



LARISSA LYONS TRAINING

*Workout
Guide*

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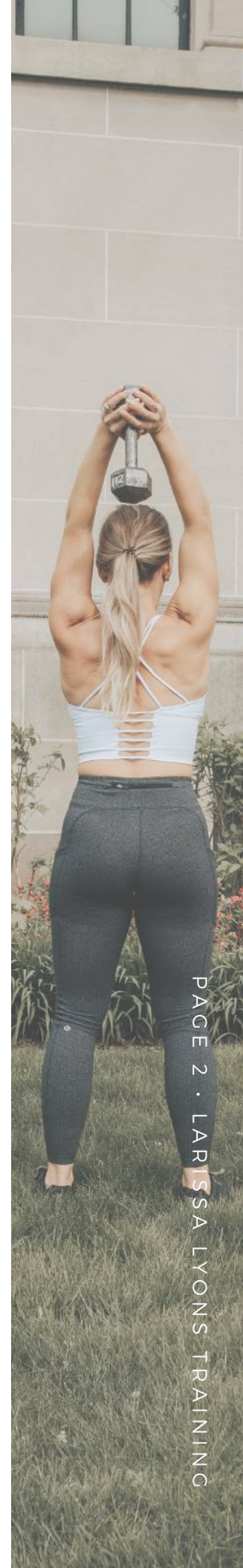
WORKOUT GUIDE

This workout guide will:

- help you understand how your custom workout sheets are formatted
- go over important aspects to keep in mind while performing your exercises
- cover ways to enhance your workout

This is what your workout sheet will look like. See below for explanations on each portion.

DAY 1: LOWER BODY				
Set	Sets	Reps (Tempo)	Exercise	Notes
Warm-Up				
SMR	2	30 second hold per exercise		Rest time: 0-60s between sets Tempo: 2/0/2
Static Stretching	2	30 reps per exercise		
Warm-Up	1	5-10 minutes	treadmill; stationary bike; brisk walk; slow jog; etc.	
Resistance				
A1	3	12	squats	
A2	3	10	reverse lunges	
B1				
B2				
B3				
C1				
Cool-Down				
Cool-Down	1	5-10 minutes	treadmill; stationary bike; brisk walk; slow jog; etc.	optional
SMR	2	30 second hold per exercise		
Static Stretching	2	30 second hold per exercise		



SETS

A1 and A2 are part of the same set. This is called a superset (2 exercises back to back). In the above example, complete 12 reps of A1 exercise, then 10 reps of A2 exercise, and repeat for 3 sets before moving onto the B set. Some sets will be super sets like the B set (3+ exercises), and some will be single sets like the C set.

REPS

When I give you rep ranges (ex: 8-10), try to hit 10 reps for at least your first set. Do no less than 8 reps for this exercise.

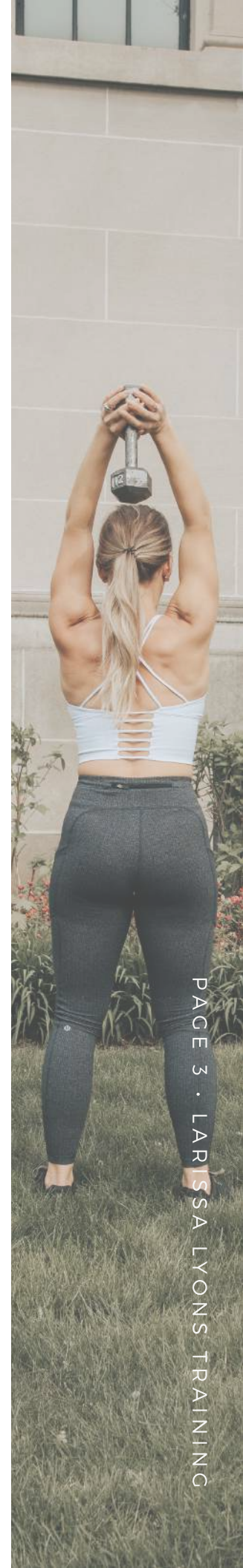
You should be struggling to hit the last 1-2 reps for each set. If you're not feeling challenged by the last 1-2 reps, you need to increase the weight. If you're not able to hit the last 1-2 reps, decrease the weight.

If reps say "30:10" - it means you work for 30 seconds, rest for 10 seconds. Use an interval timer app. 30:10 for 4 sets means you would work for 30 seconds, rest for 10, work 30, rest 10, etc. for 4 sets.

TEMPO

Sometimes tempo may not be included for each exercise. If it is present, you may see tempo described as slow, medium, or explosive.

You may also see tempo as "2/0/2" - each number describes the number of seconds per muscle action.



Take “A/B/C”:

A = eccentric – lowering phase

B = isometric – static hold

C = concentric – elevating phase

If you see “4/2/1” for a bicep curl, this would mean that you would curl the weight (elevate) for 1 second, hold it at the top for 2 seconds, and lower it for 4 seconds. (I will explain further in your individual workout sheet if needed).

REST

Rest duration varies depending on your goal. Your specific rest time between sets will be indicated on your workout sheet.

DEFINITIONS

DB – dumbbell

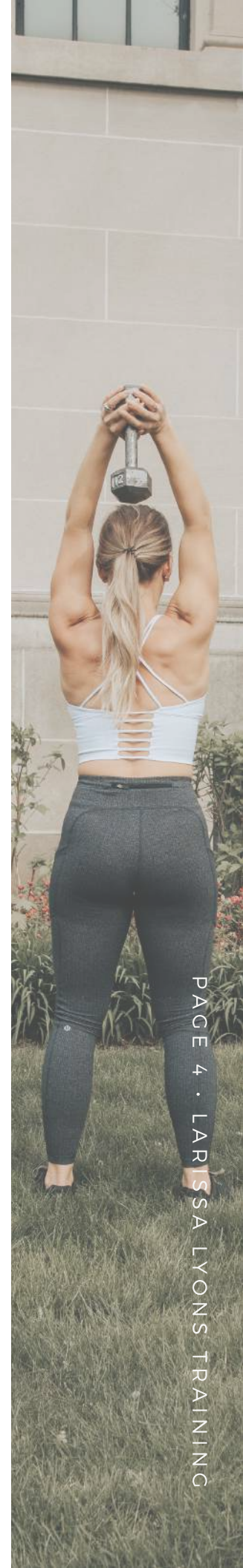
BB – barbell

KB – kettlebell

RDL – Romanian deadlift

OH – overhead

30:10 – 30 seconds work, 10 seconds rest



KEEP IN MIND DURING YOUR WORKOUTS:

WORKOUT LENGTH

If a workout is taking you too long (especially more than an hour), shorten it! Do 3 sets instead of 4, etc. Also be aware of your rest times - are you following the given rest periods, or are you taking more time than necessary between sets?

SUBSTITUTIONS

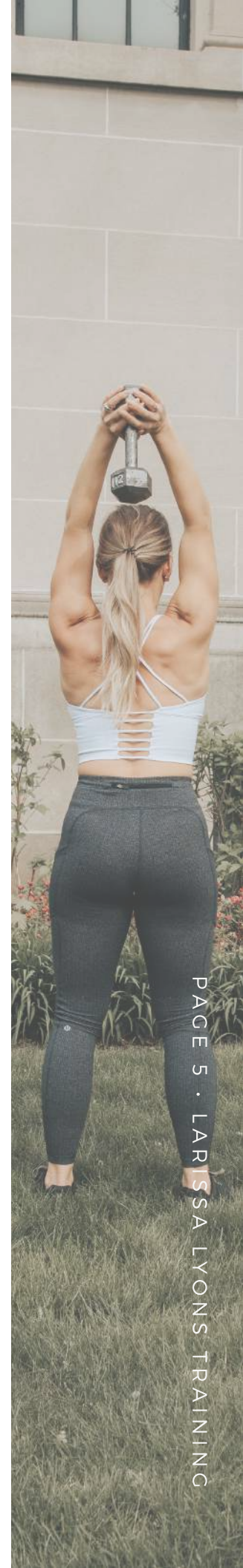
Most of these exercises can be substituted using different methods (bands, dumbbells, etc.). If what I have on your workout just doesn't seem to be working for you for whatever reason, try using a band instead of a dumbbell or vice versa. Contact me for substitutions and for any changes needed in your workout.

REGRESSIONS/PROGRESSIONS

Regression is when you decrease the intensity of an exercise, while progression is when you increase the intensity of an exercise. Let me know if you need a regression or progression of any exercise I give you! One of the easiest ways to progress an exercise is to increase the weight (although there are many other options too)!

TRACKING YOUR PROGRESS

Try printing out your workouts and marking down the weight you use for each exercise. Then you can start from there the following week and see how much strength you gain throughout the program!



ENHANCE YOUR WORKOUTS

ENGAGE YOUR CORE

You should be engaging your core in every single exercise.

Drawing-in and *bracing* are two core engagement methods that you can use in all of your exercises.

Drawing-in is used to recruit the local core stabilizers (the muscles that stabilize your spine). Do this by drawing the area just below the navel toward the spine.

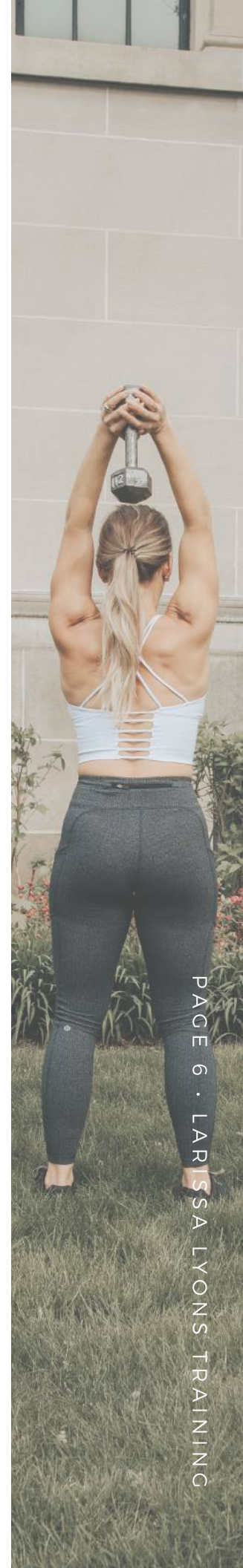
Bracing is when you contract your abdominals, lower back, and gluteals at the same time to stabilize your core.

QUALITY OVER QUANTITY

Good form is of utmost importance when you're working out. If you are performing an exercise incorrectly, your body is not moving in the most efficient manner for the exercise.

Therefore, other muscles are compensating for the muscles that should actually be doing the work. This results in muscle imbalances and injury.

Do not compromise your form!



You'll often hear people say that everyone's bodies move differently, therefore, everyone will look different when exercising. This is only partially true.

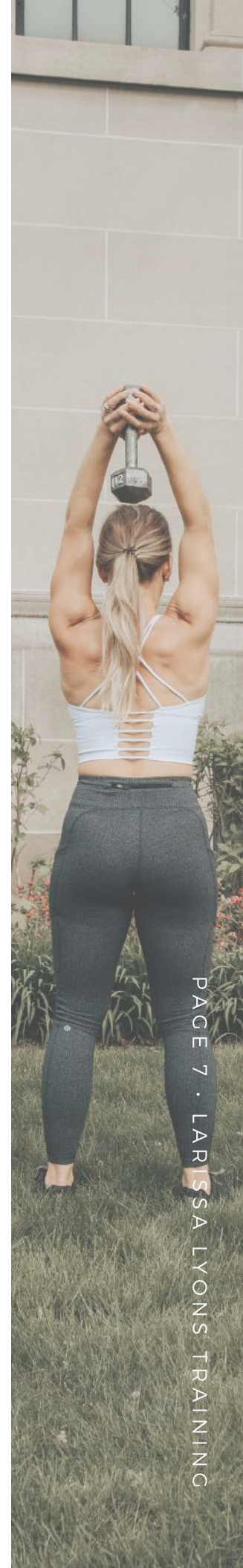
Your knees caving in and your back rounding during a squat will never be correct, no matter how many people you see doing that on Instagram! So don't trust all the influencers or the people who have no education in physical movement.

Many people don't realize they're performing a movement incorrectly. If your body has been used to doing it a certain way, it may feel weird to do it correctly at first. Watching yourself in the mirror or filming yourself is important to check your form, especially in the beginning.

And please remember - I am ALWAYS available to check your form. I cannot stress enough how important this is.

WARM UP

It is important to prepare your body for exercise. Warm-ups results in increased blood flow, release of endorphins, and activation of the neuromuscular and cardiovascular systems.



Your warm-ups should be structured as follows:

1 - Self-myofascial release (SMR; AKA foam-rolling):

hold foam roller on knots or tight muscles for at least 30 seconds

2 - Stretching:

static, active, or functional, depending on your needs

3 - Warm-up:

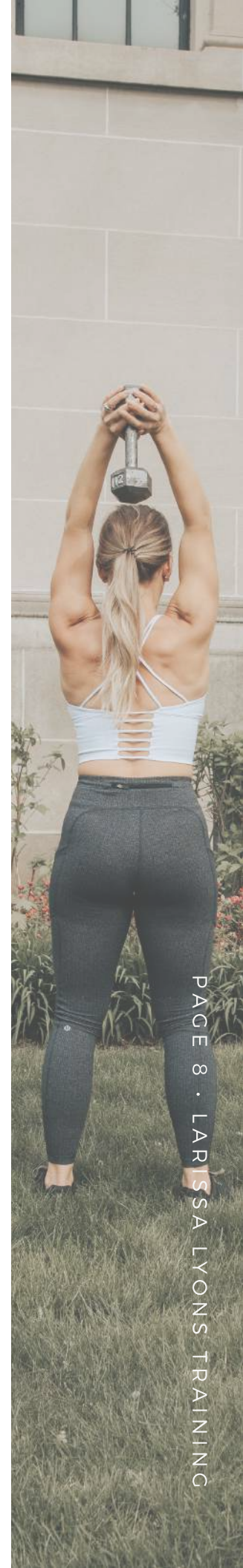
light cardio; light sets prior to your working sets

I will give you specific SMR and stretches for your pre-workout routine. I encourage you to follow these exercises, as they are directly related to your overhead squat assessment. If you foam roll or stretch muscles that are already lengthened (need strengthened), you may be contributing to your muscle imbalances.

MIND-MUSCLE CONNECTION

Throughout your workout, you should be focused. The mind-muscle connection is a deliberate, concentrated muscle contraction; you concentrate on the tension you're creating when you contract a specific muscle. It's the difference between passively and actively moving a weight.

When you focus on using specific muscles, the brain recruits more muscle fibers to complete the task, creating the right amount of tension in the right place. Which means better, more efficient movements and more muscle growth!



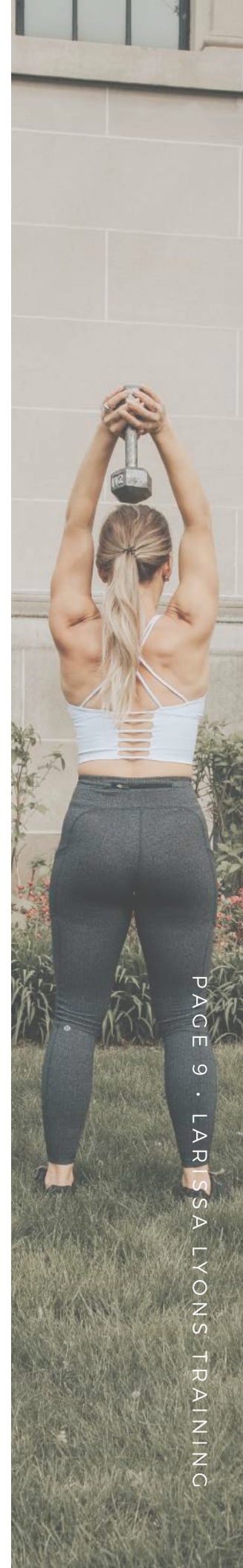
Internal and external cueing can also aid in creating a mind-muscle connection.

Internal cueing is when you focus on the specifics of what your body is doing during a movement. For example, concentrating on your abdominals contracting during a crunch or pushing your hips back during a hip hinge.

External cueing is when you focus on how your body relates to the environment during a movement. For example, pushing your heels into the ground during a squat or touching your butt to a wall behind you during a hip hinge movement.

You can also try slowing down your movements and make sure you go through the full range of motion during an exercise to encourage the connection between your brain and muscles.

So, get rid of the distractions. There's no texting or watching a movie during a kick-ass workout. Not only will this ensure that you're paying attention to your form, it will also help you create that beautiful mind-muscle connection.



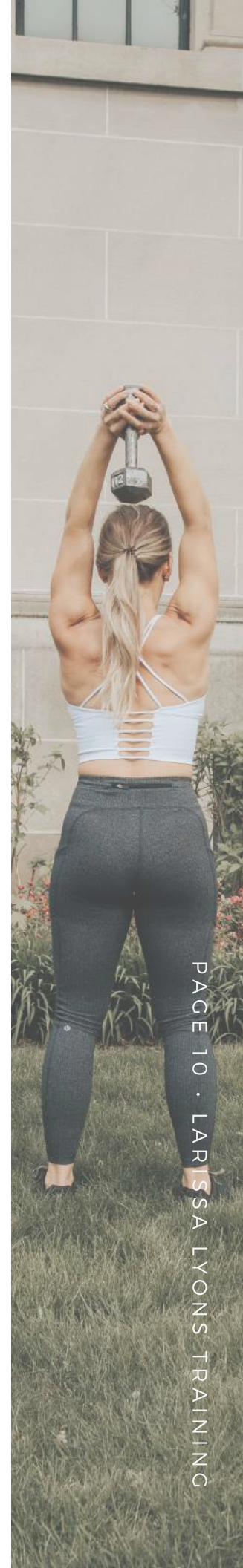
MUSCLE ACTIVATION

Activating your muscles can help to get the right muscles working and wake up the mind-muscle connection.

This is especially helpful for glute activation. Have you ever worked your glutes and just could not feel the burn? Try some glute activation exercises before you go into your workout.

Some of my favorites are banded monster walks, banded frog pumps, banded bridge abductions, and banded standing hip extensions/kick-backs.

These are all exercises that may be included in your workouts, but if you dedicate to doing these isolated glute movements before a lower body workout to fire up your glutes, they will do more of the work during the rest of your movements.



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