

COMPLETE HOME WORKOUT

Make sure you warm up for 5-10 minutes before beginning this workout and that you stretch each muscle group properly as directed. Maintain your pace throughout the entire workout with about 30-40 seconds rest in between sets.

Day 1, 3, 5

1. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Notes:

Warm up for 3 minutes walking briskly. After 3 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 15 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 15 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.

2. DUMBBELL SQUAT



Reps: 3 sets of 12

Execution: Stand with knees slightly bent and feet approximately shoulder width apart. Keep toes pointed forward or slightly out. Relaxing shoulders, hold dumbbells on shoulders or at sides. Stand in good body alignment (abs tight, chest up, back straight). In a controlled motion, lower body by bending knees and hips, pushing glutes back. Keep a slight arch in the back. Keep knees in line with toes; avoid turning knees in or out. Keeping feet flat on the floor, continue lowering body as far as possible without compromising form (back arched, abs tight, chest up). Stop lowering before pelvis begins to curl under or back rounds out. While maintaining controlled motion, return to starting position (avoid locking out knees). Do not allow muscles to relax before next repetition.

3. BALL DUMBBELL CHEST PRESS



Reps: 3 sets of 12

Execution: Primary Muscle Group: Chest, abs, thighs.

Muscle Groups Worked in This Exercise: Anterior Deltoids, Pectoralis Major, Rectus Abdominus, Quadriceps

Preparation: Lie with your upper back, neck and head supported by the ball. Grasp a dumbbell in each hand and bend your elbows at 90 degrees.

Breathing: Exhale when pressing hands up, inhale as you return them to start position.

Execution: As you press your hands towards the ceiling, exhale. Inhale as you bring your hands back down to starting position.

Comments: This one tones your back, your abdomen and your thighs. Remember to keep those hips lifted throughout.

4. BARBELL ROWS



Reps: 3 sets of 12

Execution: Bend knees slightly and bend over bar with back straight. Grasp bar with a wide overhand grip. Pull bar to upper waist. Return until arms are extended and shoulders are stretched forward. Do not allow muscles to relax before next repetition.

5. DUMBBELL LUNGE



Reps: 2 sets of 12

Stand with one leg forward, with front knee directly over ankle, and knees slightly bent with feet approximately hip width apart. Relaxing shoulders, hold dumbbells on shoulders or at sides. Keep back heel up and toes pointed forward. Stand in good body alignment (abs tight, chest up, back straight). In a controlled motion, lower body by bending knee and hip, keeping back straight and maintaining good body alignment. Keep knees in line with toes; avoid turning knees in or out. Keeping forward foot flat on the floor, continue lowering body until just before back knee touches ground, without compromising form (back straight, abs tight, chest up). While maintaining controlled motion, pushing with front heel, return to starting position (avoid locking out knee). Do not allow muscles to relax before next repetition.

6. BALL DUMBBELL CHEST FLYS



Reps: 2 sets of 12

Primary Muscle Group: Chest, abs, thighs.

Muscle Groups Worked in This Exercise: Anterior Deltoids, Pectoralis Major, Rectus Abdominus, Quadriceps

Preparation: Lie with your upper back, neck and head supported by the ball. Grasp a dumbbell in each hand and bend your elbows in a circular manner to your Body.

Breathing: Exhale when pressing hands up in a circular motion as if you were hugging a tree, inhale as you return them to start position.

Execution: As you bring your hands towards together over your chest in a circular form, exhale. Inhale as you bring your hands back down to starting position.

Comments: This one tones your back, your abdomen and your thighs. Remember to keep those hips lifted throughout.

7. BALL DUMBBELL LAT ROW



Reps: 2 sets of 12

Primary Muscle Group: Mid back

Muscle Groups Worked in This Exercise: Deltoideus, Brachialis and Trapezius

Preparation: Begin in a standing position. Grasp the dumbbell with your right hand. Place your left palm on top of the ball with your left leg right beside the ball.

Breathing: Exhale to raise your elbow, inhale to lower.

Execution: Now, take a big step back with your right leg and bend forward about 45 degrees. Tighten your abs and extend your right arm toward the floor. Exhale and raise your right elbow up towards the ceiling (pull the weeds). Inhale and lower. Repeat on other side.

Comments: This one simulates "pulling weeds" in the garden. It will really firm up that upper back area and for women particularly targets that bunch of flesh right under your bra strap!

8. SEATED ARNOLD PRESS-DUMBBELL



Reps: 2 sets of 12

Sit in good body alignment (abs tight, chest up, back straight). Dumbbells remain over elbow joints during exercise. Hold dumbbells to the front of the chest with palms facing you. In a controlled motion, press dumbbells up while, at the same time, rotating the arms to finish the movement with the palms facing away. Dumbbells should be directly over the elbow joints. While maintaining the controlled motion, return to starting position. Do not allow muscles to relax before next repetition.

9. BALL CRUNCH INTERMEDIATE



Reps: 3 sets of 12

Primary Muscle Group: Core Muscles

Muscle groups worked in this exercise: Upper And Lower Abdominals

Preparation: Start by sitting on the ball with your knees bent and feet flat on the floor. Slowly walk your feet forward as you slide your torso down the ball. Your trunk should be parallel to the floor. Just let your hips clear the ball and let your lower back press into the ball; cross your arms over your chest.

Breathing: Exhale as you lift and inhale as you relax back to the starting point.

Execution: Pull your navel towards your spine and concentrate on contracting your abs as you lift your torso. Lift your upper torso off the ball, remembering to exhale. Inhale as you return to neutral.

To increase the challenge, interlace your fingers behind your head and keep your elbows out to the sides. Don't pull on your neck!

Comments: By doing this, you create more resistance to work against as you've added the extra weight of your arms to your upper body. You should not be able to see your elbows in this position, so keep them way back!

10. BALL CRUNCH OBLIQUES



Reps: 3 sets of 12

Place ball at low back area and place feet wide to stabilize the body. Cross arms over chest. In a controlled motion, keeping neck straight, curl upper body up while turning your torso to the left. Contract abdominals fully without compromising form. While maintaining the controlled motion, return to starting position. Do not allow muscle to relax before next repetition. After completing one set on the left, switch to your right side. Focus on really twisting your torso and feeling the contraction when you are in the up position.

11. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Notes:

Warm up for 2 minutes walking briskly. After 2 minutes, jog until you are to you are fatigued. Walk briskly for 1 minute to recover. After 1 minute, continue jogging. Repeat this sequence until you complete 10 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 10 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.

Days 2 and 4

1. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Notes:

Warm up for 5 minutes walking briskly. After 5 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 45 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 45 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.

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