

Full Body Workout #3

Reps and Sets will depend on your abilities. 2-3 sets of 8-12 reps is suggested!

1. WARM UP – Step Touch (3 x 20 reps)

Stand hip width apart and step your left foot towards your right foot. Then, step your left foot back to starting position and step your right foot towards your left foot. Repeat this sequence.

2. WARM UP – Arm Circles (4 x 20 seconds)

Stand up and extend your arms straight out to the side (they should be parallel to the floor). Slowly start making circles with each outstretched arm. Continue the circle motion for 20 seconds, and reverse direction.



3. LEGS AND ARMS – Reverse Lunges with Bicep Curls

Stand with your feet hip-width distance apart with a dumbbell in each hand and take a large step backwards with your left foot and bend your left knee. Lower your hips so your right thigh is parallel to the floor. As you do this, curl your biceps towards your shoulders. Make sure your knee is directly above your ankle. Return to standing position by pressing your right heel into the floor while bringing your left leg forward to complete one repetition. To make it more challenging, complete the lift phase of the bicep curl as you step up and return to the standing position.



4. BACK – Dumbbell Plank Rows

Start in a plank position with your legs wider than hip-width distance with dumbbells. Lift your right elbow up towards the ceiling. Return the weight to the ground and repeat the movement on the left side for your next set.

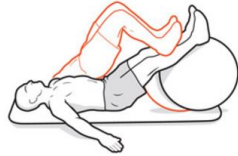


Alternatively, you can perform a one hand dumbbell row on a bench. Place your right leg and right hand on top of a bench. Your left leg should be planted on the floor, and your left arm should have a dumbbell. Lift your left elbow up toward the ceiling. Slowly return to starting position and repeat.



5. LEGS – Hamstring Ball Curls

Lie face up with your calves on a yoga ball and your arms by your sides. Squeeze your glutes and raise your hips until your body forms a straight line from shoulders to heels. Slowly bend your knees and pull the ball toward your hips until you can rest the soles of your feet on top of the ball. Slowly press the ball away from your hips until the knees are straight. Repeat reps and slowly lower your body to the floor.



6. CHEST – Dumbbell Chest Press on Ball

Lie on a ball while holding a pair of dumbbells. With your elbows bent to 90 degrees, push the dumbbells up towards the ceiling so that your arms are directly over your shoulders and your palms are facing your feet. Slowly return to starting position.



7. SHOULDERS – Rear Deltoid Fly

Holding two dumbbells, stand up and bend slightly at the knees. Move your hips back as you shift your weight onto your heels. Bend forward while maintaining a straight back. Raise your arms up to your sides with your elbows slightly bent. Stop and hold when dumbbells are at shoulder height. Slowly return to starting position.



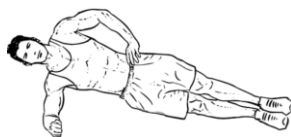
8. ARMS – Tricep Kickback

Place your right leg and right hand on top of a bench. Your left leg should be planted on the floor, and your left arm should have a dumbbell. Bend your left elbow so your upper arm is parallel to the floor and your forearm is perpendicular to the floor. As you keep your elbow close to your waist, straighten your arm behind you until your entire arm is parallel to the floor. Slowly bend your elbow to lower the weight and repeat.



9. CORE – Side Plank

Start on your right side with your legs extended. Stack your feet or place in front of the other. Place your right elbow directly under your shoulder to prop up your torso, and align your head with your spine. Gently contract your core and lift your hips and knees off the floor. Hold for 30 to 60 seconds and return to the starting position. Roll onto the other side and repeat. Alternate: keep knees on the floor.



10. CORE – Reverse Curls

Lie on the floor and extend your legs straight up towards the ceiling. Use your core to lift your hips directly up toward the ceiling. Lower your hips back to the floor and repeat.



