

"Kelley" 5-18-09

Warm up for 5 minutes

Squats on the Stability Ball(SB)-12 reps

Squat Down and hold with the Stability Ball-10 seconds

Push Routine: With 5lb Dumbbells(DBs)

Presses with palms facing each other. Start and stopping point is at your chest-12x

"Y" Presses. Forming a "Y" with your body by pressing out to the sides diagonally-9-12x

Alternating diagonal presses pivoting with your foot(same arm presses with same leg pivoting)-16x

Pulling Routine: With 5lb DBs

Basic bicep curls-12x

Bent over Row(hinging through your hips and bending over with a flat back) row the arms up just skimming your elbows past your sides.-12x

Alternating Uppercuts-16x

Lunges:12x each side(90 degree in both legs)-12x each leg....be careful with your knee.

Repeat above exercises 2x

Hill Walk:

10% incline and a 3.0 speed on the work part and 2.0% incline and a 3.0 on your active recovery:

30 seconds on and 30 seconds off- 4x

60 seconds on and 60 seconds off-2x

90 seconds on and 60 seconds off-1-2x

Core Work:

V-sit twists with heels on the floor- 30 seconds

Scissor Kicks on your back-30 seconds