



Work out When Injured



Step 1: Rock my 143 Exercise Program

You'll need to plug these exercises into your 143 Weight Training Program

Sign up and Get instant Access to my [Slide into Your Skinny Jeans Video Training Series](#) to get your copy of my 143 Exercise Program

Next, choose the best option for you and tailor your 1 4 3 program to best suit your needs and preferences. I'm not a doctor. And this isn't medical advice. Use my advice as your doctor recommends.

Low Impact Cardio

60 minutes, 4 days a week ***30 to 45 minutes daily will give you the most benefits for you mind and body Don't worry if you're not up to 30+ minutes, 10 minutes will give you benefits!

more on **2**

Static Weight Training

The more weight you add, the less time you'll need to hold the pose. Do each of the follow exercises (as able) and hold each one for:

- 15 seconds – beginners
- 30 seconds – intermediate
- 60+ seconds – advanced

No repetitions. You simply hold a pose for a set number of seconds. The more

Step 2: Rock These Exercises

UPPER BODY

Best Basics

Biceps 21's

Triceps kickback

Chest press

Arm Extensions:

- Front
- Side

Overhead press

Weighted Pendulum Swing

CORE

Plank, modified plank

Side Plank, modified plank

Laying Leg lift

LOWER BODY

Pointed to Leg Extensions - QUAD:

- Front
- Side
- Behind

Flexed Foot Leg Extensions HAMS:

- Front
- Side
- Behind

Attitude Derrière Leg Extensions
BUTT:

- Front
- Side
- Behind

Chair squat - legs

Ball squat - legs

Calf Raises on your Tippy Toes