

Advanced Workout Plan

Week 1 - Day 3

Stretching/Jog/ Jumping Jacks

Warm Up



Begin all workouts with stretching of your major muscles. Today your warm up exercise is a 5 minute jog or 5 minutes on the stair machine, followed by 3 sets of 25 jumping jacks.

Incline Chest Press w/ Physio Ball

Chest/Core



Roll out onto ball so your shoulders are resting on it and you're on an incline. Keeping your core tight, push the dumbbells up over head. Exhale on the way up and inhale on the way down.
Reps: 15 Sets: 3

Band Rows

Back/Biceps



Sitting with knees bent and feet on floor, pull band towards chest by squeezing your shoulder blades together. Slowly return while keeping core tight.
Reps: 15 Sets: 3

Medicine Ball Slam

Shoulders/Legs



Start with the ball overhead in both hands. Keeping a grip on the ball, quickly squat down, bending your legs and slam the ball to the ground. Start by using a 4-6 lb. ball and slowly progress to heavier weights. Do NOT let go of the ball!
Reps: 20 Sets: 3

Close Handed Push Ups

Chest/Triceps



Put your palms together forming a triangle shape directly under your chest. Keeping your knees and back straight, bend your arms at the elbow while lowering your body. Exhale on the way up.
Reps: 10 Sets: 4

Cross Body Bicep Curls

Biceps



Curl the dumbbell up and across your body, keeping the weight vertical. Slowly lower dumbbell back to your side. Repeat with other arm.
Reps: 15 per arm Sets: 3

Power Walk/ Stretching

Cardio/Cool Down



To end your day we want you to go for a 10 minute power walk. This means to stay at a fast paced walk, swinging your arms back and forth for the whole 10 minutes. To make this more challenging, try holding 1-3 lb. dumbbells during your walk. Upon completing your walk be sure to stretch!

DIRECTIONS: Today is all about your upper body! Begin with your warm up, which includes a jog as well as jumping jacks. For a higher calorie burn, try to take shorter breaks (30-60 seconds) in between each set you perform. Always have some water on hand, as staying hydrated is very important!