

KILLER HOME WORKOUT

If you need a challenging workout, try our killer home workout routine. 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 seconds rest in between sets.

Day 1, 3, 5

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 20 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.

2. DUMBBELL DEAD LIFT



Reps: 2 sets of 12

Execution: Squat down and grasp dumbbells, with feet approximately shoulder width apart and arms at sides. Keep toes pointed forward or slightly out. Stand in good body alignment (abs tight, chest up, back straight - slight arch). Breathe in and hold. In a controlled motion, raise body by bending knees and hips, while keeping 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 raising body up until it reaches a fully erect position without compromising form (back arched, abs tight, chest up). Hold breath past sticking point then exhale. While maintaining controlled motion, return to starting position. Do not allow muscles to relax before next repetition.

3. BALL DUMBBELL CHEST PRESS



Reps: 2 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. BALL DUMBBELL SQUATS



Reps: 2 sets of 12

Execution: Primary Muscle Group: Quadriceps femoris, Gluteus

Muscle Groups Worked in This Exercise: Thigh Flexors, Glutes

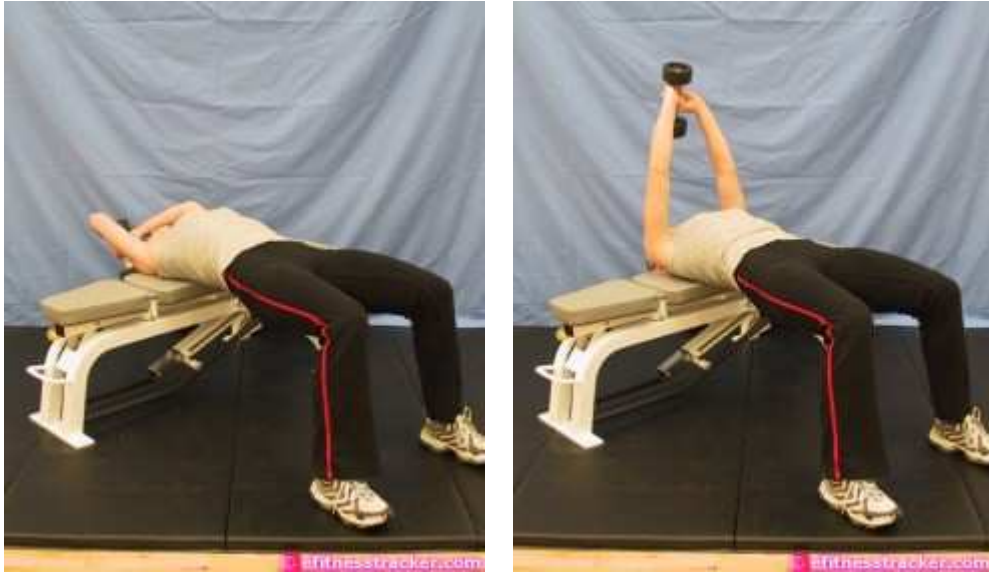
Preparation: Place a ball between your back and the wall and inch your feet away from the wall and let your body weight lean into the ball. Your feet should be about 1 to 1 ½ feet in front of your hips. Hold the dumbbells up in your hands next to your shoulders.

Breathing: Inhale when sliding your back (and the ball) down the wall; exhale when rising to standing position.

Execution: Bend your elbows and bring your hands to shoulder level with dumbbells in hand. Maintaining a constant pressure with your back on the ball, roll it down the wall, while bending your knees until they reach 90 degrees. Pause, exhale and return to a standing position.

Comments: Keep your abs tight and hands engaged as you go through the full range of squats.

5. DUMBBELL PULLOVER



Reps: 2 sets of 12

Lie face up on bench. Place feet flat on floor. Keep arms perpendicular to the floor with dumbbell locked in hands. Keep elbows fixed, maintaining a slight bend. Stay in good body alignment (abs tight, chest up, back straight). In a controlled motion, keeping elbows fixed, begin lowering arms over head. Avoid lowering dumbbell past head. Stretch lat muscles to a comfortable position without compromising form; avoid excessive arching of the low back. While maintaining the controlled motion, contract lat muscles and return arms to starting position. Do not allow muscles to relax before next repetition.

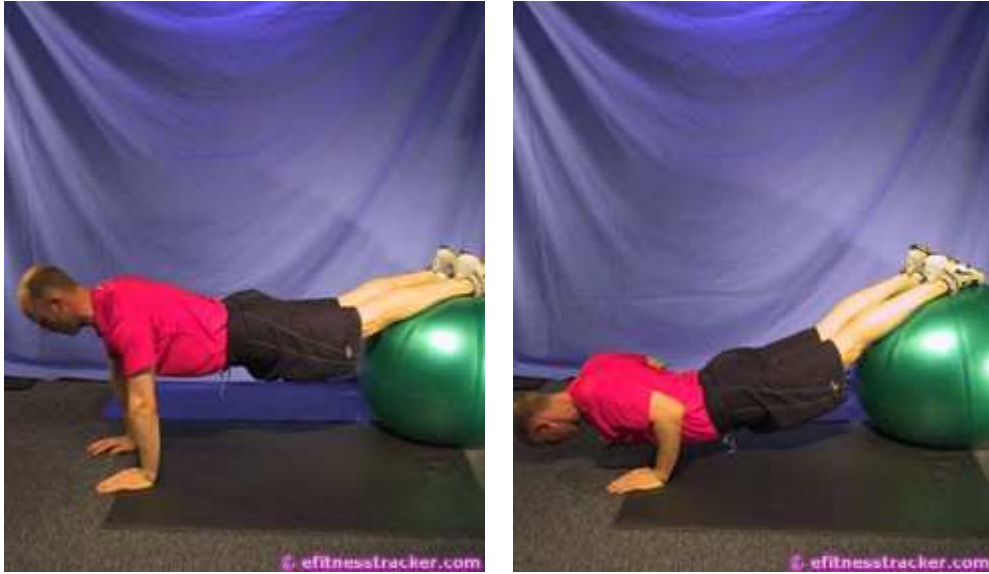
6. DUMBBELL LUNGE



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.

7. BALL PUSH UPS



Reps: 2 sets of 12

Primary Muscle Group: Chest

Muscle Groups Worked in This Exercise: Deltoideus, Triceps brachii, Pectoralis Major

Preparation: Place your body into the pushup position and your shins against the ball, palms on the floor directly under your chest.

Breathing: Inhale while lowering your chest and exhale as you press back to start.

Execution: Lower your chest to the floor by bending your elbows. Once your chin is even with the bend in your elbows, exhale and press back to start. Remember to keep your back flat, your hips up and your abs tight!

Comments: If this is too hard, try placing your thighs against the ball instead of your shins.

8. 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!

9. 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.

10. 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.

11. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Notes:

Warm up for 1 minute walking briskly. After 1 minute, jog until you are too 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 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.

Day 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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