



The 30-Minute Stroller Workout

WARM-UP (4-5 min approx.)

1. Brisk walk with arm circles: 1 min

- Remember to draw your navel to your spine and stand tall with your shoulders down and back
- While walking, circle right arm back 5-7 times, then circle forward. Switch arms.

2. Straight-Backed Stroller Pushes: 5-10 reps

- Stand with feet shoulder-width apart holding stroller handle bar.
- Inhale as you push stroller forward and lower your torso down to parallel with the ground (keeping your back flat!). Exhale to bring back to start.

3. Walking Lunges: 12-16 reps (6-8 reps each leg)

- Holding stroller handle bar, inhale as you step forward into a lunge, exhale as you stand and bring the other leg forward. Continue alternating legs, making sure your front knee stays over your ankle and NOT your toe.

4. Stepping side squats: 8-10 reps each leg

- Stand with your right side facing stroller, right hand on the stroller.
- Inhale as you step to the right into a squat, pushing stroller forward with right hand and reaching left hand to the ground--or to your knee. Exhale as you step left leg to standing and reach left arm overhead.
- Do 8-10 reps on one side, then turn the other way and place the opposite hand on the stroller (keep traveling same direction) to do the other leg.

5. Slow/Fast Drill: 2-minutes

- Finish your warm-up with a bit of cardio by alternating 30 sec at your own "moderate pace" (maybe that's a walk, power walk, jog, etc) and then 30 seconds at your own "fast pace" (maybe that's a faster walk, jog, or all out sprint!). Do this 2 times each for 2 min (or longer if you want a bit more cardio!).

CIRCUIT 1 – LOWER BODY & CORE (10 Minutes)

Perform each of the exercises below for 1 minute. Then repeat the entire circuit once more (resting 30-60 sec in between if you need it). When you're not using the stroller for a drill, make sure it's locked beside you.

1. Plie Pulse & Roll

- Stand facing stroller holding handle bar with your feet wide and toes pointed 45-degrees.
- Inhale as you sit into a plie squat and push stroller forward. Pulse about 10 times (very small movement), then stand back up, pulling the shoulder-blades down and back. Repeat for 1 minute.
- **How to take it down:** Remove the pulsing and just focus on plie squats (inhaling and pushing the stroller forward as you lower down, exhaling and pulling shoulders down and back..

2. Bench Step-Ups (1 min each leg, 2 min total)

- Stand facing a bench. Inhale and place your right foot onto the middle part of the bench, then exhale and push up on that right leg to stand up on the bench, bringing your left leg to meet it.
- Inhale as you step back down with your left leg, bringing your right leg to meet it on the ground.
- Repeat this for 1 minute: Step up right, left. Step down left, right. Then switch sides for 1 minute.
- **How to take it up a notch:** When stepping up, add a knee balance instead of placing the foot on the bench. When stepping down, step into a reverse lunge.

3. Plank with Knee Lifts

- Place a towel on the bench (for cushion) and place your forearms on the towel.
- Bring yourself into a plank position with your navel drawn into your spine, your glute muscles engaged, and your head in line with your spine.
- Take an inhale, then on the exhale bring one knee into your chest (drawing your navel in further). Then inhale to place the leg back on the ground. Exhale and bring the opposite knee into your chest. Continue alternating knees for 1 minute.
- **How to take it down a notch:** You can always decrease the intensity on your core by coming up onto your hands instead of your forearms. You can also remove the knee lifts and just focus on the plank. You want to make sure you've mastered the perfect plank first (being able to feel your navel pulling back in toward your spine) before adding the knee lifts.

4. Squat with Side Leg Lift

- Stand with hands on handle bars and feet shoulder-width apart.
- Inhale to lower down into squat, exhale to stand as you lift one leg to the side with your foot flexed and your knees and toes pointed forward (not up).
- Inhale to lower back down into squat, then exhale and lift the opposite leg. Continue for 1 min, switching legs each rep.
- **How to take it up a notch:** You can also do this exercise in front of the stroller, facing your baby, so you're not using the handle bars for support. This can also work too if your little one is missing seeing your face! You can play a nice little game of peek-a-boo while you do it too!

CARDIO DRILL (3 min)

To get in a bit more cardio (and also give your baby some much-needed movement after sitting still in the stroller for a while!), try this fun cardio drill.

- Place your right hand on the stroller, facing sideways and perform 20 gallops on the right side.
- Face the opposite direction, placing your left hand on the stroller and perform 20 gallops on the left (still traveling in the same direction!).
- Power walk or run back to your starting position, and repeat! Keep doing this for 3 minutes.

CIRCUIT 2 – UPPER BODY AND CORE (9 min)

Perform each exercise below for 45 seconds. Then repeat the entire series once more (resting 30-60 seconds in between if needed). Lock the stroller next to you so your baby can watch and be somewhat entertained!

1. Bench Pushups

- Place your hands on the top of the bench and start in a perfect plank (navel drawn into spine, glutes engaged, head in line with your spine). Inhale and lower your chest toward the bench (aiming to touch the bench).
- Exhale and push back up to start. Continue for 45 seconds, making sure to prioritize working through a full range of motion (getting your chest as low as possible) over speed and getting in more reps!
- **How to take it up a notch:** You can also place your hands on the seat of the bench, making sure your shoulders are directly over your wrists. Remember though, it's more important to work through a full range of motion, so if you can't get your chest close to the bench, stick with the first version and a full range of motion.

2. Standing Rows

- Loop a resistance band around the top rung of the bench. Stand with your feet shoulder-width apart facing the bench. Grab the ends of the bands and wrap them once or twice around your wrists.
- Begin by inhaling and extending your arms in front of you. Then exhale and perform a narrow arm row – keeping your elbows down by your sides and squeezing your shoulder blades together in the back as if trying to make them touch. Inhale and extend your arms back to start.
- On your next exhale, row again, but this time make it a wide row with your elbows pointed out about 45 degrees. Squeeze your shoulder blades together and ensure your elbows stay lower than your shoulders. Continue rowing for 45 seconds (or longer if you wish), alternating between narrow and wide rows.
- **How to take it up a notch:** You can adjust your resistance by 1) the resistance level of the band you use and 2) how far your feet are from the bench (the farther you stand from the bench, the greater the resistance).

3. Triceps Dips

- Sit on bench and position hands on bench, shoulder-width apart and elbows pointing straight back. Slide your butt just slightly off bench with knees bent at 90-degrees.
- Inhale as you slowly bend your elbows and lower down, then exhale to push back up (being sure not to completely lock elbows when you press up). Continue lowering and lifting for 45 seconds, making sure your butt stays close to the bench! If it's too far away, this places excess stress on your shoulders.
- **How to take it up a notch:** You can adjust your resistance by how your feet are away from the bench. For the greatest challenge, you can fully straighten your legs out in front of you with your feet flexed and toes pointed up in the air (just be sure to keep your butt close to the bench!). You can also add a little challenge by doing tiny pulses (faster pushes with smaller range of motion) for the last 10-15 seconds.

4. Side Planks (45 seconds each side, 1.5 min total)

- Place a towel on the bench for cushion and place your right forearm on the bench.
- Go into a perfect side plank, making your body as straight as a board (navel drawn into your spine, glutes engaged, head in line with your spine), and hold. Hold for up to 45 sec (or as long as you can with good form), then switch to the other side.
- **How to take it down a notch:** If the full side plank is too much, cross your top leg in front of you for added support. To take it down a notch further, you can come up onto your hand instead of your forearm.
- **How to take it up a notch:** If the standard side plank feels good, you can add an additional challenge by lifting your top leg a few inches up in the air.

5. Plank with Crossover Toe Taps:

- Start in the same forearm plank you did in circuit 1 with your navel drawn into your spine, your glutes engaged, and your head in line with your spine.
- Lift your right foot and cross it over your left, tapping your right toe on the ground on the outside of your left leg. Switch legs, crossing your left leg over your right and tapping your left toe on the outside of your right leg. Continue alternating toe taps for 1 minute.
- **How to take it down a notch:** If the crossover toe tap is too much, try toe-taps out and in -- tapping your right toe out to the right, and back in, then tapping your left toe to the left and back. Or, you can take out the toe taps altogether and just hold the plank. If needed, you can also come up onto your hands.

STRETCH (4-5 min)

Hold each stretch for 20-30 seconds, or whatever feels good for your body, and breathe deeply.

1. Bench Hang

- Stand facing bench with legs shoulder width apart. Place hands on top rung of bench and lower torso down to parallel with the ground. Feel the stretch in your shoulders, back, and chest.

2. Hamstring Stretch

- Face the bench and place one leg on the bench with your foot flexed and toe pointed straight in the air.
- Square off your hips so both hip bones are facing the bench. Keeping your spine long and lower your torso down toward your leg, going only as far forward as you can with your back flat and hips square. Switch legs when done.

3. Quadriceps Stretch

- Hold onto your stroller or the bench with one hand. Stand on one foot and grab the opposite foot. Bring your foot up to touch your glute. Switch legs when done.

4. Figure 4 Stretch

- Sit on the bench and cross your right leg over your left in a figure 4 (making sure your ankle is over your knee so it remains straight and not sickled).
- Place your hands behind you on the bench, and gently push your torso forward, going only as far down as you can with a flat back, feeling a good stretch in your right glute. Switch legs when done.

5. Triceps & Shoulder Stretch

- Sit tall on the bench and grab one elbow over your head and pull into a triceps stretch. Switch arms.
- Extend your right arm straight across your body. Bring your left arm underneath your right and use your left arm to pull your right arm closer to your body while your right arm pulls away in the opposite direction. Feel the stretch in the back of your right shoulder. Switch arms when done.

6. Chest Stretch

- Sitting tall on the bench, turn your torso to the right and grab the top of the bench with your right hand. Then turn your torso to the left (away from the arm that's grabbing) to feel a stretch along the right side of your chest. Switch arms when done.