

MONTHLY WORKOUT · OCTOBER EDITION

TRICK & TREAT



Four blocks. Each one pairs a **trick**, a challenging strength move, with a **treat**, a yoga pose that stretches the area you just worked. The trick builds strength. The treat helps you release and reset. Together, you get stronger and feel good doing it. Grab a pair of dumbbells (or a kettlebell), a small ball, and a mat.

30/45

SEC TRICK / SEC TREAT

4

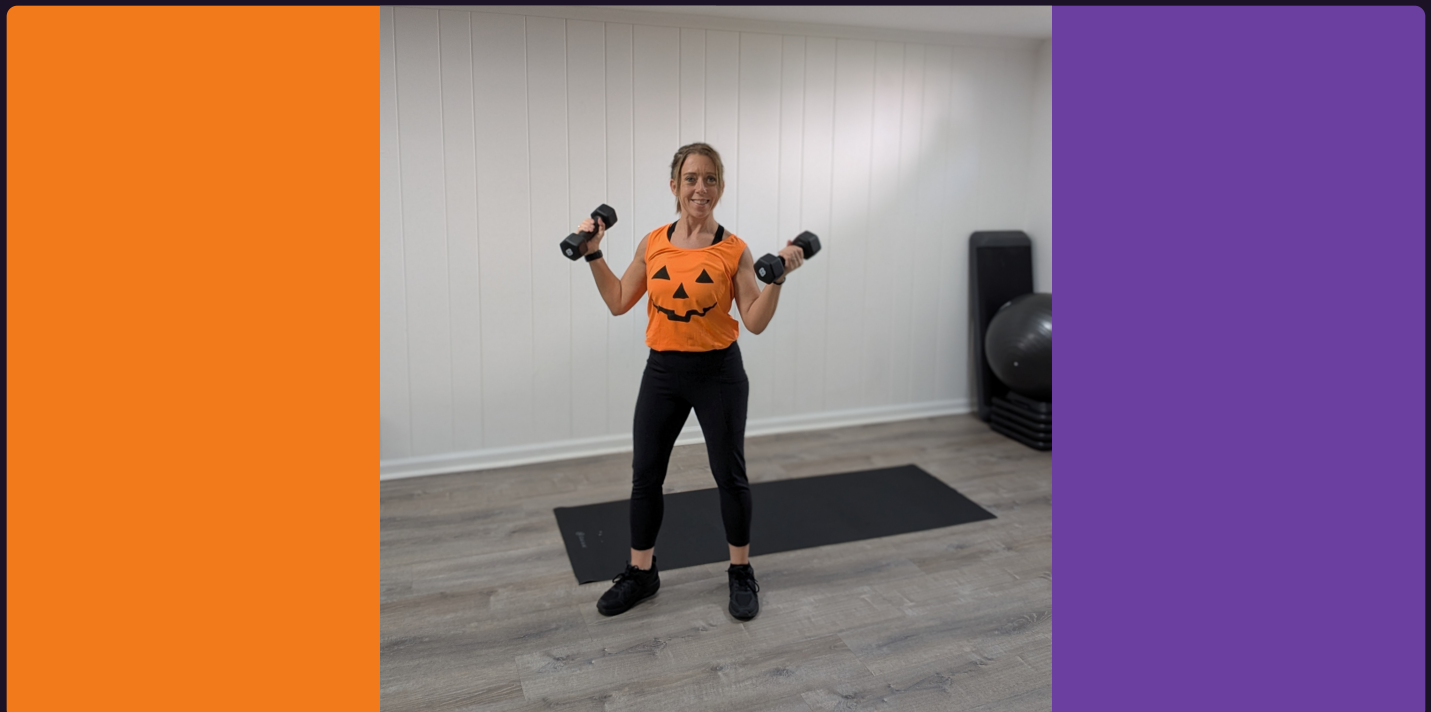
BLOCKS

5

ROUNDS

30

MIN TOTAL



01

LOWER BODY

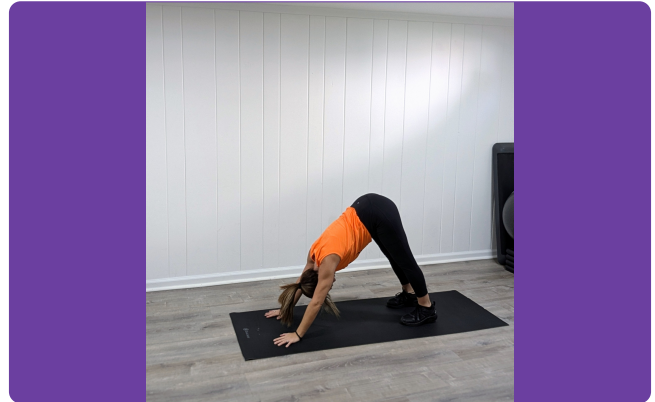


TRICK · 30 SEC

SUMO SQUAT + HEEL RAISE

Feet wide, toes turned out, one dumbbell held at your chest. Sit down into a squat. At the bottom, lift your heels, then stand all the way up with your heels still lifted. Lower your heels at the top and squeeze your glutes. Take 2 counts down and 2 counts up.

Modify: Keep your heels down, or use a lighter weight.



TREAT · 45 SEC

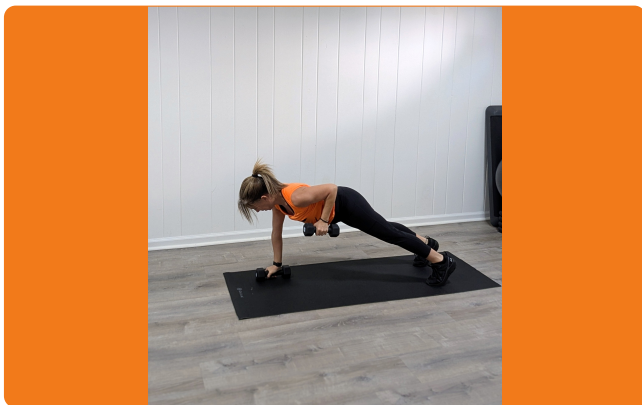
DOWNWARD DOG

Start on hands and knees, tuck your toes, and lift your hips up and back into an upside-down V. Press your hands into the floor and let your head hang. Bend one knee, then the other, to pedal out your calves and hamstrings. Breathe slowly.

Modify: Bend both knees, or place your hands on a chair or wall.

02

UPPER BODY



TRICK · 30 SEC

RENEGADE ROW

Set up in a plank with a dumbbell in each hand and feet wide for stability. Row one dumbbell toward your ribcage while your hips stay level, then lower it with control. Alternate sides.

Modify: Lower your knees to the floor, or use lighter weights.



TREAT · 45 SEC

CHILD'S POSE

Kneel and sit your hips back toward your heels. Reach both arms long in front of you, palms down, and rest your forehead on the floor. Breathe into your upper back and shoulders. For a twist, slide one arm under the other (thread the needle), then switch.

Modify: Place a pillow under your hips or forehead, or take your knees wider.



03

FULL BODY



TRICK · 30 SEC

KETTLEBELL SWING

Feet just wider than your hips, holding the weight with both hands. Hinge back, then snap your hips forward to swing the weight to chest height. Your hips do the work and your arms just guide. Let it float, then hinge again.

Modify: Use a lighter weight, or swing to knee height. No kettlebell? Use a dumbbell and hold one end with both hands.



TREAT · 45 SEC

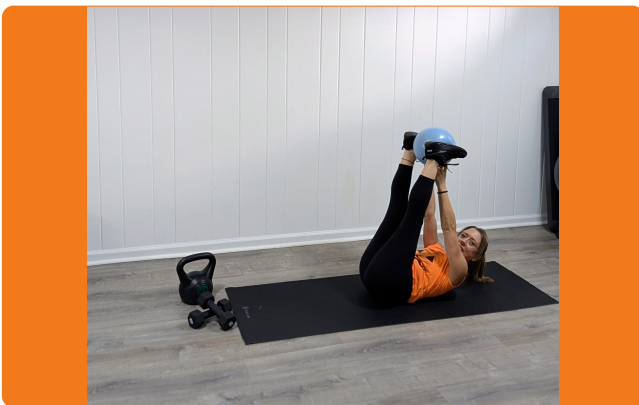
RAGDOLL

Stand with feet hip-width apart. Fold forward with soft, slightly bent knees and cross your arms, holding opposite elbows. Let your head and arms hang heavy and sway gently side to side. Breathe out slowly.

Modify: Bend your knees more, or rest your hands on a chair.

04

CORE · MAT



TRICK · 30 SEC

BALL SWAP

Lie on your back with the ball between your hands overhead. Lift arms and legs to meet over your hips and pass the ball to your feet. Lower arms and legs toward the floor, then bring them back and pass the ball to your hands. Keep your low back pressed into the mat.

Modify: Keep your knees bent throughout.



TREAT · 45 SEC

SPHINX

Lie on your belly with your legs long. Prop yourself up on your forearms with elbows under your shoulders. Gently press your forearms down to lift your chest and lengthen the front of your body. Keep your neck long and breathe. Ease back down if you feel pinching in your low back.

Modify: Keep your chest lower, or rest your forehead on your hands.



FROM THE COACH

Tricks build strength. Treats help you reset.

Every block in this workout pairs a hard move with a yoga pose on purpose. The trick is where you challenge yourself and build strength. The treat gives the same area of your body a chance to stretch and release, and gives you a moment to breathe and reset.



A great routine has both. When every workout feels like a grind, it is hard to keep showing up. When you mix in moves that feel good, you build a plan you want to come back to. Consistency is what makes results last.

So enjoy the treats. They belong in your workout, just like they belong on your plate.

Rebecca

BUILD THE HABIT OVER 4 WEEKS

WEEK 1

One round a day.

About 6 minutes. Light weight. Focus on smooth tricks and enjoying every treat.

WEEK 2

Two to three rounds.

Same weight, same focus. Let the flow from trick to treat start to feel natural.

WEEK 3

All five rounds.

The full 30-minute workout, tricks and treats. Enjoy every treat.

WEEK 4

Add a little weight.

Increase the weight on the tricks only. The treats stay just as gentle.

WHAT YOU NEED

A pair of dumbbells (or a kettlebell for the swings), a small ball (a pillow works too), and a mat. Set a timer for 30 seconds on each trick and 45 seconds on each treat. Trick first, treat second, all four blocks, five rounds.

