

## WARM UP



### STEP TOUCH

For a full-body warm up, stand with your feet about shoulder-width apart. Step to the right with your right foot, and bring your left foot to meet it. Then quickly step to your left with your left foot, and bring your right foot to meet it. Repeat this sequence, picking up the pace. Keep your movements fluid, rhythmic, and controlled. Continue this step-touch motion for a full minute.



### ARM RAISES

To warm up your upper body, stand with your feet about shoulder-width apart. Hold your arms out in front of your shoulders and bend your elbows so that your hands are just at head level. Push your arms straight upward, and back down to the starting position. Repeat this sequence, picking up the pace. Continue this motion for a full minute.



### JUMP ROPE


You don't need an actual jump rope for this warmup; just pretend you have one. With your arms at your sides, rotate your wrists as if you were throwing the jump rope over your head. Jump over the imaginary rope with both feet simultaneously, using small jumping steps. When jumping, hold your body erect, and jump upward no more than an inch off the ground. Bend your knees just slightly upon impact. Continue this motion for a full minute. For a lower-impact version, keep your toes on the ground while raising your heels.











### SHOULDER ROLLS

Stand with your feet a comfortable distance apart. Keep your arms at your sides. Roll your shoulders forward in a circle for 10 to 15 seconds. Then roll your shoulders backward in a circle for another 10 to 15 seconds. This is a good exercise to try throughout the day, particularly if you sit in front of a computer for hours at a time.










## Routine #1– UPPER BODY

	<b>SEATED SHOULDER PRESS</b>	<b>3 X 10</b>
	<b>1/SKULLCRUSHER <i>with Superset</i> 2/ NARROW GRIP BENCH PRESS</b>	
	<b>DUMBBELL LATERAL RAISES</b>	<b>3 X 10</b>
	<b>CABLE CHEST FLYES</b>	<b>3 X 10</b>
	<b>REAR DELT FLYS</b>	<b>3 X 10</b>
	<b>1/WIDE GRIP LAT PULL DOWNS with super set 2/REVERSE GRIP PULL DOWNS</b>	
	<b>ALTERNATING BICEP CURLS</b>	<b>3 X 10</b>
	<b>1/BICYCLE CRUNCH <i>super set</i> 2/BASIC CRUNCH  3 X 25</b>	

## ROUTINE #2— LOWER BODY

	<b>LEG EXTENSIONS</b>	<b>3X 10</b>
	<b>SPLIT LEG SQUAT</b>	<b>3 X 10</b>
	<b>WALKING DUMBBELL LUNGES</b>	<b>3 X 10</b>
	<b>LEG PRESS/ NARROW STANCE</b>	<b>3 X 10</b>
	<b>ROMAINIAN DEADLIFTS</b>	<b>3 X 10</b>
	<b>SUMO BARBELL SQUATS</b>	<b>3 X 10</b>
	<b>STANDING LEG CURLS WITH PULLY</b>	<b>3 X 10 EACH SIDE</b>
	<b>STANDING CALF RAISE</b>	<b>3 X 10 EACH SIDE</b>

## ROUTINE #3— WHOLE BODY

	<p style="text-align: center;"><b>SQUAT WITH SHOULDER PRESS</b></p>	<p style="text-align: center;"><b>2X 15</b></p>
	<p style="text-align: center;"><b>DUMBBELL LATERAL RAISES WITH ALTERNATING LUNGES</b></p>	<p style="text-align: center;"><b>2 X 15</b></p>
	<p style="text-align: center;"><b>ROMAINIAN DEADLIFT WITH ROW</b></p>	<p style="text-align: center;"><b>2 X 15</b></p>
	<p style="text-align: center;"><b>GLUTE BRIDGE WITH CHEST PRESS</b></p>	<p style="text-align: center;"><b>2 X 15</b></p>
	<p style="text-align: center;"><b>BENCH DIPS WITH super set KNEE TUCKS</b></p>	<p style="text-align: center;"><b>2 X 15</b></p> 
	<p style="text-align: center;"><b>TWENTY ONES'</b></p>	<p style="text-align: center;"><b>2 X 21</b></p>
	<p style="text-align: center;"><b>PUSH UPS</b></p>	<p style="text-align: center;"><b>2 X 10</b></p>
	<p style="text-align: center;"><b>JUMP ROPE ( with or with out rope)</b></p>	<p style="text-align: center;"><b>1 MIN</b></p>

ROUTINE 1 -UPPER BODY			
EXERCISE	SET # 1	SET # 2	SET # 3
SEATED DB SHOULDER PRESS			
SKULL CRUSHER <i>with superset</i> NARROW GRIP BENCH PRESS			
DB LATERAL RAISES			
CHEST FLYS			
REAR DELT FLYS			
WIDE- GRIP LAT PULLDOWNS			
REVERSE-GRIP LAT PULLDOWNS			
ALTERNATING DB CURLS			
BICYCLE CRUNCH			
BASIC CRUNCH			
CARDIO / TREADMILL , 20 –30 MIN			

ROUTINE 2— LOWER BODY			
EXERCISE	SET # 1	SET # 2	SET # 3
LEG EXTENSIONS			
SPLIT LEG DB SQUAT			
WALKING DB LUNGES			
NARROW LEG PRESS			
ROMAINIAN DEADLIFTS			
SUMO DB SQUAT			
STANDING LEG CURLS			
STANDING CALF RAISES			
CARDIO/ ELLIPTICAL , 20-30 MIN			

ROUTINE 3— FULL BODY			
EXERCISE	SET # 1	SET # 2	
SQUAT TO DB SHOULDER PRESS			
DB LATERAL RAISES WITH ALTERNATING LUNGES			
ROMAINIAN DEADLIFT WITH ROW			
GLUTE BRIDGE WITH CHEST PRESS			
BENCH DIPS WITH BENCH KNEE TUCKS			
TWENTY ONES / BB			
PUSH UPS			
JUMP ROPE—1 MIN			
CARDIO– BIKE , 20-30 MIN			