BlissElla Full-Spectrum Workout

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

Flexibility

10 Jefferson Curls

Coaching Cue: *Move slowly and control each segment of the spine. Focus on smooth, deliberate motion rather than speed.*

Agility

20 side-to-side and forward-back hops over a line (single leg, as fast as possible)

Coaching Cue: *Stay light on the foot and minimize ground contact time. Change direction quickly while maintaining control.*

Balance

30 single-leg calf raises

Coaching Cue: *Keep the ankle steady and avoid wobbling. Move slowly up and down while maintaining full control.*

Stability

30 plank up-downs (15 each side)

Coaching Cue: *Keep the hips level and avoid rotation. Move with control as you transition between positions.*

Coordination

10 three-point single-leg dumbbell RDLs

Coaching Cue: *Move deliberately between each point, maintaining balance and alignment throughout.*

Reaction Time

3-minute random beep burpees

Coaching Cue: *React immediately to each cue. Focus on quick initiation and efficient movement.*

Speed

Max effort 1-minute row

Coaching Cue: *Drive powerfully through each stroke while maintaining a fast, consistent cadence.*

Power

3 rounds: 10 box jumps (holding 20 lb dumbbells), 10 plyometric push-ups, 10 dumbbell push press (50 lb)

Coaching Cue: *Explode with each rep. Focus on maximal force production and controlled landings.*

Endurance

Treadmill VO2 protocol: 1/4 mile fast run + 1/4 mile walk × 4

Coaching Cue: *Push the pace during work intervals while maintaining sustainable effort across rounds.*

Strength

Front squat: 5 sets of 5 reps

Coaching Cue: *Maintain an upright torso and controlled descent. Drive through the floor with each rep.*