

[GATHER]

FITNESS

GUIDE

BE
WELL



4 DAYS

OF

WORKOUTS

2 DAYS

OF

RECREATIONAL

1 DAY

OF

REST



WELCOME!

WE'RE SO EXCITED TO TAKE STEPS TOGETHER IN PHYSICAL WELLNESS WITH OUR FITNESS GUIDE! THIS 3 WEEK ROUTINE WORKS OUT YOUR WHOLE BODY AND INCORPORATES REST.

PHYSICAL WELLNESS IS MORE THAN PUSHING YOUR BODY TO GET STRONGER THROUGH EXERCISE THOUGH – MAKE SURE TO STAY HYDRATED, EAT WELL, AND GET ENOUGH SLEEP TOO! IF YOU HAVE AN INJURY OR ARE AT A DIFFERENT STAGE IN YOUR FITNESS JOURNEY, MAKE THE NECESSARY ADJUSTMENTS TO YOUR ROUTINES SO THAT THEY SERVE YOU WELL – THE MOST IMPORTANT THING IS THAT YOU ARE TAKING CARE OF YOURSELF!

AS WE GO THROUGH THESE 3 WEEKS TRY TO PAY ATTENTION TO WHAT YOUR BODY IS TELLING YOU – WE HOPE THAT THROUGH THE ROUTINES, YOU CAN BECOME MORE AND MORE IN TUNE WITH YOURSELF.

SHARE WITH US WHAT YOU'RE LEARNING OR HOW YOU'RE GETTING STRONGER THROUGH THE WEEKS BY TAGGING US @GIRLSWHOGATHER. LET'S GO!

 *The [gather] Team*

MOUNTAIN CLIMBERS



BEGIN IN A PLANK POSITION. ALTERNATE BRINGING ONE KNEE TO YOUR CHEST, THEN BACK OUT AGAIN, SPEEDING UP EACH TIME UNTIL YOU'RE "RUNNING" AGAINST THE FLOOR

A GREAT FULL-BODY WORKOUT: INCREASES CORE STRENGTH, DEFINES THE SHOULDERS, CHEST AND UPPER BACK, AND WORKS THE QUADS AND GLUTES.

INCHWORM

START STANDING UP, BEND OVER SO YOUR HANDS TOUCH THE FLOOR BY YOUR FEET, WALK THEM ALL THE WAY OUT UNTIL YOU ARE IN A PLANK POSITION, THEN WALK THEM BACK TO YOUR FEET AND STAND UP.

LATERAL LUNGES

STANDING STRAIGHT WITH FEET AT SHOULDER WIDTH, TAKE A WIDE STEP TO ONE SIDE, KEEPING THE OTHER LEG STRAIGHT. LOWER YOUR BODY TO FORM A 90 DEGREE ANGLE IN THE KNEE OF THE LEG THAT STEPPED OUT. BOTH OF YOUR HEELS SHOULD STAY ON THE GROUND. YOU WILL FEEL A STRETCH ON THE INSIDE OF THE LEG THAT IS STRAIGHT. STEP BACK TO THE STARTING POSITION + REPEAT ON THE OPPOSITE LEG.



LIE ON YOUR BACK WITH YOUR ARMS BY YOUR SIDES, YOUR KNEES BENT + YOUR FEET PLANTED ON THE GROUND. SQUEEZE YOUR GLUTES, PRESS THROUGH YOUR HEELS + DRIVE YOUR HIPS UP SO YOU FORM A STRAIGHT LINE FROM YOUR KNEES TO YOUR SHOULDERS. EXTEND ONE LEG TOWARDS THE CEILING.

TARGETS YOUR GLUTES, HAMSTRINGS, AND QUADS.

LYING HIP THRUSTER

LIE ON YOUR BACK AND LIFT YOUR LEGS AND ARMS UP SO THEY ARE EXTENDED TOWARD THE CEILING. LIFT YOUR UPPER BACK OFF THE FLOOR, REACHING YOUR HANDS TOWARD YOUR FEET, AND LOWER.

AB-TONING + CORE-STRENGTHENING. HELPS IMPROVE POSTURE, FLEXIBILITY + BALANCE

TOE TOUCHES



SUPERWOMAN



LIE FACE DOWN WITH ARMS OUT STRAIGHT IN FRONT OF YOU. RAISE ARMS + LEGS SEVERAL INCHES OFF THE GROUND, YOUR CHEST SHOULD BE SLIGHTLY RAISED AS WELL. HOLD FOR A FEW SECONDS + SLOWLY LOWER.

THIS ENGAGES YOUR CORE + LOWER BACK.

BEGIN IN A SQUAT POSITION. KEEP THE SPINE STRAIGHT, CHEST LIFTED, + KNEES BEHIND TOES. ARMS ARE IN FRONT OF THE CHEST FOR BALANCE. JUMP STRAIGHT UP, THEN RETURN TO SQUAT.

TARGET QUADS, HAMSTRINGS, GLUTES + CALVES. TONES THE ABS.

JUMP SQUATS





START IN A FULL PLANK POSITION, DO A PUSHUP FOLLOWED IMMEDIATELY BY A JUMP SQUAT, THEN RETURN TO THE PLANK POSITION. REPEAT.

LOWER INTENSITY: SWAP THE JUMP SQUAT FOR A REGULAR SQUAT

HIGHER INTENSITY: ADD 5 LB WEIGHTS

BUILDS MUSCLE STRENGTH + ENDURANCE IN UPPER + LOWER BODY

BURPEES

BEGIN IN A FULL PLANK POSITION, LOWER DOWN INTO A PLANK ON YOUR ELBOWS. REPEAT.

STRENGTHENS YOUR BACK, ABS, AND SHOULDERS.



BREAKDOWNS

CHAIR DIPS

GRAB A CHAIR OR BENCH, FACE AWAY FROM THE CHAIR BY PUTTING YOUR HANDS ON THE SEAT OF THE CHAIR, ARMS STRAIGHT, AND PUT YOUR LEGS OUT IN FRONT OF YOU, LEGS BENT OR STRAIGHT OUT, HEELS ON THE FLOOR. SLOWLY LOWER YOURSELF DOWN SO THAT YOUR ELBOWS ARE BENT TO 90 DEGREES, AND RAISE YOURSELF BACK UP.

(LEGS STRAIGHT MAKES THIS EXERCISE HARDER, KNEES BENT MAKES IT EASIER)

ROTATE YOUR TORSO FROM SIDE TO SIDE WHILE HOLDING A SIT-UP POSITION WITH YOUR FEET OFF THE GROUND

IMPROVES OBLIQUE STRENGTH AND DEFINITION. HOLD A MEDICINE BALL OR PLATE TO MAKE IT MORE DIFFICULT

RUSSIAN TWIST



01



02



03

LEG LIFT



LIE ON YOUR BACK, LEGS STRAIGHT AND TOGETHER. KEEP YOUR LEGS STRAIGHT + LIFT THEM ALL THE WAY UP UNTIL YOUR BUTT COMES OFF THE FLOOR. SLOWLY LOWER YOUR LEGS BACK DOWN TILL THEY'RE JUST ABOVE THE FLOOR. HOLD, THEN REPEAT.

TARGETS YOUR LOWER ABS

LUNGE WHILE KEEPING YOUR FRONT SHIN AS VERTICAL AS POSSIBLE. JUMP UP + SWITCH THE POSITION OF YOUR LEGS WHILE IN MID-AIR. LAND INTO THE LUNGE POSITION WITH YOUR OPPOSITE LEG FORWARD.

TARGETS ABS, BACK, GLUTES, QUADS, HAMSTRINGS, AND CALVES.

ALTERNATING

JUMPING

LUNGES



WEEK 1



UPPER

WARMUP: (5 ROUNDS)

3 INCHWORM
10 AIR SQUATS

CIRCUIT 1: (3 ROUNDS)

[~45 SEC REST BETW. SETS]

20 (HIGH PLANK) KNEE TO ELBOW
15 LEG RAISES
10 BREAKDOWNS
SIDE PLANK HOLDS - (30 SEC EACH SIDE)

CIRCUIT 2: (5 ROUNDS)

[QUICK REST BETWEEN SETS ~20 SEC]

10 CHAIRS DIPS
20 JUMPING JACKS
3 INCHWORM

AEROBICS

RUN ~35 MIN OR BIKE ~35 MIN OR
WALK ~45 MIN

CORE AND LEGS

WARMUP: (4 ROUNDS)

PLANK - 45 SEC
WALL SIT - 45 SEC

CIRCUIT: (4 - 5 ROUNDS)

20 JUMPING SQUAT
14 LATERAL LUNGES
20 TOE TOUCHES
50 MOUNTAIN CLIMBERS
10 SUPERWOMAN PULSES
(HOLD FOR 2 SEC)

FULL BODY

"DECK OF CARDS"

(EITHER 1/2 OR FULL DECK)

— SUIT DEFINES THE MOVEMENT

- ♠ SPADE — JUMP SQUATS
- ♣ CLUB — PLANK (45 SEC)
- ♦ DIAMOND — LEG RAISES
- ♥ HEART — BURPEE

— CARD NUMBER DEFINES THE REPS

(J = 11, Q = 12, K = 13, A = 13)

WEEK 2



UPPER

WARMUP: (5 ROUNDS)

25 JUMPING JACKS
PLANK (45 SEC)

PUSHUPS: 4 SETS X 10REPS (+5 IF ON KNEES!)
(40 SEC REST BETWEEN SETS)

CIRCUIT: (3 ROUNDS)

SIDE PLANK HOLD - 30 SEC EACH SIDE
14 LYING HIP THRUSTER
12 BREAKDOWNS
20 TOE TOUCHES
14 HIGH PLANK ARM EXTENSIONS

AEROBICS

RUN ~35 MIN OR BIKE ~35 MIN OR
WALK ~45 MIN

CORE AND LEGS

WARMUP: (4 ROUNDS)

20 JUMPING JACKS
14 LATERAL LUNGES

CIRCUIT: (4 ROUNDS)

30 AIR SQUATS
40 MOUNTAIN CLIMBERS
20 JUMPING LUNGES
FLUTTER KICKS (25 SEC)
SIDE PLANK (40 SEC EACH SIDE)

FULL BODY

"DECK OF CARDS"

(EITHER 1/2 OR FULL DECK)

– SUIT DEFINES THE MOVEMENT

- ♠ SPADE – CHAIR DIPS
- ♣ CLUB – FLUTTER KICKS (30 SEC)
- ♦ DIAMOND – WALL SIT (1 MIN)
- ♥ HEART – BREAKDOWNS

– CARD NUMBER DEFINES THE REPS

(J = 11, Q = 12, K = 13, A = 13)

WEEK 3



UPPER

WARMUP: (4 ROUNDS)

8 INCHWORM
HIGH KNEES (20 SEC)

CIRCUIT: (5 ROUNDS)

12 CHAIR DIP
40 MOUNTAIN CLIMBERS
20 CRUNCHES
10 BURPEES
SIDE PLANK (40 SEC EACH SIDE)

AEROBICS

RUN ~35 MIN OR BIKE ~35 MIN OR
WALK ~45 MIN

CORE AND LEGS

WARMUP: (4 ROUNDS)

WALL SIT - 45 SEC
30 RUSSIAN TWISTS

CIRCUIT: (4 ROUNDS)

22 JUMPING LUNGES
12 LYING HIP THRUSTERS
20 TOE TOUCHES
PLANK - 1 MIN
SIDE PLANK (30 SEC EACH SIDE)

FULL BODY

"DECK OF CARDS"

(EITHER 1/2 OR FULL DECK)

— SUIT DEFINES THE MOVEMENT

- ♠ SPADE — JUMPING LUNGES
- ♣ CLUB — HIGH KNEES (15 SEC)
- ♦ DIAMOND — BURPEE
- ♥ HEART — LEG RAISES

— CARD NUMBER DEFINES THE REPS

(J = 11, Q = 12, K = 13, A = 13)

CELEBRATING FEMALE FOUNDERS

Ayla Lang SHOP MULTIPLICITY

FOR THIS EVENT + WORKOUT GUIDE WE PARTNERED WITH NYC BRAND MULTIPLICITY.

MULTIPLICITY IS A SUSTAINABLE LIFESTYLE BRAND. THEIR SWIM AND ACTIVEWEAR ARE MADE FROM RECYCLED NYLON FROM FISHING NETS IMPROPERLY DISCARDED AT SEA. THE REMOVAL OF THESE NETS HELP TO PROTECT MARINE LIFE AND THE OCEAN FROM POLLUTION. YOU CAN SEE THEIR SETS THROUGHOUT THIS GUIDE AND ON OUR SOCIALS FOR OUR BE WELL SERIES!



WWW.SHOPMULTIPLICITY.COM
[@SHOPMULTIPLICITY](https://www.instagram.com/shopmultiplicity)

AYLA LANG FOUNDED MULTIPLICITY IN MAY 2020. IN HER EARLIER YEARS SHE WAS AN INTERNATIONAL MODEL BEFORE GOING TO SCHOOL AT FIT FOR TEXTILE SCIENCE. WHILE SHE WAS FINISHING SCHOOL SHE WORKED ON A DESIGN TEAM THAT PRODUCED ACTIVEWEAR FOR WALMART. SHE PUSHED FOR SUSTAINABLE MATERIALS TO BE DEVELOPED BUT WALMART'S BOTTOM LINE WAS ALWAYS KEEPING HER FROM USING THE MATERIALS THAT TRULY MAKE A DIFFERENCE. THAT'S WHAT INSPIRED AYLA TO START MULTIPLICITY.

HEY FRIEND!

YAY!



YOU DID IT!

WE'RE SO PROUD OF YOU FOR FINISHING THIS 3 WEEK WORKOUT PLAN WITH US, AND WE HOPE THAT YOU FEEL STRONGER, MORE INSPIRED, AND MORE IN TUNE WITH YOUR BODY AND MIND! WE HOPE THAT YOU'LL JOIN OUR INCREDIBLE COMMUNITY OF WOMEN AT ONE OF OUR FUTURE EVENTS, KEEP UP WITH ALL THINGS [GATHER] AT @GIRLSWHOGATHER ON IG.

 *The [gather] Team*