

EXERCISE

30
MINS

CIRCUIT #2: UPPER BODY



CLICK TO WATCH CIRCUIT #2

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

PULLOVERS*



ACTION: Lie with upper back on flat bench.

Grasp moderate weight dumbbell with two hands. Start with dumbbell resting on chest.

Inhale and slowly extend arms up, over and

behind head. Upper arms are in a straight line

with rest of body at full extension. Exhale and pull dumbbell up and over to starting position. * Make Pullovers harder by crunching shoulders up off bench and butt off bench.

EQUIPMENT: 1 DUMBBELL | **WEIGHT:** 10 LBS. | **REPS:** 12-15

EXERCISE

BENT OVER LATERAL RAISE



ACTION: Grasp a pair of light dumbbells. Let arms hang down by your side, palms facing inward. With feet shoulder width apart, bend over at the waist so torso is parallel to floor. Raise arms slowly, with elbow slightly bent, out to the side until arm is parallel to the floor. Your little finger is leading and should be facing the ceiling. Hold for 3 seconds. Return to start.

EQUIPMENT: 2 DUMBBELLS | **WEIGHT:** 5 LBS. EA/HAND | **REPS:** 12

DUMBBELL CHEST PRESS



ACTION: Lie on your back on a bench with a dumbbell on each thigh. Raise the dumbbells one at a time from your thighs to chest level, keeping dumbbells shoulder width apart and in line with chest. Press dumbbells slowly up above your chest without locking arms. Then lower back down. The process of lowering the dumbbells should be done slowly to maximize effect.

EQUIPMENT: 2 DUMBBELLS (AS HEAVY AS YOU CAN GO)

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

EXERCISE

30
MINS

CIRCUIT #2 cont...

PART #2: PERFORM 5 COMPLETE SETS

DUMBBELL BICEPS 21'S



ACTION: Dumbbells in either hand, stand with arms by your sides, feet shoulder width apart. Palms are facing forward. Curl the weight to waist level for only 7 reps. Without stopping, now curl the weight from waist to top of full contraction for 7 reps. Immediately curl the weight for the full movement for 7 reps.

EQUIPMENT: 2 DUMBBELLS | **WEIGHT:** 5-8 LBS. EA/HAND | **REPS:** AS ABOVE

OVERHEAD DUMBBELL TRICEPS EXTENSION



ACTION: Stand straight with feet hip width apart. Hold one dumbbell in both hands. Lift the dumbbell over your head until arms are fully extended. Let the dumbbell weight rest in your palms, palms aching to ceiling. Keep arms close to head

EXERCISE

and elbows perpendicular to ground. Slowly lower weight down behind your head until forearms touch biceps. Return to start position.

*** It is important to use a weight you can handle for this exercise.*

EQUIPMENT: 1 DUMBBELL | **WEIGHT:** 5-10 LBS. EA/HAND | **REPS:** 12

PART #3: PERFORM 4 COMPLETE SETS OF ABS

PIKE PLANKS*



ACTION: Get yourself in the plank position again but this time put your feet on a stability ball. Now, engage your core and pull ball in as you pike your body up with straight legs. Hold for a 3 count and

then go back to plank position. ** Make the move easier: Bend your knees as you draw the ball in.*

EQUIPMENT: STABILITY BALL | **WEIGHT:** NONE | **REPS:** 10-12

EXERCISE

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CIRCUIT #2 cont...

SCISSOR HIP EXTENSION*



ACTION: Lay flat on back on floor. Tighten core and keep navel pulled tight to floor. Alternate left and right leg scissor kicks for 20 reps per side. **To make move harder, kick legs as fast as possible doing 20 reps per side.*

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

HEEL PRESS TO CEILING*



ACTION: Kneel on all fours, lift left leg, press heel flat to ceiling, repeat for right leg. Be sure to engage your core while performing the move. **To make move harder, press heel flat to ceiling; strive to perform 50 reps per side.*

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

EXERCISE

REVERSE PUSH UP



ACTION: Lower body into a pushup. Bend knees and press body backward in pike form, as if dragging nose on floor. Dig toes into floor and return forcefully to start position. Explode the move!

Important: *If you have a compromised shoulder, as I do, this exercise is great for recovery but you can also modify it. Try using a resistance band under your chest and attach it to a bar above you. Do the push-ups in the assisted fashion.*

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

**CONGRATULATIONS!
THAT COMPLETES CIRCUIT #2!**