="#">HAMSTRING CURLS, SLIDERS</a>
2	0:30	<a href="#">MOUNTAIN CLIMBERS</a> *	<a href="#">MOUNTAIN CLIMBERS, SLIDERS</a>
3	0:45/SIDE	<a href="#">LATERAL LUNGES, BW</a>	<a href="#">LATERAL LUNGES, SLIDERS</a>
4	0:30	<a href="#">PLANK WITH FLOORSLIDE</a> **	<a href="#">SLIDING PLANK, SLIDERS</a>
5	0:45/SIDE	<a href="#">REVERSE LUNGE, SAME SIDE</a>	<a href="#">REVERSE LUNGE, SLIDERS</a>
6	1:00	<a href="#">REVERSE BURPEES</a>	<a href="#">BURPEES, WITH SLIDERS</a>

NOTES: \*Too challenging from the ground? Elevate your hands on a bench or counter! \*\*If the slide is too challenging, hold a regular plank!

# MRT FULL: TABATA STATIONS - UNDER 25 MINUTES

We are playing off of last month's stations workouts, but making it tabata style! This means you will set up 8 stations around your room, each designated to one exercise. Station 1 you will perform the exercise for 0:20, and rest for 0:10, 4x through. You will have 1:00 rest to recover and move to the next station. Good news: once the station is done, it's done!!

**EQUIPMENT:** Low step or weight plate.

→ [Here is your timer!](#) ←

ST.	1X THRU	LEVEL 1	LEVEL 2
1	4 x 0:20 ON/0:10 OFF	<a href="#">SQUAT TO KICK</a>	<a href="#">JUMP SQUAT</a>
2	4 x 0:20 ON/0:10 OFF	<a href="#">DEADBUG MARCH</a>	<a href="#">KNEE TUCK CRUNCH</a>
3	4 x 0:20 ON/0:10 OFF	<a href="#">HIGH PLANK</a>	<a href="#">INCHWORMS</a>
4	4 x 0:20 ON/0:10 OFF	<a href="#">SKATER JUMPS WITH TOE DOWN</a>	<a href="#">SKATER JUMPS</a>
5	4 x 0:20 ON/0:10 OFF	PUSHUPS, KNEES	<a href="#">PUSHUPS</a>
6	4 x 0:20 ON/0:10 OFF	<a href="#">ALT. LEG RAISE</a>	<a href="#">DOUBLE LEG RAISE</a>
7	4 x 0:20 ON/0:10 OFF	<a href="#">LOW BOX DRILL: UP DOWNS</a>	<a href="#">LOW BOX DRILL: UP DOWNS</a>
8	4 x 0:20 ON/0:10 OFF	<a href="#">BEAR CRAWLS*</a>	<a href="#">BEAR CRAWLS</a>

NOTES: Rest 1:00 between stations.

\* Crawl from knees if it's too much from toes. Be mindful of your core, lifting it up and closing ribcage, and you will get the same awesome core benefits with less impact!

## Strength and Conditioning 2

We are approaching the S&C workouts from a burnout standpoint. Aka we stay at each exercise until all sets and reps are completed before moving on. This will challenge your muscular endurance and keep your heart rate elevated. Rest as much or as little as you need between sets. Time yourself week to week to see if you can beat your own time for added challenge!

**EQUIPMENT:** Level one requires no equipment. Level 2 requires a set of DB's or water bottles (or equivalent) and a step or a bench.

	1X THRU	LEVEL 1	LEVEL 2
1	3 X 10/SIDE	<a href="#">SINGLE LEG GLUTE BRIDGES*</a>	<a href="#">SINGLE LEG HIP PRESSES*</a>
2	3 X 10	<a href="#">LOWERING KNEES PUSHUPS</a>	REGULAR OR <a href="#">DECLINE PUSHUPS</a>
3	3 X 15	<a href="#">I'S TO DROP SQUATS</a>	<a href="#">BAND THRUSTERS **</a>
4	3 X 10/SIDE	<a href="#">CURTSY LUNGE</a>	<a href="#">LATERAL STEP UP</a>
5	3 X 20	<a href="#">TRICEPS DIPS, FLOOR</a>	<a href="#">TRICEPS DIPS, BENCH</a>
6	3 X 10	<a href="#">BODYWEIGHT</a> SQUATS OR <a href="#">JUMP</a> SQUATS	<a href="#">BOX JUMPS ***</a>

NOTES: \*If either of these feel too challenging with just one leg, please use two legs and perform 10-20 total reps.

\*\* NO BAND? Load with water bottles, wine bottles, gurl, whatever you have!

\*\*\* Please make sure if you are performing these, you have a VERY STABLE place to jump up to like a concrete curb or wall, or very study park bench.

# MRT-X: ABS-OLUTELY AWESOME

This workout is all about abdominals, as you may have guessed from the title. Week 1, try to perform each exercise for 30 seconds. If that feels strong, aim to add 5 seconds each week (ex: week 1 0:30, week 2 0:35 ... week 4 0:45). Cycle through exercises 1-5 anywhere from 1-3x through.

EQUIPMENT: Level 1 will need a wall; Level 2 will need a foam roller or rolled up towel.

	1-3x THRU	LEVEL 1	LEVEL 2
1	0:30 - 0:45	<a href="#">SHORT LEVER PLANK</a>	<a href="#">SHORT LEVER PLANK</a>
2	0:30 - 0:45	<a href="#">WALL PRESS DEADBUG</a>	<a href="#">CRESSEY CRUNCH</a>
3	0:30 - 0:45/SIDE	<a href="#">SIDE PLANK</a>	<a href="#">SIDE PLANK W DIPS</a>
4	0:30 - 0:45	<a href="#">HIGH PLANK</a>	<a href="#">PLANK WALKUPS</a>
5	0:30 - 0:45	<a href="#">ALT. REVERSE LUNGE w rotation</a>	<a href="#">SWING LUNGES*</a>

Notes: REST AS NEEDED, WHENEVER NEEDED.

\*Don't have a sandbag? No problem! Load up a duffle bag and get to work!! These are amazing for obliques!

## Low Impact, High Intensity Alternatives

If you ever are in need of a low impact substitution for a jumping variation, here are some excellent alternatives!

Battle Rope Slams

[Medicine Ball Slams](#)

[KB Swings](#)

KB Snatches

[DB Thrusters](#)

Sled Push

Sprint as fast as you can on bike, row machine, elliptical

## Knee Friendly Alternatives

If you ever are in need of knee-friendly alternatives in place of squats or lunge variations, here are some excellent alternatives to play with!

[Instead of Squatting, try...](#)

[Instead of Lunging, try...](#)

## Bonus Cool Down

At the end of each workout, it is important to take a little time for cooling down, especially this month. It allows your body to calm down from it's heightened state, slowing your heart rate, controlling your breathing and allowing your muscles to relax. Try this for your post-workout recovery!

Don't rush this. Really relax into each position, breathe deeply in through your nose and out through your mouth. Control the breath in and out.

*As with all exercise, please use common sense with LIFT LAB. Check with your health care provider before beginning any new fitness program. Lift Lab should not be a substitute for medical advice. In purchasing this program, you agree that Lift Lab is not responsible or liable for any injury or harm you sustain as a result of using the online templates, fitness videos or information shared on the website. This includes emails, videos and texts. Thank you for understanding!*