

Week Two Workout – Full Body Workout

Complete 1 set of each of the 8 exercises before repeating the cycle again for a total of 2 – 3 sets. These exercises can be done with or without dumbbells. Use dumbbells between 5 – 20 lbs.

Lower and Upper Body:

Squat DB Overhead Press



This exercise works quads, glutes, and shoulders. They can be done with or without dumbbells. If you are using dumbbells, complete 12 reps. If you are doing the exercise without dumbbells complete 15 -20 reps.

DB Deadlift with upright rows



This exercise works glutes, hamstrings, and upper back. They can be done with or without dumbbells. If you are using dumbbells, complete 12 reps. If you are doing the exercise without dumbbells complete 15 -20 reps.

DB Biceps Curls with Side Lunge



In addition to working your glutes, hamstrings, and quads, a side or lateral lunge also works your inner thigh muscles. To do a side lunge with a biceps curl:

- Holding a pair of dumbbells, stand with your feet and knees together. Perform a bicep curl by bending your elbows to bring the weights to your shoulders.
- Lower your arms toward the floor as you take a large step to the left with your left foot, lunging toward the floor. Make sure your left knee does not extend past your toes and keep your right leg relatively straight.
- As you push off through your left foot to return to standing, perform a bicep curl. This counts as one rep.
- Complete 10 reps on the left side, then repeat 10 reps on the right. If doing this exercise without dumbbells, complete 15 reps each side.

Lower Body and Core:

Reverse Lunge with Rotation



This lunge variation works the entire body, and adding the rotation ensures that your abs get a little extra attention.

- Stand with your feet hip-distance apart. Hold a five- to 10-pound medicine ball or dumbbell with both hands with your arms outstretched in front of you.
- Keep your core stable and take a large step back with your right foot, planting your foot and then lowering your body until both legs are bent in right angles.
- As you sink into the lunge, twist your torso to the left.
- Bring your torso back to center, and exhale as you straighten your legs. Bring your feet back together, and then step back on your left leg, twisting to the right.
- This completes one rep. Do 12 reps with weights, 15 reps without.

Low to High Woodchop



This dynamic exercise works the obliques and upper abs while keeping your heart rate up. Although this is a full body move, it does not require a lot of space, so you can do it almost anywhere. Use a five- to 10-pound dumbbell or a medicine ball or no weight.

- Squat, and twist left to hold the dumbbell on the outside of your left leg.
- Exhale, and lift the weight diagonally across your body, ending twisted to the right with the dumbbell above your head. Pivot on your left foot as needed.
- The move is a bit percussive, so focus on the rotation initiating in your torso.
- Control the weight back up to the starting position to complete one rep.
- Remember you are moving with force but also control. Do not give in to the momentum of swinging the weight around. Do 12 reps on each side with dumbbells, 15 each side if using no weight.

V-Sit with Single-Arm Chest Fly



In this variation, the abs work extra to maintain stability as you pull the dumbbell away from your center.

- Begin sitting with your heels planted about two feet from your butt, holding the weights at chest level with a slight bend in your elbows. Lean back a few inches, pulling your abs toward your spine to keep your spine long and straight.
- The left arm remains still, as you open your right arm to the side, making sure the weight does not go beyond your shoulder.
- Bring your right arm back to center to complete one rep.
- Complete 10 reps with the right arm, then switch sides for another 10 reps to complete a set. If you are not using dumbbells do 15 reps each arm.

Dumbbell Crossover Punch



Adding weights to the classic sit-up brings a whole new level of strengthening to your workout.

- Begin by lying on your back with your knees bent and your feet flat on the ground, about two feet from your butt. Hold weights in both hands at your chest with your elbows on the floor.
- Keeping your hands at your chest, roll up to a sitting position. Twist your ribs to the left as you "punch" your right hand to the outside of the left knee.
- Bring the right hand back to your chest as you untwist, bringing your torso back to the center, and roll down to the ground.
- Repeat the sit-up, twisting to the right side to complete one rep.
- Fifteen reps with weights, 20 without.

Triceps Side Push-ups



1) Lie down on one side stacking your shoulders, hips, and feet. Bring top hand to the mat directly in front of your bottom shoulder. The bottom hand will be wrapped around your waist below your chest.

2) The top arm does all the work as you press yourself up and lower yourself to the mat to your starting position. You will feel the triceps muscles on the back of the top arm working. Repeat 15 reps on each side.