



SQUAT  
HINGE  
PUSH  
PULL  
CORE

*'plug & play'...*  
but make it fitness



TAKE GOOD CARE FITNESS

# SQUAT & HINGE & PUSH & PULL & CORE



## SQUAT - KNEE DOMINANT

Bodyweight Squat	Bulgarian Split Squat
Barbell Back Squat	Reverse Lunge / Forward Lunge
Goblet Squat	Lateral Lunge
Front Squat	Step Up
Offset Rack Squat	Single Leg Squat / Pistol Squat



## HINGE - HIP DOMINANT

Deadlift	Glute Bridge
Romanian Deadlift	Single Leg Glute Bridge
Single Leg RDL	Box Jump
B Stance Deadlift	Hip Thrust
Good Morning	Hyperextension



## PUSH

Bench Press	Single Arm Bench Press
Incline Bench Press	Single Arm Overhead Press
Overhead Press	Push Up / Kneeling Push Up
Lateral Raise	Push Press
Skull Crusher	Chest Fly



## PULL

Single Arm Row	Chin Up / Pull Up (Bodyweight or assisted)
Lat Pull Down	Biceps Curl
Dumbbell Pull Over	Inverted Row (TRX / Barbell)
Gorilla Row	Seated Cable Row
Reverse Fly	Half Kneeling Single Arm Cable Row



## CORE (CARRY/FLEXION/ROTATION/ANTI ROTATION/ANTI EXTENSION / ISO)

Dead Bug	Plank (Kneeling / Forearm / High)
Bird Dog	Dumbbell Pull Through
Pallof Press	Dumbbell Front Rack March
Farmer's Carry	Isometric Bear Crawl Hold
Cross Body Crunch	Side Plank / Kneeling Side Plank



# LET'S MOVE & GROOVE

need help getting the creative juices flowing!  
here are some circuit structure ideas for you ☺  
but remember...*MAKE THIS YOURS!*

## Workout 1 - Full Body

Circuit 1: Pick 1 Squat, Hinge, Push, Pull, Core  
Repeat circuit 2-4 times



## Workout 2 - Full Body

Circuit 1: Pick 1 Squat, Push, Pull, Core  
Circuit 2: Pick 1 Hinge, Push, Pull, Core  
Repeat each circuit 2-4 times



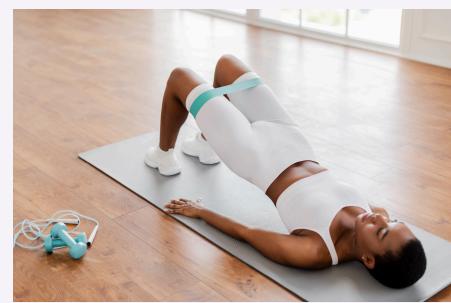
## Workout 3 - Upper Body Focus

Circuit 1: Pick 1 Push, Pull  
Circuit 2: Pick 1 Push, Pull  
Circuit 3: Pick 2-3 Core  
Repeat each circuit 2-4 times



## Workout 4 - Lower Body Focus

Circuit 1: Pick 1 Squat, Hinge, Core  
Circuit 2: Pick 1 Squat, Hinge, Core  
Repeat each circuit 2-4 times



\*don't forget to warm up - start with 8-12 reps - rest as needed - HAVE FUN!

\*\* *progressive overload* is how we PROGRESS! when the last 2 reps in your 12 rep set feel easy, time to up the weight and aim for 8 reps. Work back up to 12 and up the weight again.



# Thank you!

I created this resource because one of the biggest pieces of my mission at Take Good Care Fitness is to create a space (both in our burlington, VT studio and virtually) that **makes movement accessible and safe** for any and *all* humans who wish to move their body.

This BYOW (build your own workout) guide is meant to give you some quick tools so that you can *confidently* create a program that includes all major movement patterns and is *full* of variations allowing you to find what feels good for your body.

Let's dismantle the myth that there is a "right way" to "do fitness". Let's find movement that empowers you to feel like an absolute badass.

HAVE SO MUCH FUN!

hilary



photo by owl's iris photography

## contact me

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## let's socialize!

follow me on social media and don't forget to tag me in all your sweaty workout selfies so i can cheer you on!

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