BlissElla Full-Spectrum Workout

Train all domains of physical fitness in one structured session (45–60 minutes)

Flexibility

Weighted single-leg RDL: 20 reps per side

Coaching Cue: Move with control and feel a deep stretch through the hamstring while maintaining balance.

Agility

Right, front, left box jumps: 40 total reps for time

Coaching Cue: Change direction quickly while maintaining control on each landing.

Balance

Squat jump to split squat landing: 20 reps (10 per side)

Coaching Cue: Stabilize immediately on landing and maintain alignment.

Stability

Single-leg BOSU hip dips: 20 reps per side

Coaching Cue: Keep the torso steady and control movement through the hips.

Coordination

Jump rope Tabata

Coaching Cue: Maintain rhythm and timing while minimizing errors.

Reaction Time

2 minutes random-timer fall into squat hold

Coaching Cue: React instantly to the cue and control the descent into position.

Speed

Max effort sprint up 2 flights of stairs. Perform 5 times with 30-60 seconds of rest in between each repetition.

Coaching Cue: Move quickly with efficient, controlled steps throughout.

Power

15 max-distance jumps with 30 seconds rest between efforts

Coaching Cue: Focus on maximal horizontal force and controlled landings.

Endurance

1.5 km row for time

Coaching Cue: Sustain a strong, consistent pace while managing fatigue.

Strength

Dead hang: 3 max-time efforts with 1:30 rest between attempts

Coaching Cue: Maintain full-body tension and grip engagement throughout.