BlissElla Full-Spectrum Workout

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

Flexibility

Lizard stretch: 30 seconds hold, 30 seconds active flexing x2 per side

Coaching Cue: Sink into the hips while maintaining control. Use active tension during the flexing phase.

Agility

Tabata side-to-side hops over a box

Coaching Cue: Stay light on your feet and change direction quickly while maintaining balance.

Balance

30 shoulder press pulses in crow position

Coaching Cue: Maintain steady positioning and control through each pulse without collapsing.

Stability

15 straight leg raises per side using a support (e.g., bar or wall)

Coaching Cue: Keep the torso stable and avoid compensatory movement.

Coordination

10 single-leg knee-to-chest to shoulder press per leg (15 lb dumbbells)

Coaching Cue: Move smoothly through each phase, maintaining alignment and rhythm.

Reaction Time

2 minutes of random-timer box jumps

Coaching Cue: React immediately to each cue with efficient and controlled movement.

Speed

0.3 mile treadmill run at maximal effort

Coaching Cue: Maintain a fast turnover and consistent pace throughout.

Power

10-minute EMOM: 1 dumbbell thruster (60 lb)

Coaching Cue: Explode through each repetition with full-body coordination.

Endurance

0.1 mile run as fast as you can/0.1 mile walk for rest x 5 intervals

Coaching Cue: Sustain effort across intervals while managing fatigue.

Strength

Bench Press: 3 sets of 5 reps

Single Arm Dumbbell Row: 3 sets of 5 reps

Coaching Cue: Focus on controlled reps and full range of motion for both pushing and pulling movements.