

Karen & Ben workout 5-2-09

In a Lunge-Curl and Press Sequence: (DBs in each hand)

Lunge and then curl first on the bottom and then lift up to one leg on the press and lunge back again alternating sides-10x on each side

Lunge and Press(15-25lb plate or DB):

You'll lunge backwards and press with the plate as you lunge back and alternate legs-20x

One leg squat sequence(DBs at the shoulders):

Squat on one leg with weights at your shoulders-15x each leg

Pushups-30sec

Stability Ball Knee tucks-30sec

(if you have two SBs, then you can do these together)

Jack knife with a leg split-30sec

Repeat the above sequence 2x at a fast pace

Tricep and Core:

Tricep diagonal punches-60sec

V-sit Rotations-40

Skull Crushers-30sec

V-sit In and Outs(no hands)-25

Tricep Pushups-30sec

V-sit Bicycles-25 forward/25 backward