

Full Body Workout #2

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

1. WARM UP – Run in Place (3 x 30 seconds)

Move your legs as if you were running, but do not move forward. Alternatively, you can walk on the spot.



2. WARM UP – Squat and Cross Punch (4 x 10 punches)

Place your feet hip-width distance apart and bend your knees as if you are about to sit into a chair. Use your right arm and punch towards the left side. Following the first punch, use your left arm and punch towards the right side. While punching, keep your chest upright. After 10 punches, slowly return to starting position and repeat 4 times.



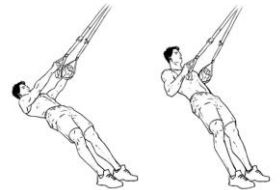
3. LEGS – Step Ups

Place a bench in front of you. Place your right foot onto the bench and straighten your right knee to stand on the bench while lifting and bending your left leg. Bend your right knee as you lower your left foot onto the floor. This is one repetition.



4. BACK – TRX Pull ups

Move the handles so they are level with your chest. Grip the handles and walk your feet forward. Lean back, keep your core tight, and pull yourself up. Slowly return to starting position and repeat.



5. LEGS – Walking Lunges

Stand with your feet hip-width distance apart. While engaging your core, take a big step forward and lower your hips until both knees are bent at around 90 degrees. Make sure your knee is directly above your ankle. Take a step forward with your other foot and repeat sequence.



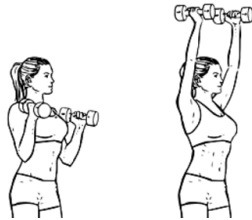
6. CHEST – Dumbbell Chest Fly

Lie on a bench while holding a pair of dumbbells. Push the dumbbells above your chest—the dumbbells should be facing one another. With a slight bend in your elbow, open your arms and lower the dumbbells to the sides. Slowly return to starting position.



7. SHOULDERS – Shoulder Press

Sit on a bench with a dumbbell in each hand. Bend your elbows 90 degrees so that the dumbbells are above your shoulders, palms facing each other. This is your starting position. Press the weights up until your arms are straight overhead. Hold for 1 second, and then slowly return to starting position.



8. ARMS – TRX Triceps Extension Hammer Curls

Hold a handle in each hand and turn to face away from the anchor point. Elbows should be pointing forward with a 90 degree bend. Lunge forward until the straps become tight. Keep your core muscles engaged. Straighten your elbows by pressing your body away from your arms. Slowly return to starting position.



9. ARMS – Hammer Curls

Stand with a dumbbell in each hand. Your elbows should be close to your body and the palms of your hands should be facing you too. With your upper arm stationary, curl the weight forward, contracting your biceps. Continue raising the weight until the dumbbell is at shoulder level. Hold it for a moment. Slowly return to starting position.



10. CORE – Bird Dog

Start on hands and knees. Have your knees hip-width apart. With your core engaged, lift your right arm in front until it is level with your shoulder. At the same time, extend your left leg straight back until it is level with your hips. Keep your hips square to the floor. Slowly return to the starting position and perform the same action with left arm and right leg.

