

# leanbodycoaching

## Morning Metabolic Kickstart

A workout specially designed  
to get your body moving  
and your energy flowing.

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## Morning Metabolic Kick-Start

The Morning Metabolic Kick-Start is designed to get your body moving and your energy flowing before you begin your day's activities. The circuit has an emphasis on the major joints in your body, your shoulders, your hips and your rib cage, where most tension is held and where most energy blockages occur. Not only will this circuit get your energy flowing, but it will also boost your metabolism for the rest of the day, improve your strength and increase your mobility.

This is to be done every morning when you wake up. As soon as you wake up. Do these before you take the dog out, before you eat breakfast, and before you wake the kids. But if you need to pee first, you can do that beforehand.

Exercise	Reps
Hip Rolls	8-12
Runners Lunge with Rotation	3-6
Lateral Lunges	8-12
Swan Dive	4-8
Reverse Planks	6-8
Spine Twists	4-8/side
Tricep Push-ups	8-12

**Beginner** – Start with 1 set of the circuit, using the lower rep range given.

**Intermediate** – Start with 1-2 sets of the circuit, using the higher rep range given.

**Advanced** – Start with 2 sets of the circuit, making your way up to 3, using the higher range of the rep range given.

## Hip Rolls



**Start**



**Finish**

### **Description:**

Lie on your back with your knees bent and your feet hip width distance, heels 12" away from your glutes. Start in a neutral spine (when there is a little space between your back and the floor), roll through an imprint (when you draw your pubic bone towards you).

Keep rolling and peel your back off the floor until you are in a bridge. Pause at the top of the bridge. Roll down slowly, and repeat.

### **Breathing Pattern Note:**

Inhale in the starting position, exhale to initiate the roll, and continue to exhale as you lift the hips up, inhale at the top of the bridge, exhale as you roll down.

### **Coaching Cues:**

Try to roll each vertebrae up one at a time during the upward and downward phases. On the way down, roll your spine on to the mat, trying to get your butt to be the last thing to touch.

Avoid lifting with your chest and arching your lower back in the top position. Rather, try to keep your rib cage descended into your body and your spine in an imprinted position.

## Runners Lunge with Rotation



**Start**



**Finish**

### **Description:**

Start in a push-up position at the top, on your toes. Step the left leg forward, bringing it as close to the side of the left hand as possible. Keep the left hand down and rotate the right hand towards the ceiling. Bring the right hand down, then rotate the left hand towards the ceiling. Bring the left hand down, bring the left foot back, then repeat on the other side. That is 1 rep.

### **Breathing Pattern Note:**

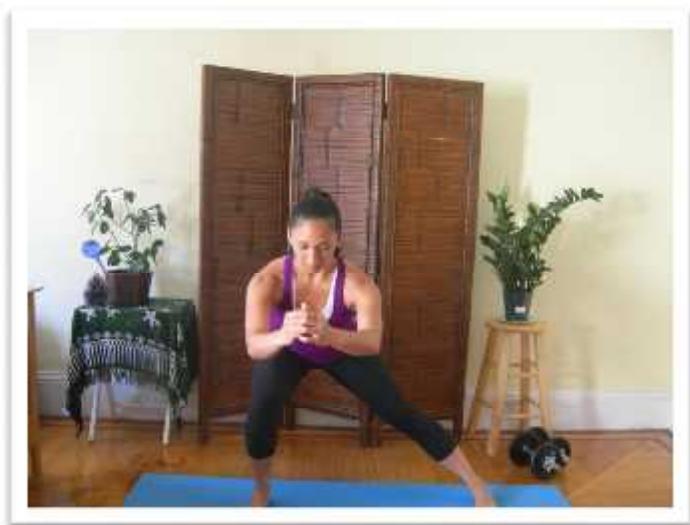
Inhale when you rotate your body up towards the ceiling, exhaling as you switch arms.

### **Coaching Cues:**

Avoid rounding the upper back when your foot is near your hand. If you find that you are rounding, place your hands on yoga blocks or a stack of books.

Keep the back leg straight when you rotate, and keep both shoulders drawing down the back at all times. If you have trouble keeping the back leg straight, you can rest your back knee on the ground.

## Lateral Lunges



**Right**



**Left**

### **Description:**

Leg a regular lunge but to the side. Take a wide step to the right, keeping the right knee and toes pointing straight. Sit the butt back, bending the right knee but keeping the left straight. Step back in with the right leg. Repeat to the left, that is 1 rep.

### **Breathing Pattern Note:**

Inhale to stand, exhale to step to the side into the lunge, inhale back to standing.

### **Coaching Cues:**

Try to keep your hips level when you are sitting into your lunge position, try not to allow one hip to sink below the other.

Do not lock out the straight leg. Meaning, If you are stepping to the right, keep the left leg straight but do not lock out the knee.

## Swan Dive



**Start**



**Finish**

### **Description:**

Lie down on your belly, face down on a yoga mat or towel. Rest your hands outside of your shoulders so that your elbows and forearms lie flush to the floor. Open your legs so that they are slightly greater than hip width distance, and slightly turned out to the sides. Let your nose hover over the mat, and relax your neck and shoulders. First, draw your shoulders down your back, press your pubic bone into the floor, and begin to lift your upper body off the mat, keeping your pubic bone on the floor. When you can no longer lift your body, use your hands to lightly press into the floor, coming into a fully extended position. Be sure to keep your shoulders down your back and your gaze on the floor in front of you. [Click here for a video demonstration.](#)

### **Breathing Pattern Note:**

Inhale as you lift the body up, exhale as your lower back down.

### **Coaching Cues:**

If you are feeling any pain in your lower back, minimize your range of motion, just don't go as high.

Be sure to take your time on the way up and the way down, rolling the body one inch at a time.

Continuously draw the shoulder blades down the back, particularly in the top position.

## Reverse Planks



**Start**



**Finish**

### **Description:**

Sit on your mat with your legs extended out in front of you and your hands directly under your shoulders with your fingers pointing forward. Press your heels into the floor, and lift your butt off the ground keeping your gaze between your toes. Hold for up to 3 seconds, and then lower back down again. A modification for this would be to bend your knees, keeping your feet on the floor as you lift your hips off the ground.

### **Breathing Pattern Note:**

Inhale to prepare, exhale to lift and hold, inhale to lower.

### **Coaching Cues:**

Avoid locking out the elbows in the top position.

Squeeze the shoulder blades together, and keep them down and back, and stay wide through the collar bone at the top position.

Do not look over the head, rather, slightly nod your chin and keep your gaze straight through your feet.

## Spine Twists



**Start**



**Finish**

### **Description:**

Start on your hands and knees, hands right under the shoulders, knees right under the hips. Place the right hand behind the head but do not pull on your head. Rotate your right elbow towards your left hand, and then rotate back up towards the ceiling as you look over the right shoulder. Repeat then switch sides.

### **Breathing Pattern Note:**

Inhale as you extend the spine up, exhale as you rotate down.

### **Coaching Cues:**

Maintain a neutral spine to start, and do not allow your lower back to arch, rather keep the rib cage descended into the body.

When you rotate down towards the floor and up towards the ceiling, be sure to keep drawing the shoulder of the supporting arm down the back so that your shoulder doesn't creep towards your ear.

## Triceps Push-ups



**Start**



**Finish**

### **Description:**

Begin on your hands and knees in a modified push-up position. You should create a straight diagonal line from your knees, through your hips, to your shoulders. Keep your hands just slightly wider than your shoulders with your fingers pointing forward and your elbows pointing directly behind you. Lower down a couple of inches, pause, lower down a little more, pause, and lower down again a third time, then push all the way up again. As you lower keep your elbows drawn in, hugging the sides of your waist. On your last rep, finish the workout by lifting your knees and holding a full plank for as long as you can.

### **Breathing Pattern Note:**

Inhale to lower, inhale to lower, inhale to lower, exhale to push.

### **Coaching Cues:**

Only move through a comfortable range of motion. Meaning, if you only lower down 3 inches, that's ok. Do not compromise depth for form.

Keep the shoulder blades sliding down the back and try not to allow the shoulders to creep up by the ears.

Do not allow your lower back to arch, brace the abs as you lower and as you lift.