Twitter Thread by Alex Bernier



Alex Bernier
@mythoughtfood

8 workouts to tone your body and hone your stamina:

Mega Circuit 1/

https://t.co/bKMiphtDOv

> Posture&Stamina Mega Circuit
>
> - 10 stations in a row - 8 exercises, and 2 stretches
>
> - 10 reps each
>
> - No rest between stations, 60-90s between circuits
>
> Level up to kickstart your weekend: pic.twitter.com/mhz4pokFfi
>
> — Alex Bernier (@mythoughtfood) September 9, 2022

Mega Circuit 2/

https://t.co/v5QhwKNgX8

> Do you feel tense today?
>
> This Posture & Mobility Mega Circuit is for you.
>
> The combo strengthens and loosens strategic places to make you feel better.
>
> Enjoy! pic.twitter.com/VlYUV2355g
>
> — Alex Bernier (@mythoughtfood) September 23, 2022

Mega Circuit 3/

https://t.co/qceo1tApdX

> Muscle Toning Mega Circuit
>
> Do all 10 in a row, 8 exercises and 2 stretches
>
> 10-12 reps each
>
> You will tone your sleepy muscles up and boost your cardio at once: pic.twitter.com/pb2wZVtuyr
>
> — Alex Bernier (@mythoughtfood) September 16, 2022

Mega Circuit 4/

https://t.co/GZC893LcYb

> Muscle Stamina Challenge:
>
> - 10-Exercise Mega Circuit
>
> - 12-15 reps/each
>
> - No rest between exercises, 90s between circuits
>
> Boost your body\u2019s ability to sustain a prolonged muscular effort. pic.twitter.com/5OvWykD636
>
> — Alex Bernier (@mythoughtfood) September 30, 2022

6/ Plank Triset

5 sets of 3 exercises in a row
10-12 reps/side
No rest between exercises
90s rest between trisets

Plank Triset



6/ Grow Your Glutes Triset

https://t.co/NcTg97VM5F

> Grow Your Glutes, a Triset for Everybody
>
> Step 1: Hold the quad stretch for 30-60s
> Step 2: 6 to 8 Hip Extensions/leg
> Step 3: 10 to 20 Lunges/leg
>
> No rest between exercises, 90s after a triset
>
> Time to bring your Glutes back from the dead after this long seated week pic.twitter.com/vdB51kBdHM
>
> — Alex Bernier (@mythoughtfood) September 2, 2022

7/ Posture&Mobility Trisets

https://t.co/oMTAr3F8DJ

> Home Posture Triset:
>
> 3 exercises of the same muscle group in a row
>
> 10 reps/each, squeeze 3 seconds every rep
>
> This one tones the Rhomboids between your wing bones
>
> Feel the burn and watch your posture pull back pic.twitter.com/SSs5Hz8Em7

— Alex Bernier (@mythoughtfood) August 26, 2022

8/ Lunge Triset

5 sets of 3 exercises in a row
10-12 reps each
No rest between exercises
90s rest between trisets



8 more workouts for your posture and mobility: https://t.co/8QeLOLDMzp

> 8 workouts to lift your posture and relieve some pressure:
>
> — Alex Bernier (@mythoughtfood) August 12, 2022