

“Cindy” 5-26-09

Biceps:

On the cable machine set the weight at 7.5lbs and handles down low. start with 10 singles, then 5-3&1 counts, back to 10 singles

Core:

Leg drops nice and slow for 10

Crunches for 20

Scissor kicks nice and slow for 10 and

Crunches for 20

Shoulders:(using 5lbs)

Alternation OH diagonal presses-20x

Jabs with DBs for 30 seconds

Y-Presses 3&1 counts 5x

Core:

Leg drops nice and slow for 10

Crunches for 20

Scissor kicks nice and slow for 10 and

Crunches for 20

Chest:

Using the chest press machine set it at 30lbs

Start with 10 singles, then 5- 3&1 counts, 10 singles again

Core:

Plank hold for 30 seconds

V-sit twists for 20

Plank hold for 30 seconds

V-sit twists very slow for 10

Back:

Bent over rows with 10lb DBs- 15x

Locomotives(in a split stance and alternating a lawnmower movement, but fast)-30seconds

Core:

Plank hold for 30 seconds

V-sit twists for 20

Plank hold for 30 seconds

V-sit twists very slow for 10

Last:

Repeat bicep, shoulders, chest and back completely or if pressed for time do only the first parts of each exercise)