UPPER BODY & CORE – 1-minute intervals (45 secs & 15 sec rest)

**check with your physician before beginning any fitness program, and perform a warm-up before your workout*

You control the intensity by the amount of weight you pick use, but this workout is designed for moderate plus level

Core Ball or on a bench or the floor

1. Plank with elbows on ball, alternate knee touch to ball
2. Crunches
3. Legs wide, alternating twisting crunches towards each knee
4. Lay on mat, ball between feet, bring ball to the floor and back up, take ball from feet and pass overhead to the floor, bring ball back to waist area, take ball with feet and straight legs and repeat

Back

1. Lat pulldown with band – hold arms wide overhead, and pull to chest
2. Band row, one arm, split lunge stance
3. repeat on the other arm
4. Kneel on bench with one leg, opposite hand on bench, other hand dumbbell row, engage core
5. Repeat on other side

Option to increase intensity – repeat Core Ball & Back above

Chest

1. Bench press on ball with 2 dumbbells
2. Chest flye
3. Pullover with 1 heavier dumbbell or 2 dumbbells held together

Core Mat

1. V-sit bring knees to chest and straight back to V
2. Reverse Ab curl
3. Sit up with a twist holding a heavy weight
4. Lying on back, keep head on the mat, alternate straight legs and straight arms holding light wts

Repeat chest exercises that were done on ball but do them on a bench or on the floor

Bicep & Tricep

1. Alternating bicep curls while standing
2. Squat with elbows on thighs to do concentration bicep curls
3. Tricep kickbacks alternating arms in “chicken wing” position
4. Tricep overhead press, with one heavy weight, or both dumbbells held together

Repeat Core Mat Exercises Above and Bicep & Tricep for increased intensity

Shoulders

1. Side lateral raises single, single double
2. Alternate overhead shoulder dumbbell press, with hands facing towards the body

Repeat exercises 1 and 2

Cool down and stretch your upper body