



Warm Up

- A warm up will prepare you for exercise by increasing blood flow to the muscles as well as help increasing joint range of motion
- Perform a 5 minute warm up, starting at a slow pace and gradually increasing it as you proceed.

Butt Kickers

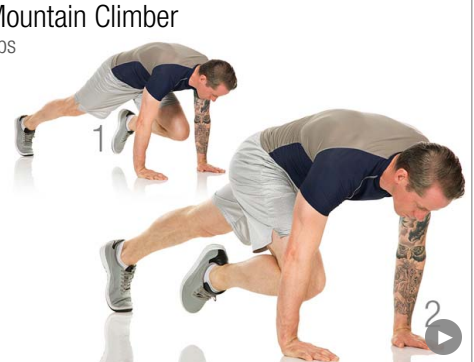
Cardio



- Stand upright with your hands by your sides.
- 1 - Jog in place and rapidly kick your legs high back up behind as if you were trying to kick yourself in the buttocks.
 - 2 - Rapidly alternate legs in a jogging motion.

Mountain Climber

Abs



- Support your body on your toes and hands with your arms straight
- 1 - Bring one knee in toward your chest, keeping the rest of your body in the push up position.
 - 2 - Straighten this leg and repeat on the other side.
- Keep your back flat and your hips in line with your shoulders throughout.

Frankenstein Walk

Cardio



- Stand upright with your arms by your sides.
- 1 - Take a step forward raising your leg straight up in front to hip height and your arms up in front to shoulder height.
 - 2 - Step forward, raising the other leg up.
- Continue walking forward.

Strength

This workout is designed to help you gain strength, burn fat, lose weight, improve endurance and help get you in the best shape of your life and looking great.

Lower Body

Your legs not only hold you up and move you around, they also contain most of your largest muscle groups. So pack on some lean muscle and fire up your weight loss with this workout.

Exercise Intensity

10 Reps

3 Sets

Perform 3 sets of 10 reps for each exercise.

Use a challenging weight that allows you to complete all reps.

Uni Glute Bridge

Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, making a straight line from your hips to your shoulders and extend one leg out straight.
- Lower yourself back to the floor and repeat using the other leg.
 - Complete all reps on one side before switching to the other side.

Foot Up Split Squat

Legs



- 1 - Stand upright with one foot on a bench behind with your arms by your sides.
 - 2 - Drop your body down towards the floor, bending at your hips and knees and leaning your torso slightly forward.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.



Stiff Leg Deadlift

Legs



1 - Stand upright on the middle of the tubing holding the handles at your thighs with your arms straight and your feet hip-width apart.

2 - Lower the handles to just below your knees shifting your hips back and keeping your legs straight and back flat.

- Return to the upright start position.

Strength

This workout is designed to help you gain strength, burn fat, lose weight, improve endurance and help get you in the best shape of your life and looking great.

Upper Body

This workout targets your chest, shoulders, back and arms to help you gain more lean muscle mass and awesome upper body strength.

Exercise Intensity

10 Reps

3 Sets

Perform 3 sets of 10 reps for each exercise.

Use a challenging weight that allows you to complete all reps.

Seated Rowing

Back



1 - Sit upright with the middle of the tubing wrapped around your feet, holding the end of the tubing in your hands with your arms straight.

2 - Pull the ends of the tubing in toward your sides, bending at the elbows and squeezing your shoulder blades together.

- Remain upright throughout and do not sway back and forth.

Uni Bent Over Row

Back



1 - Stand on the end of the tubing bent forward at the waist with knees slightly bent, back flat, holding one handle with your arm straight and palm facing in.

2 - Lift the handle up to the side of your chest.

- Lower the handle back to a straight arm position, keeping your back flat throughout.

- Complete all reps on one side before switching to the other side.

Close Push Up

Triceps



1 - Support your body on your toes and hands with your hands inside your shoulders and your elbows bent, chest nearly touching the floor.

2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

Cardio

Use this high intensity workout to maximize calorie burn, torch that excess body fat and quickly trim down.

Jump Rope

Cardio



- Stand upright holding the handles with your arms by your sides and the rope behind you.

1 - Swing your arms straight back and up overhead, then down in front in a big circle.

- As the rope comes down in front, jump to allow it to clear your feet.



Rest



Run In Place

Cardio



- Run in place in an upright position swinging your arms by your sides.
- Your hands should swing up to about chest height in front and back down to your hip.

Rest



Squat Thrusts

Cardio



- 1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Jump your feet back out to a straight position.

Rest



Run In Place

Cardio



- Run in place in an upright position swinging your arms by your sides.
- Your hands should swing up to about chest height in front and back down to your hip.

Rest



Ice Skater

Cardio



- 1 - Start in a semi-squat with one leg stretched out to the side.
 - 2 - Push off your front leg, jumping to the other side and switching your other leg out to the side.
- Use arms in a swinging motion
 - Alternate sides with each rep.

Rest





Run In Place

Cardio



- Run in place in an upright position swinging your arms by your sides.
- Your hands should swing up to about chest height in front and back down to your hip.

Rest



Jumping Jacks

Cardio



- 1 - Stand upright with your feet together and your arms by your sides.
 - 2 - Jump up, splitting your feet out to the sides.
 - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.

Rest



Run In Place

Cardio



- Run in place in an upright position swinging your arms by your sides.
- Your hands should swing up to about chest height in front and back down to your hip.

Rest



Ice Skater

Cardio



- 1 - Start in a semi-squat with one leg stretched out to the side.
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