

# KILLER #2

## Workout Summary

Don't forget to warm up and cool down!

Take a 1 minute break in between each set.

***Complete 2 sets of series one and then 2 sets of series two.***

### SERIES ONE

EXERCISE	REPS	WEIGHT
1 - Stationary Lunges with Pulses	12/side	Body Weight
2 - Lateral Shuffle	40 secs/side	Body Weight
3 - Bench Press Off Floor	12 reps	Moderate Weight

### SERIES TWO

EXERCISE	REPS	WEIGHT
1 - Bilateral Mid Row	12 reps	Moderate Weight
2 - Walkouts	8 reps	Body Weight
3 - Toe Touches	8/side	Body Weight
4 - Side Plank Off Knees	30 secs/side	Body Weight

## STATIONARY LUNGES WITH PULSES · 12 REPS/SIDE · BW

Take a large step backward and bend both knees to 90 degrees. Your front knee should track over your front ankle, and your back knee should track underneath your hip and be as close to the floor as possible without touching it. Slowly pulse up and down one to two inches, pushing up slightly from your front heel. Keep the motion controlled and slow. Complete for the specified number of pulses.

*Targeted Muscles: Front & back of legs; Buttocks*



## LATERAL SHUFFLE · 40 SECS/SIDE · BODY WEIGHT

You will need space such as a hallway to perform this exercise, as you will be covering a little distance with each step to the side. From a standing position, take a lateral (sideways) step to the right with your right foot. Carry your left foot in to replace where your right foot was. While pushing off with the left foot, take another lateral step with your right foot. Continue this pattern until the edge of your space and then repeat in the opposite direction. Think of this exercise as running sideways! Complete for the specified amount of time.

*Targeted Muscles: Sides of legs; Buttocks; Calves; Your Heart!*



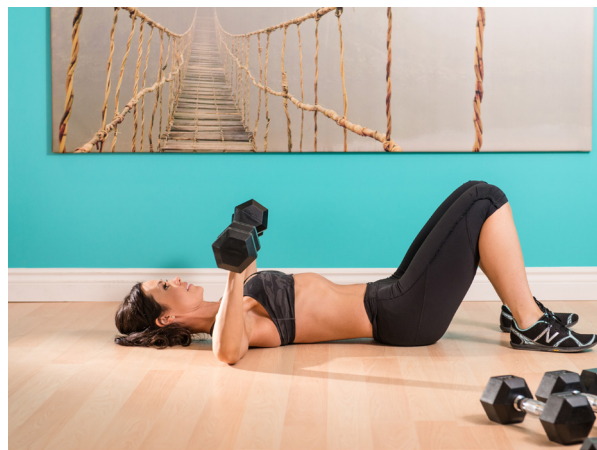


## SERIES ONE, EXERCISE 3 OF 3

### BENCH PRESS OFF FLOOR · 12 REPS · MODERATE WEIGHT

With a dumbbell in each hand, lie on your back with your knees bent and feet flat on the floor. Start with both weights above your chest and your arms extended. Slowly and simultaneously lower both weights down to your sides to a 90-degree angle in your arms (your wrists should track over your elbows as you lower the weights). Lower your arms down as far as possible without resting your elbows on the floor. Pause at the bottom for one second, then press the weights back up to the starting position.

*Targeted Muscles: Front & back of arms; Shoulders; Chest*

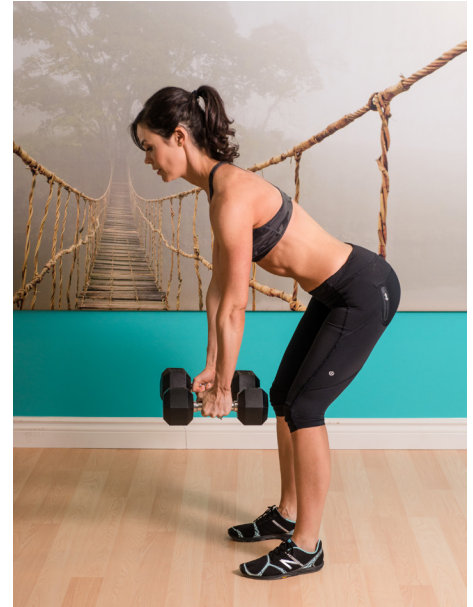
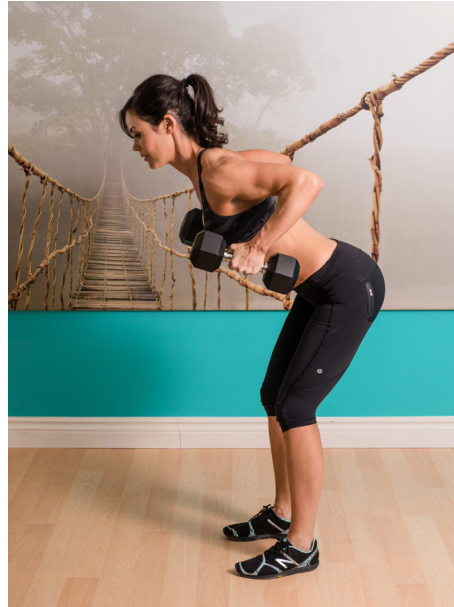


COMPLETE ALL THREE EXERCISES IN SERIES ONE,  
REPEAT THE SERIES ONE MORE TIME, THEN MOVE ON TO SERIES TWO.

## BILATERAL MID ROW · 12 REPS · MODERATE WEIGHT

Holding a weight in each hand (palms facing toward each other), stand with your feet shoulder-width apart. Bend slightly at your hips and knees, and flex your torso forward while you maintain a flat back. Squeeze your buttocks to maintain a strong core, and keep your weight in your heels. Slowly bring both weights up toward your rib cage and then slowly lower them back down.

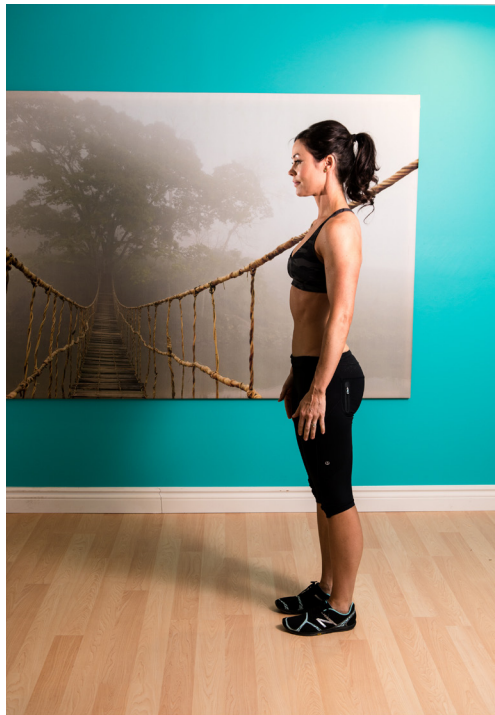
*Targeted Muscles: Upper back; Front & back of arms; Shoulders; Abdominals*



## WALKOUTS · 8 REPS · BODY WEIGHT

Start in a standing position. Bend at the waist and place your hands on the floor (if necessary, bend your knees slightly). Once your hands are on the floor, slowly walk one hand out at a time until your back is parallel to the floor (a plank position with your hands located directly under your shoulders). Pause, then walk one hand at a time back toward your feet. Once you reach your feet, stand back up.

*Targeted Muscles: Shoulders; Abdominals; Chest; Upper back*



Start and end each rep of this exercise standing up.

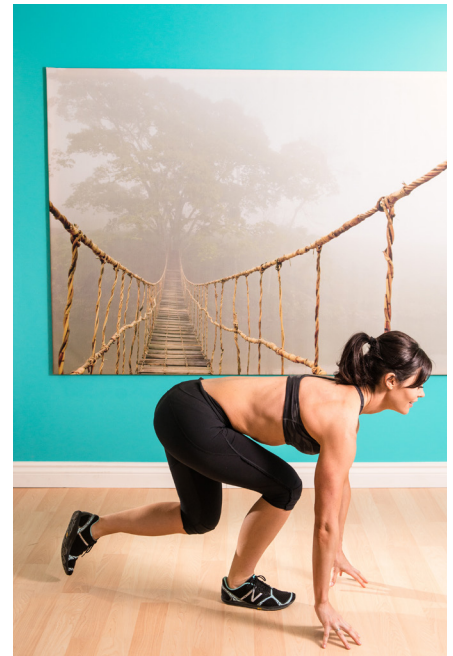




## TOE TOUCHES · 8/SIDE · BODY WEIGHT

Stand on one foot with your other leg bent behind you at approximately 90 degrees. Slowly bend your standing leg at the knee and then bend forward at the hip to reach for the floor with both hands while maintaining a flat back. Gently touch the floor, and then slowly stand back up. Complete for the specified number of repetitions, and then repeat on the other side.

*Targeted Muscles: Front & back of legs; Buttocks; Calves*



## SERIES TWO, EXERCISE 4 OF 4

### SIDE PLANK OFF KNEES · 30 SECS/SIDE · BODY WEIGHT

Lying on your side, bend your legs at the knees behind you at a 90-degree angle. Keep your knees, hips, and shoulders in a straight line. Place your bottom elbow directly underneath your shoulder, and keep your bottom hand on the floor, perpendicular to your body. Using your oblique muscles (the sides of your torso) and a little pressure through your bottom elbow and bottom knee, lift your hips and upper body off the floor. From there, raise your top arm straight up so that your shoulders are in line. Hold this position for the specified amount of time, and then repeat on the other side of your body.

*Targeted Muscles: Shoulders; Side of torso; Upper back*



COMPLETE ALL FOUR EXERCISES IN SERIES TWO,  
THEN REPEAT THE SERIES ONE MORE TIME.

**WORKOUT COMPLETE!**