

## **Modifications**

Here at the L.A. Bride Body HQ we understand that EVERYONE is different. We are all at different fitness levels and all have different needs, when it comes to working out.

This program is designed to be accessible to everyone.

Listed are the top modifications needed to make sure we all perform the exercises correctly.

### **1. Range of motion.**

This will apply to any exercise that requires you to squat, bend or move in an up-down motion. Only go to a depth that is in your fitness level. Just because someone else has a low squat, do not push your limits to a point that will hurt you. Be mindful of your knees and ankles. Mini squats are perfectly acceptable.

### **2. Speed.....slow down**

If the workout feels particularly fast, SLOW down. Jill is working at a speed that is within her capability. She has built up to this. You will too. But, to begin with, you must workout at a speed that is pushing you but not hurting you. You will get out of breath, but you must NOT get dizzy. If you do feel dizzy or faint, you must stop exercising and sit down or seek help.

### **3. Pregnancy**

If you are pregnant, make sure you have full consent from your doctor and you are in good health. DO not spend any time on your stomach during your pregnancy. If the exercise is one that finds you on your front, perform the exercise standing and at an incline. Push-ups against the wall or on a bench is a great example of a pregnancy modification. Keep your heart rate at a medium level and your body temperature shouldn't get too high. If you are new to working out, I would recommend you begin slowly, light weights and monitor your progress slowly.

### **4. Some moves are too difficult.**

This usually applies to push-ups. Always change the angle of your body. If the standard floor push-up is too difficult, go to the knees. If this is also difficult, take the push-up to an incline. Find a bench, chair or wall to do your push-ups on. Find YOUR method of getting the exercise done.

### **5. Impact**

Jumping, twisting, jogging and hopping are all part of getting fitter with the L.A. Bride Body Training Program.

If the impact is too much for you. REMOVE the jump, hop, twist. By taking that particular exercise to a static movement is absolutely fine. We will build up to a level where you feel comfortable. But for now, take out any impact that causes discomfort or feels too difficult.

### **6. Increase your stability**

If you feel a little off-balance, I would recommend a wider stance or even have a chair to hold on to. The wall is a great place to start. This is a component of fitness that we work on. But you must stabilize yourself. We don't want you feeling unbalanced.

### **7. Weights**

L.A. Bride Body uses small dumbbells to Sculpt and Tone your arms and upper body. If these feel too heavy, reduce the size of your dumbbells or you can do the exercise WITHOUT the use of weights. You are still working out. We will build up to a level where you feel comfortable using dumbbells.

### **8. Out of breath**

This modification is very personal. You should always monitor your heart rate and breathing. Inhale through the nose and exhale through the mouth. Always take breaks when you need to. Remember we are all on a journey to get fitter. Nobody starts out FIT.