

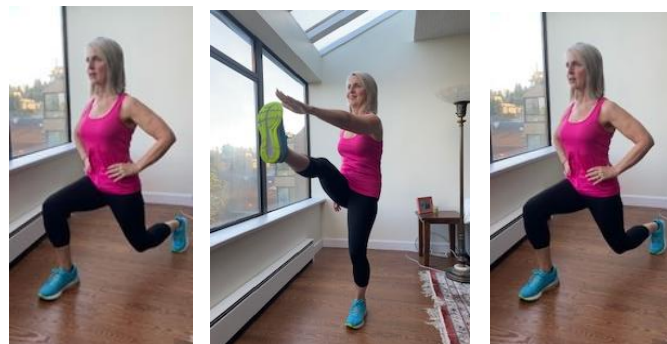
Mini Snack Workout #3 – POWER

**consult your physician before starting an exercise routine and warm up before you start*

On occasion you do not have time for a big meal, or you just aren't that hungry, so you enjoy a snack! The snack gives you energy and tides you over to your next big meal. Think of your workouts in the same way. If you just do not feel like doing a 60-minute workout, or you don't have time to do a full meal deal exercise session – consider a snack workout. A mini exercise session of just 15 minutes will tide you over, give you energy and make you feel better. Rather than skipping your meal/workout completely try a mini workout!

The focus of this workout is explosive **POWER**. When you raise up a dumbbell or body part do so explosively.

Rear lunge, kick, front lunge, repeat same leg x 15, repeat on other leg



Start standing, feet shoulder width apart. Lunge back with your right leg, explosively kick the right leg forward and drop gently down into a front lunge. As you lift the right leg up from the front lunge, engage your core and take the right leg back in to a rear lunge. Repeat 12 to 15 reps in a row on the right leg then change to the left leg.

Deadlift to Toe Raise



Start standing up holding 2 heavy weights at your sides with your palms facing toward your legs. Do a deadlift and as you rise, explosively pop up into a toe raise. Repeat

Side lunge to Oblique Twist



With hands touching behind your ears lunge to the left keeping the other leg straight, as you return to standing - cross elbow to knee. Increase intensity by sitting back into

the side lunge and leaning forward.

Pullover to Glute Bridge



Laying on your back, with knees bent, put a mini band around your legs above the knees if you have one. As you pullover with a weight snap your hips up into a glute bridge, keeping tension on the bands. As you lower the weight back over your head, lower your back and hips to the mat.

Clean and Press



Use a kettlebell or medium heavy dumbbell (10 to 20 pounds). Drop into a low squat and snap the dumbbell to the shoulder before pressing up overhead. Repeat same side up to 15 reps then switch sides.

All exercises require stabilization and core engagement. Execute 12-15 repetitions of each exercise. Repeat all exercises once, twice or three times.