

30
MINS

CIRCUIT #1: UPPER BODY



CLICK TO WATCH CIRCUIT #1

There are 3 parts to each circuit. Circuit the exercises one after the other with no rest in between. Complete the number of sets in each part before moving on.

PART #1: PERFORM 5 COMPLETE SETS

CHEST FLYES ON STABILITY BALL



ACTION: Sit on stability ball and roll down so your upper body only is on the ball and the rest of your body makes a bridge. The dumbbells are resting on top of your thighs with palms facing each other. Engage core and exhale. Lift dumb-

bells individually so that they are shoulder width apart, palms still facing forward. Slowly, with a bend in the elbows, lower your arms out to the sides until you feel the chest muscles and return to start. **Increase level of difficulty by opening arms wider and holding for a count of 5.**

EQUIPMENT: 2 DUMBBELLS & STABILITY BALL

WEIGHT: 10 LBS. EA/HAND | **REPS:** 10

EXERCISE

STABILITY BALL SHOULDER PRESS



ACTION: Sit on the stability ball and grasp dumbbells in each hand. Engage core. Bend arms and raise dumbbells to shoulder height, palms facing forward. This is the start position.

Raise dumbbells above your head, directly over shoulders and do not lock out. Lower dumbbells to shoulders and repeat.

EQUIPMENT: 2 DUMBBELLS & STABILITY BALL

WEIGHT: 10 LBS. EA/HAND | **REPS:** 12

BENT OVER DUMBBELL ROW



ACTION: Stand with feet hip width apart. Put yourself into an athletic stance with dumbbells in each hand. Pull dumbbells in to belly button by squeezing back muscles together. **Hold row for a count of 5** and return to starting position.

EQUIPMENT: 2 DUMBBELLS | **WEIGHT:** 10 LBS. EA/HAND | **REPS:** 10

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CIRCUIT #1 cont...

PART #2: PERFORM 5 COMPLETE SETS

DUMBBELL BICEPS CURL



ACTION: Stand straight facing forward with a dumbbell in each hand. Arms are hanging down your sides, palms facing in. Engage core.

Keeping upper arms tucked in against your sides, slowly curl dumbbells while contracting biceps. Keep curling until biceps are fully contracted. Hold for a count of 3. Slowly return to start position. Repeat.

EQUIPMENT: 2 DUMBBELLS | **WEIGHT:** 10 LBS. EA/HAND | **REPS:** 12

TRICEPS DUMBBELL KICKBACKS



ACTION: Grasp a dumbbell in both hands, palms facing inwards. Keep back flat and parallel to floor. Knees are soft. Upper arms are tight against your upper body and parallel to floor. Forearms make a 90 degree angle with

EXERCISE

upper arms and are pointing towards the floor. Slowly raise dumbbell so it makes a straight line with your forearm, keeping the forearm tight and immobile against your upper body. Hold for 3 seconds and slowly return to start.

EQUIPMENT: 2 DUMBBELLS & STABILITY BALL

WEIGHT: 5-8 LBS. EA/HAND | **REPS:** 8-10

PART #3: PERFORM 4 COMPLETE SETS OF ABS

SUPINE TOE TAPS



ACTION: Lie on the floor on your back.

Lift legs to 90 degrees, bending at the knees.

Engage lower abs by drawing belly button to floor. Arms are palms down by your side.

Keeping abs engaged lower right toe slowly

to the floor and back. Alternate with left leg and repeat.

EQUIPMENT: NONE | **WEIGHT:** NONE | **REPS:** 20 PER SIDE

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MINS

CIRCUIT #1 cont...

REVERSE CRUNCH*



ACTION: Rest on your back on a flat bench with your feet on the floor. Grip bench with hands at either side of your ears. Tighten core and slowly raise legs to upright position. Lift legs and glutes from bench with control. Hold for a two count. Lower legs to floor but do not rest feet on floor. Try to keep your legs straight - as you get stronger this will get easier. Keep core engaged and repeat reverse crunches. * *Make the move harder: Attach soft ankle weights to your ankles and perform the move.*

EQUIPMENT: FLAT BENCH | **WEIGHT:** NONE | **REPS:** 10

TWISTING V-SITS*



ACTION: Sit on the floor. Hold a medicine ball in your hands. lift your legs keeping them straight to create a V position with your body and engage core to hold them there. Twist to the left and right, keeping legs in high V position. Hold

EXERCISE

weighted medicine ball and as you twist far left and far right, touch ball to ground too. * *Make the move easier: Bend your knees and do not use a medicine ball.*

EQUIPMENT: 1 MEDICINE BALL

WEIGHT: 5-8 LB. MED BALL | **REPS:** 15 PER SIDE

PLANKS



ACTION: Place hands flat on floor beneath shoulders and place feet straight out behind you as if you were going to do a push-up. Remain in plank position with engaged, tightened abdominal core and butt in line with rest of body. Hold for as long as 60 seconds.

EQUIPMENT: NONE | **WEIGHT:** NONE | **REPS:** 1

CONGRATULATIONS! THAT COMPLETES CIRCUIT #1!