**Sanctuary Exercise & Stretching Info Sheet**

**Strength Training – 2-5xPer-Week**  
  
EXERCISES:

*[Upper Body Pushing]*

Bench Press - 3 sets x 10 reps

- Standard: Barbell bench press

3 sets x 10 reps

<https://www.muscleandstrength.com/exercises/barbell-bench-press.html>

- Alternatives: Dumbbell bench press, Resistance band chest press

<https://www.muscleandstrength.com/exercises/dumbbell-bench-press.html>

- No Equipment: Push-ups

<https://www.muscleandstrength.com/exercises/push-up.html>

- Beginner Modification: Push-ups with knees on the ground

<https://www.muscleandstrength.com/exercises/knee-pushups.html>

Push-Up - 3 sets x 10 reps (adjust the number of reps based on individual capability)

- Standard: Standard push-up

<https://www.muscleandstrength.com/exercises/push-up.html>

- Beginner Modification: Knee push-ups

<https://www.muscleandstrength.com/exercises/knee-pushups.html>

Arnold Press - 3 sets x 10 reps

- Standard: Dumbbell Arnold press

<https://www.muscleandstrength.com/exercises/seated-arnold-press.html>

<https://www.muscleandstrength.com/exercises/standing-arnold-press.html>

- Alternatives: Resistance band shoulder press

<https://www.muscleandstrength.com/exercises/banded-standing-shoulder-press>

- No Equipment: Use filled water bottles

- Beginner Modification: Perform seated with lighter weight

<https://www.muscleandstrength.com/exercises/seated-arnold-press.html>

Tricep Extension - 3 sets x 10 reps

- Standard: Dumbbell overhead tricep extension

<https://www.muscleandstrength.com/exercises/two-arm-dumbbell-extension.html>

<https://www.muscleandstrength.com/exercises/two-arm-standing-dumbbell-extension.html>

- Alternatives: Resistance band tricep extension

<https://www.muscleandstrength.com/exercises/banded-tricep-extension>

- No Equipment: Bench dips

<https://www.muscleandstrength.com/exercises/tricep-bench-dip.html>

- Beginner Modification: Bench dips with legs bent

*[Upper Body Pulling]*

Lat Pulldown - 3 sets x 10 reps

- Standard: Lat pulldown machine

<https://www.muscleandstrength.com/exercises/lat-pull-down.html>

- Alternatives: Pull-ups, Resistance band pull-downs

<https://www.muscleandstrength.com/exercises/pull-up>

- No Equipment: Towel rows

<https://www.youtube.com/watch?v=upS-3_worok>

- Beginner Modification: Band assisted pull-ups

<https://www.muscleandstrength.com/exercises/band-assisted-pull-up-from-foot>

Bent-Over Row - 3 sets x 10 reps

- Standard: Barbell bent-over row

<https://www.muscleandstrength.com/exercises/bent-over-barbell-row.html>

- Alternatives: Dumbbell rows, Resistance band rows

<https://www.muscleandstrength.com/exercises/bent-over-dumbbell-row.html>

- No Equipment: Bodyweight rows (using a sturdy table)

<https://www.muscleandstrength.com/exercises/high-inverted-row.html>

- Beginner Modification: Use lighter dumbbells or bands

Face Pull - 3 sets x 10 reps

- Standard: Cable machine face pull

<https://www.muscleandstrength.com/exercises/cable-face-pull>

- Alternatives: Resistance band face pull

<https://www.muscleandstrength.com/exercises/banded-face-pull>

- No Equipment: Reverse Flys with filled water bottles

<https://www.muscleandstrength.com/exercises/one-arm-dumbbell-fly>

- Beginner Modification: Lighter resistance to focus on shoulder retraction

*[Lower Body Pushing]*

Squat - 3 sets x 10 reps

- Standard: Barbell back squat

<https://www.muscleandstrength.com/exercises/squat.html>

- Alternatives: Dumbbell squat, Resistance band squat

<https://www.muscleandstrength.com/exercises/dumbbell-squat.html>

- No Equipment: Bodyweight squat

<http://theworkoutdictionary.com/moves/905/full-squat/>

- Beginner Modification: Squat to a chair

Lunges - 3 sets x 10 reps (per leg)

- Standard: Dumbbell lunges

<https://www.muscleandstrength.com/exercises/dumbbell-walking-lunge.html>

- Alternatives: Resistance band lunges

- No Equipment: Bodyweight lunges

<https://www.muscleandstrength.com/exercises/bodyweight-lunge.html>

- Beginner Modification: Static lunges with hands on hips

<http://theworkoutdictionary.com/moves/925/lunge-stretch/>

*[Lower Body Pulling]*

Hamstring Curl - 3 sets x 10 reps

- Standard: Machine leg curl

<https://www.muscleandstrength.com/exercises/leg-curl.html>

<https://www.muscleandstrength.com/exercises/single-leg-curl.html>

- Alternatives: Dumbbell leg curl, Resistance band leg curl

<https://www.muscleandstrength.com/exercises/dumbbell-hamstring-curl.html>

- No Equipment: Stability ball hamstring curl

<https://www.muscleandstrength.com/exercises/single-leg-exercise-ball-leg-curl>

- Beginner Modification: Single-leg bodyweight hamstring bridge

Deadlift - 3 sets x 10 reps

- Standard: Barbell deadlift

<https://www.muscleandstrength.com/exercises/deadlifts.html>

- Alternatives: Dumbbell deadlift, Resistance band deadlift

<https://www.muscleandstrength.com/exercises/dumbbell-deadlift.html>

- No Equipment: Single-leg Romanian deadlift with bodyweight

<https://www.muscleandstrength.com/exercises/bodyweight-single-leg-deadlift>

- Beginner Modification: Kettlebell or dumbbell deadlift with a lighter load

*[Core]*

Crunch - 3 sets x 10 reps

- Standard: Floor crunch

<https://www.muscleandstrength.com/exercises/ab-crunch>

- Beginner Modification: Crunches with hands reaching forward

Plank - 3 sets; hold each for 30-60 seconds based on individual ability

- Standard: Forearm plank

<https://www.muscleandstrength.com/exercises/hover.html>

- Beginner Modification: Plank with knees on the ground

Russian Twists - 3 sets x 10 reps (each side)

- Standard: Russian twist with medicine ball

<https://www.muscleandstrength.com/exercises/russian-twist.html>

- Alternatives: Dumbbell Russian twist

- No Equipment: Bodyweight Russian twist

- Beginner Modification: Feet on the ground

Pallof Press - 3 sets x 10 reps (each side)

- Standard: Cable Pallof press

<https://www.muscleandstrength.com/exercises/pallof-press>

- Alternatives: Resistance band Pallof press

- No Equipment: Isometric side plank

<http://theworkoutdictionary.com/moves/946/side-plank-on-elbow/>

- Beginner Modification: Reduce band tension or perform without any resistance

*[Hip and Glute Work]*

Hip Raise - 3 sets x 10 reps

- Standard: Barbell hip thrust

<https://www.muscleandstrength.com/exercises/barbell-hip-thrust>

<https://www.muscleandstrength.com/exercises/bodyweight-hip-thrust>

- Alternatives: Dumbbell hip thrust, Resistance band hip thrust

<https://www.muscleandstrength.com/exercises/banded-hip-thruster>

- No Equipment: Bodyweight glute bridge

<https://www.muscleandstrength.com/exercises/bodyweight-glute-bridge>

- Beginner Modification: Single-leg glute bridge with the non-working leg bent

<https://www.muscleandstrength.com/exercises/single-leg-glute-bridge>

Hip Abduction - 3 sets x 10 reps

- Standard: Machine hip abduction

<https://www.muscleandstrength.com/exercises/hip-abduction-machine.html>

<https://www.muscleandstrength.com/exercises/cable-hip-abduction.html>

- Alternatives: Resistance band standing hip abduction

- No Equipment: Side-lying leg lifts

<http://theworkoutdictionary.com/moves/885/side-lying-leg-raise/>

- Beginner Modification: Perform with a smaller range of motion

Hip Adduction - 3 sets x 10 reps

- Standard: Machine hip adduction

<https://www.muscleandstrength.com/exercises/hip-adduction-machine.html>

<https://www.muscleandstrength.com/exercises/cable-hip-adduction.html>

- Alternatives: Resistance band standing hip adduction

- No Equipment: Side-lying leg lifts, crossing the working leg in front of the stabilizing leg

- Beginner Modification: Perform with a smaller range of motion

*[Back Extension and Posterior Chain]*

Superman - 3 sets x 10 reps

- Standard: Floor superman exercise

<https://www.muscleandstrength.com/exercises/superman>

- Beginner Modification: Alternate lifting opposite arms and legs

<https://www.youtube.com/watch?v=J9zXkxUAfUA&t=3s>

Bird-Dogs - 3 sets x 10 reps

- Standard: Floor bird-dog exercise

<https://www.muscleandstrength.com/exercises/contralateral-bird-dog>

- Beginner Modification: Perform with less extension or maintain one point of contact (either hand or knee) on the ground for stability

*[Leg Work]*

Calf Raise - 3 sets x 10 reps

- Standard: Machine calf raise

<https://www.muscleandstrength.com/exercises/seated-calf-raise.html>

<https://www.muscleandstrength.com/exercises/standing-machine-calf-raise>

- Alternatives: Dumbbell calf raises, Resistance band calf raises

<https://www.muscleandstrength.com/exercises/seated-dumbbell-calf-raise.html>

- No Equipment: Bodyweight calf raises

<https://www.muscleandstrength.com/exercises/floor-calf-raise.html>

<https://www.muscleandstrength.com/exercises/bodyweight-standing-calf-raise.html>

- Beginner Modification: Perform seated or with bodyweight only

**Cardio – 2-6xPer-Week**  
  
Option 1: Cycling - 20-40 minutes  
Option 2: Jogging/Running - 20-40 minutes

Option 3: Swimming - 20-40 minutes

Option 4: Rowing - 20-40 minutes  
Option 5: Jump Rope - 20-40 minutes

**Active Recovery – 1-2xPer-Week**

Restorative Stretch - 30-60 minutes (see *Stretching* guide)  
AND…

Option 1: Walking/Hiking - 30 -120 minutes  
Option 2: Restorative Yoga - 30-60 minutes  
Option 3: Light Swimming - 30-60 minutes  
Option 3: Light Cycling - 30-60 minutes  
Option 4: Tai Chi 30-60 minutes

**Hybrid – 0-6xPer-Week (OPTIONAL Cardio/Strength Alternative)**

Option 1: HIIT (High Intensity Interval Training) - 20-40 minutes

<https://www.youtube.com/playlist?list=PL5lPziO_t_ViN5Mu1b17pTIGHfHgXf_Bi>

Option 2: Yoga Workout - 20-40 minutes  
<https://www.youtube.com/playlist?list=PL9T0rODp2rcsuZRRHcx7tJ92Jj4wCQ1iI>

PERIODIZATION:

*0. Initial Period (Foundation) (6-12 weeks)*

* Reps and Sets: 3 sets of 10 reps.
* Weight Selection: Choose a weight that allows you to perform 10 reps with good form but that is challenging enough that you can't perform many more than 10. (If you can't do at least 8 reps, you should decrease the weight.)
* Progression: Aim to increase the weight by the smallest increment possible once you can perform 3 sets of 10 reps comfortably with good form.

\*Once you have completed the Initial Period, you can move on to the following phases…

*1. Strength Endurance Phase (6-8 weeks)*

* Reps and Sets: Increase to 3-4 sets of 12-15 reps.
* Weight: Slightly lighter than your 10-rep max to accommodate the increased reps.
* Progression: As before, increase the weight when you can perform the top end of the rep range comfortably for all sets.

*2. Hypertrophy Phase (6-8 weeks)*

* Reps and Sets: 3-4 sets of 8-12 reps.
* Weight: Choose a weight that is challenging by the last rep of each set.
* Progression: Increase weight when you can perform all sets at the top end of the rep range.

*3. Maximum Strength Phase (6-8 weeks)*

* Reps and Sets: 4-5 sets of 4-6 reps.
* Weight: Use a weight that is challenging for 4-6 reps, usually a higher percentage of your one-rep max (1RM).
* Progression: Increase the weight as you are able to complete the upper range of reps for all sets.

*4. Power Phase (OPTIONAL, based on goals, 4-6 weeks)*

* Reps and Sets: 3-5 sets of 1-3 reps for pure power exercises like Olympic lifts (if applicable).
* Weight: This should be close to the maximum you can lift for the low rep range, emphasizing speed and power.
* Progression: Progress can be slower in this phase; focus on explosive movement rather than increasing weight.

\*After completing Phase 3 (or 4), you can cycle back to any of the previous phases depending on your goals.

Deload Weeks:

* Every 4-6 weeks, incorporate a deload week where you reduce the weight, volume, or intensity to allow for recovery. This means lifting lighter weights or reducing the number of sets and reps.

Adjusting for Personal Needs:

* Beginners may need to start with higher rep ranges (12-15) to focus on form and muscular endurance before moving into lower rep ranges.
* More advanced lifters may require more complex periodization schemes with varying intensities and volume.

General Guidelines:

* Always start with a weight that allows you to maintain good form. If form breaks down, the weight is too heavy.
* Gradual progression is key. Small increases in weight are more sustainable and less likely to lead to injury.
* Log your workouts to track progress.
* Rest is important. Ensure you have at least one day of rest between training the same muscle groups.

Routine Guidelines:

\*When planning your strength training sessions, you have the flexibility to adapt the workout to your time constraints.

Option 1: Complete Workout

* If time allows, you can perform all of the exercises listed in the strength training program during each session.

Option 2: Rotational Selection

* If you're short on time or prefer shorter sessions, you can choose to do a subset of the exercises from each category. For example, select one exercise from every three (1/3) or every two (1/2) listed and complete those during your session. In subsequent sessions, rotate to the other exercises you didn't perform previously.

\*Regardless of the option you choose, always start your strength training sessions with a proper warm-up.

Warm-Up Routine:

1. Begin with 5-10 minutes of light cardiovascular exercise such as cycling, jogging, or jumping jacks to increase your heart rate and body temperature.

2. Follow with dynamic stretching to prepare your muscles and joints for the workout ahead. This helps to reduce the risk of injury and improve your performance during the strength exercises.

**Stretching – 7xPer-Week**

**5-Minute Comprehensive Quick Stretch**

Neck Side Stretch (20 seconds each side)

Gently stretches the neck muscles.

Wrist Flexor and Extensor Stretch (20 seconds each)

Relieves tension in the wrists, ideal for desk workers.

Standing Quadriceps Stretch (20 seconds each leg)

Stretches the front of the thighs.

Seated Hamstring Stretch (30 seconds)

Targets the back of the thighs.

Butterfly Stretch (30 seconds)

Opens the inner thighs and hips.

Cross-body Shoulder Stretch (20 seconds each arm)

Stretches the shoulders and upper back.

Standing Calf Stretch (20 seconds each leg)

Loosens the calf muscles.

Chest Opener (Wall Stretch, 30 seconds)

Opens up the chest and front of the shoulders.

**5-Minute Dynamic Stretch (Pre-Workout)**

Arm Circles (30 seconds)

Warms up the shoulders and upper back.

Leg Swings (front to back, side to side, 30 seconds each leg)

Loosens the hips and hamstrings.

Torso Twists (30 seconds)

Mobilizes the spine.

Hip Circles (30 seconds each side)

Engages the hip joints.

Inchworms (1 minute)

Activates the core, stretches the hamstrings.

Lunges with a Twist (30 seconds each leg)

Warms up the legs and core.

Squat to Stand (1 minute)

Engages the lower body and improves mobility.

**15-Minute Morning Stretch Routine**

Upward Salute (1 minute)

Stretches the whole body, encourages deep breathing.

Chest Opener (1 minute)

Stretches the chest and shoulders.

Standing Forward Bend (Toe Touch) (1 minute)

Stretches the hamstrings and back.

Lunge (1 minute each side)

Stretches the hip flexors, activates the legs.

Upward Dog (1 minute)

Stretches the chest and abdomen, strengthens the back.

Child’s Pose (1 minute)

Relaxes the back and shoulders.

Seated Twist (1 minute each side)

Enhances spinal mobility.

Butterfly Stretch (1 minute)

Opens the hips and stretches the inner thighs.

Knees to Chest (1 minute)

Eases the lower back.

Lying Figure Four (1 minute each side)

Stretches the glutes and outer thighs.

Quad Stretch (1 minute each side)

Stretches the front of the thighs.

Wrist Flexor Stretch (30 seconds each)

Relieves wrist tension.

Ankle Circles (30 seconds each ankle)

Improves ankle mobility.

**30-Minute Comprehensive Stretch Routine**

Neck Side Stretch (1 minute each side)

Gently stretches neck muscles on each side.

Shoulder Rolls and Shrugs (1 minute)

Relieves shoulder tension.

Wrist Flexor and Extensor Stretch (1 minute each)

Eases wrist and forearm tightness.

Chest Opener Against Wall (1 minute)

Stretches chest and front shoulders.

Torso Twists (1 minute)

Mobilizes the spine.

Cat-Cow Stretch (1 minute)

Enhances back flexibility.

Hip Circles (1 minute each side)

Engages and loosens hip joints.

Standing Forward Bend (1 minute)

Stretches hamstrings and lower back.

Seated Hamstring Stretch (1 minute each leg)

Targets the back of the thighs.

Pigeon Pose (1 minute each side)

Deep stretch for hips and glutes.

Butterfly Stretch (1 minute)

Opens the hips and inner thighs.

Quadriceps Stretch (1 minute each side)

Stretches the front of the thighs.

Child’s Pose (1 minute)

Eases the back and shoulders.

Seated Spinal Twist (1 minute each side)

Enhances spinal mobility.

Calf Stretch Against Wall (1 minute each leg)

Stretches the calf muscles.

**60-Minute Full Body Extended Stretch**

Neck Rolls and Stretches (2 minutes)

Gently mobilizes and stretches the neck.

Shoulder Rotations and Stretches (2 minutes)

Relieves tension and improves mobility in shoulders.

Wrist and Forearm Stretches (2 minutes)

Extends and flexes wrist muscles.

Chest and Upper Back Stretch (2 minutes)

Opens chest, stretches upper back.

Standing Forward Bend (2 minutes)

Deep stretch for hamstrings and lower back.

Hip Flexor and Quadriceps Stretches (2 minutes each side)

Opens front of hips and thighs.

Seated Hamstring and Calf Stretches (2 minutes each leg)

Stretches back of thighs and calves.

Hip Openers and Glute Stretches (2 minutes each side)

Targets hips and glutes.

Spinal Twists (2 minutes each side)

Improves spinal mobility, stretches back.

Ankle Circles and Flexion (2 minutes each ankle)

Improves ankle mobility.

Lying Figure Four Stretch (2 minutes each side)

Stretches glutes and hips.

Camel Pose (2 minutes)

Stretches the front body and spine.

Lying Hamstring Stretch with Strap (2 minutes each leg)

Deepens hamstring stretch.

Supine Spinal Twist (2 minutes each side)

Relaxes lower back and stretches spine.

Cobra Pose (2 minutes)

Strengthens the back and opens the chest.