



BALANCE with Erin Oprea





Born in Sacramento, raised in San Diego and Nashville, Erin was involved in soccer and fitness at a very young age. She felt a need to help others become physically fit and at 18 she received her first certification as a personal trainer.

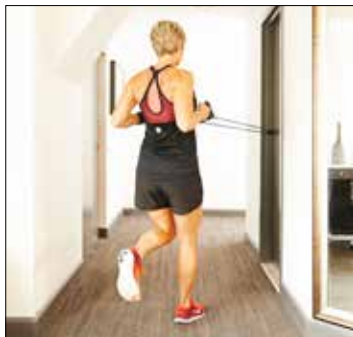
She embraced the challenges of the U.S. Marine Corp and enlisted at the age of 20. With nine total years of service, including two tours of duty in Iraq, Erin made history when she was appointed to lead the first female platoon attached to the infantry in a war zone. While serving our nation, she became even more aware of the importance of physical fitness and nutrition.

In 2006, Erin was recertified and immediately began using her unique fitness and nutrition plans to train an elite group of clients. In a matter of no time, word spread and she began training top business executives, celebrities and others who live busy lives and are conscientious about their appearance and health. She trains privately, one on one, in clients' homes and on the road when necessary.

Erin has been Carrie Underwood's personal trainer since early 2007. Working with celebrities like Underwood and Jennifer Nettles has earned Erin the nickname, "Trainer to the Stars." Erin understands that her background, experience, confidentiality and friendliness are the cornerstones to her success.

Erin lives in Nashville with her husband Sean and her two boys. As a family, they are heavily involved in soccer, sports and other family activities.

WARM UP With a band attached to the door, warm-up your rotator cuff by moving your arm across your body against the resistance of the band. I also always recommend doing a five-minute warm-up before every exercise routine to get the body moving and ready for what is about to come. A walk around the hotel using the stairs is a perfect way to start. You could also perform a variety of calisthenics including jumping jacks, fake jump roping or running in place. All groups/series should be repeated for 3–4 sets.



LUNGE AND ROW

DOOR, MIDDLE HINGE ANCHOR POSITION

Face the door with the band held in both hands. Take one leg back into a lunge and drop that knee straight to the ground. Drive up through your front heel and, once standing, drive your elbows backward, squeezing your shoulder blades together behind you. Release and repeat the lunge. **10–15 reps before switching legs.**



CURLS

DOOR, LOW HINGE ANCHOR POSITION

Face away from the door with the band held in both hands. Keeping your elbows tight to your side, perform a curl, making sure to control the movement both up and back down. **12–15 reps**



MOUNTAIN CLIMBERS

FLOOR

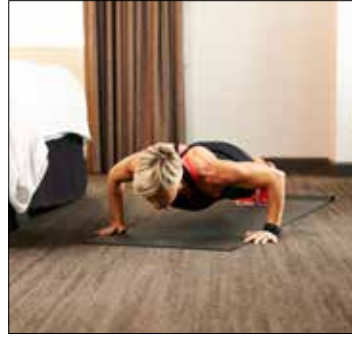
Get into plank position with your back flat and hands straight below your shoulders. Keeping your core tight, bring one knee toward your chest, then take it back; switch legs. You should feel like you're running in place in prone position. **30 seconds to 1 minute**



ONE-LEGGED DEAD LIFT

STABILIZER BALL

Your starting position has the top of one foot squarely on the stability ball, with your other foot a couple feet out in front, with that knee slightly bent. Fall at your waist as you roll the ball backward until your back is parallel to the ground. Squeeze your bottom as you roll the ball back to the starting position and raise your body upright. Keep your chest up through the whole move so your back doesn't round. **10–15 per leg**

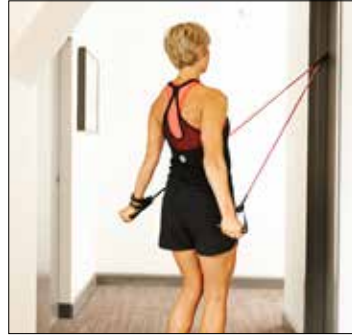


PUSH-UPS

FLOOR

Go into plank position with your hands just wider than your shoulders, core engaged and back flat. Perform a push-up. Return to starting position, keeping your hips tucked throughout the maneuver. If need be, place your knees on the ground, feet up, with ankles crossed. If doing knee push-ups, still keep your hips tucked in to create a straight line from your shoulders to your knees.

30 seconds to 1 minute



TRICEP EXTENSIONS

DOOR, HIGH HINGE ANCHOR POSITION

Face the door with the band in both hands, with your elbows at 90 degrees. While keeping your elbows glued to your sides the entire maneuver and your palms facing up, extend the band down until your arms are straight. Make sure to control the motion both going down and returning to the start (90 degrees). **12–15 reps**



PLANK JACKS

FLOOR

Get into plank position on your hands with your feet close together. Without letting your form waver, jump your feet out wide followed immediately by jumping them back together. You are performing jumping jacks while maintaining the plank form. **30 seconds to 1 minute**



SQUAT INTO LUNGE

FREESTANDING

Squat down on one leg with the other foot lightly touching the floor for balance. Without fully standing up, take the leg used for balance back into a lunge. Keep your stationary leg bent and return your balance leg to the starting position. The key is to perform both the squat and the lunge without fully coming up from either!

10–15 reps per leg



DIPS

CHAIR/FLOOR

Can be performed on the bench, chair or simply on the floor. Place your hands shoulder width on the edge of the bench with your fingers pointing toward your feet. Drop your bottom, elbows going straight backward until they are parallel to the ground. Now push yourself back up until your arms are straight again. **15–30 reps**



ELBOW PLANK WITH HIP DIPS

FLOOR

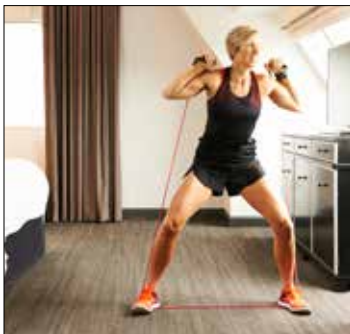
Get into a plank position, resting on your elbows. Rotate your hips downward and dip them to the left side, then back up to center. Then rotate your hips downward to the right, then back up to center. Keep the rest of your body still. **30 seconds**



LATERAL RAISE WITH BAND

FREESTANDING WITH BAND

Grab the band with both hands while stepping on the middle to create resistance. Starting with your arms at your sides, raise your hands out and up to shoulder level making sure not to “shrug” but to lift with your shoulders. **10–15 reps**



SIDE STEP

FREESTANDING WITH BAND

Grab the band’s handles with both hands and step on the middle of the band with both legs about shoulder-width apart. Get into a beginning squat stance with your feet very wide and good resistance on the band. Place yourself halfway down into a squat and remain there for the entire maneuver. Now take a small step sideways, followed by just as small of a step in the same direction with your other foot. Maintain a strong grip on the band so that it does not become lax at any point. Continue sideways all the way across the room and then return all the way back to the starting point — that is 1 rep. **4–8 reps**



LUNGE PULSES

FREESTANDING

Take a big step back into a lunge, making sure to drop the back knee to just above the ground. Drive through your front heel as you stand making sure to NOT come all the way up to standing. While still having the front leg engaged, lift the rear leg upward, pulsing it while squeezing your bottom. As your leg returns from the pulse, immediately enter back into the lunge. Each set should be completed without fully standing. Use the door handle/frame for balance if need be. **15–20 reps before switching legs**



SQUAT AND SIDE KICK

FREESTANDING

Perform a squat and upon rising halfway, kick your leg straight out to your side, immediately followed by another kick with your opposite leg. Now return back down into the squat to repeat. Make sure to never fully come up from the squat, only about halfway. **15 reps per leg**



WIDE PULL DOWNS

DOOR AND FLOOR, HIGH HINGE ANCHOR POSITION

Have a seat on your bottom and grab the handles on the band with your palms facing downward. As you pull backward, squeeze your shoulder blades together behind you and keep your elbows wide and in line with your shoulders. Do not shrug to perform this maneuver — make sure the movement stays in your shoulders and back.

15–20 reps



HAMSTRING CURLS

FLOOR WITH STABILIZER BALL

Lie on your back with the stabilizer ball underneath your ankles. With your hands flat on the ground beside you for balance, raise your hips in the air to create a straight line from your knees to your shoulders. This is the starting position. Now, dig your heels into the ball as you bend your knees and roll the ball toward your bottom. As you do this, your hips need to raise higher still to maintain that straight line from your knees to your shoulders (your knees being higher now than you have rolled the ball in). Return your feet and hips to the starting position, making sure your hips do not go all the way to the ground, and repeat. **10–15 reps**



STABILITY BALL BRIDGE PULSES

FLOOR WITH STABILIZER BALL

Lie on your back with your heel on the stability ball, knees bent. Push your hips up and down, squeezing your bottom each time, never letting it hit the ground. **20 reps**



PASS THE BALL ABS

FLOOR WITH STABILIZER BALL

Lie on your back with your legs straight and the stability ball between your feet. Crunch up with your hands at the same time you bring your feet up in the air and pass the ball from feet to hands. Lower your legs and arms to right above the ground before returning up to exchange the ball back between your legs. Continue this motion, keeping your legs and arms straight throughout the maneuver. Make sure to crunch up using your core. Do not just move your arms up! **30–45 seconds**



SKY DIVERS

FLOOR

Lie on your stomach with your arms stretched behind you to your sides, palms up. Arch up, bringing your upper back and legs as far off the ground as possible. Hold this position, making sure to slightly dip your chin to relieve stress off your neck. Your hands should be hovering beside you, with your whole body looking as if you are skydiving through the atmosphere. WEEEEEEEE! **30–60 seconds**

Make sure to give yourself a short cool-down period, where some good stretching will keep you limber!

Guests looking for more basic or advanced moves can visit Erin Oprea's Instagram at [BalanceWithOprea](#) to find video demonstrations of modifications and additional workout ideas.

