

WORKOUT OF THE WEEK 9/09/09- "8 EXERCISE BODY PUMP"

1. DUMBBELL BENCH SQUAT & PRESS
2. BENCH SQUATS
3. DUMBBELL WINDOW WASHER PRESSES (START WITH BOTH PALMS FACING YOU, PUSH STRAIGHT UP AND TRACE A CIRCLE OUTWARDS AWAY FROM EACH OTHER)
4. LUNGE WALK LENGTH OF GYM OR AT LEAST 30 STEPS
5. CABLE LAT PULLDOWNS
6. KNEE TO CHEST LOW ABS
7. FULL CRUNCHES
8. SEATED ROTATIONS

3-4 ROUNDS KEEP REPS AT 15-20 EACH EXERCISE