

MRS. STAFFORD'S JOURNEY

Maria has been training for life for 5 years and has improved her leg strength by 433%

She has improved her cardiovascular fitness, muscular strength, muscular endurance, balance, agility, speed and reaction time. This allowed her to extend herself and increase the intensity of her workouts.

Maria trains in all planes of motion including: Sagittal plane- front back movements. Frontal Plane- lateral side to side movements Horizontal Plane Rotational movements

In this last video we demonstrate some of Maria's Lower Body and Core Conditioning exercises. To help you all follow along we also created a PDF which you can download for your own workout sessions. You will notice some discrepancies from the workouts shown in the photos below and the video. This is because some of the movements done in the video could not be translated step by step through photos. We included other workouts that can be substituted for the ones in the video which workout the same areas of the body.

#1 Leg Press (Done in the Video)

Develops Leg Strength in lower body (Targets Quads, Hamstrings, Gluteal Muscles)

Substitute Workout: Slam Balls - 3 Sets of 10

Develops power, strength and speed. (Triceps, Abdominals, Shoulders, Calves, Back, Gluteal Muscles, Quads)



STEP 1



STEP 2



STEP 3

#2 Kettle Bell Swing - 3 Sets of 10

Targets Core muscles



STEP 1



STEP 2



STEP 3



STEP 4

#3 Kettle Bell Lateral Lunges - 3 Sets of 10

Targets building strength & stability in each leg as well as improving balance



STEP 1

STEP 2

#4 Lateral Wall Ball - Targets Torso (Abdominals, Chest, Shoulders) Secondary muscle groups calves, hamstrings.

Substitute Workout: Cable Chest Fly/Cable Crossover- 3 Sets of 10 (This will be a core workout instead of the rotation)



STEP #1



STEP #2



STEP #3



STEP #4



STEP #5