

# KILLER #3

## 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 - Squat Press	12 reps	Moderate Weight
2 - Static Lunge w/ Weighted Arm Rotations	10/side	Light Weight
3 - Rear Delt Flys	12 reps	Light to Moderate Weight

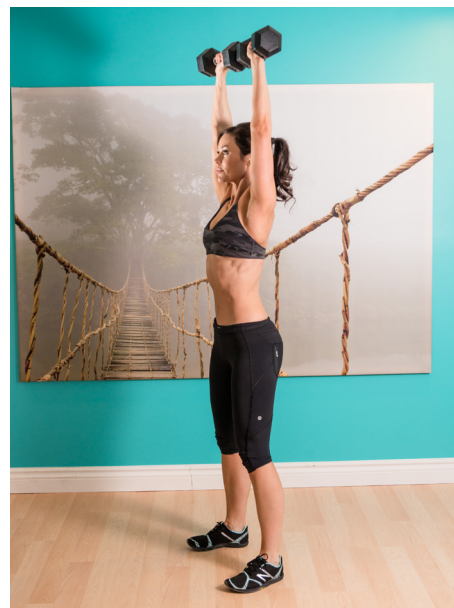
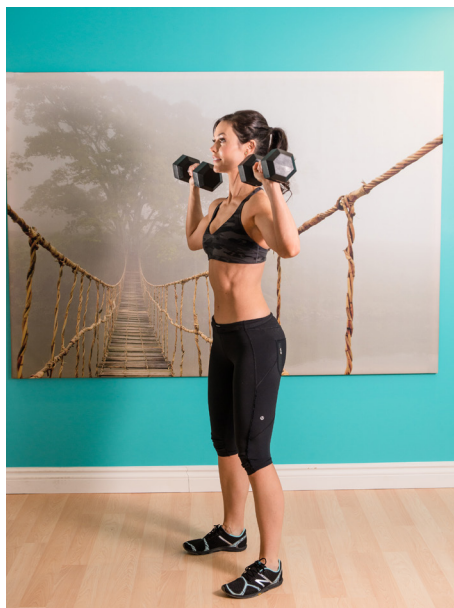
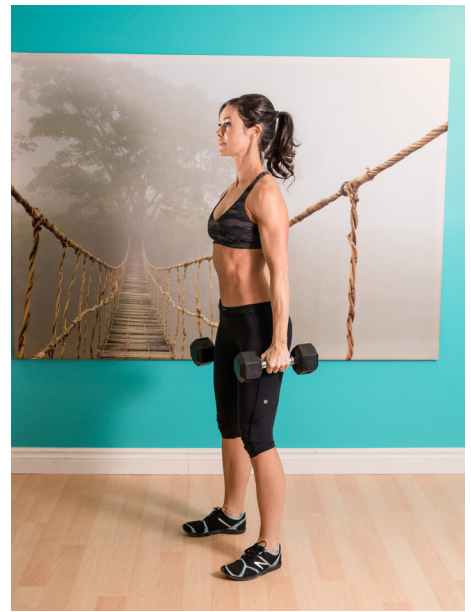
### SERIES TWO

EXERCISE	REPS	WEIGHT
1 - Single Leg Deadlifts	12/side	Moderate Weight
2 - Side Plank Off Toes	30 secs/side	Body Weight
3 - Side Lunges (Static)	12/side	Body Weight
4 - Surrenders	8/side	Body Weight

## SQUAT PRESS · 12 REPS · MODERATE WEIGHT

Stand with your feet shoulder-width apart and with a dumbbell in each hand, arms at your sides. Bend at your hips and knees to lower into a squat position until your thighs are just past parallel to the floor. If you have knee problems, do not go past parallel. As you stand back up, bring the weights up to your shoulders, and then press the dumbbells above your head simultaneously. Bring them back down to your sides to squat again.

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



## STATIC LUNGE W/ WEIGHTED ARM ROTATIONS · 10/SIDE · LW

Take one large step forward so that when you bend your knees they form two 90-degree angles. Holding a single dumbbell with both hands, extend your arms out in front of you, parallel to the floor. Slowly rotate at the waist over your front knee, keeping both arms extended outwards and your shoulders down (avoid shrugging). Note that your feet do not move during this exercise (which is why it is called “Static”). Rotate back to centre and repeat in the same direction for the specified number of repetitions. Repeat on the other side for the same number of reps.

### *Targeted Muscles:*

*Front, back & inner legs; Buttocks; Calves; Shoulders; Side of torso; Upper back*



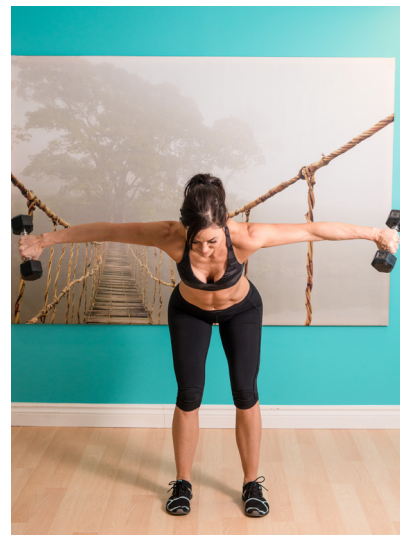
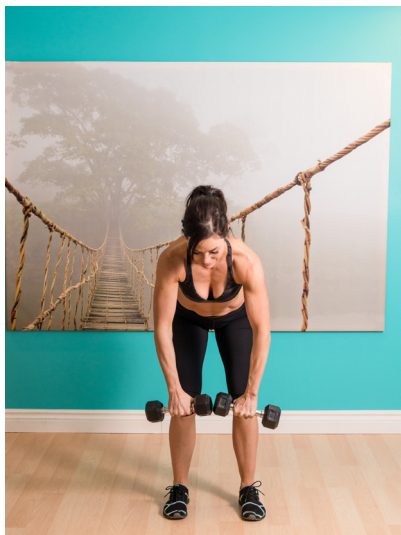
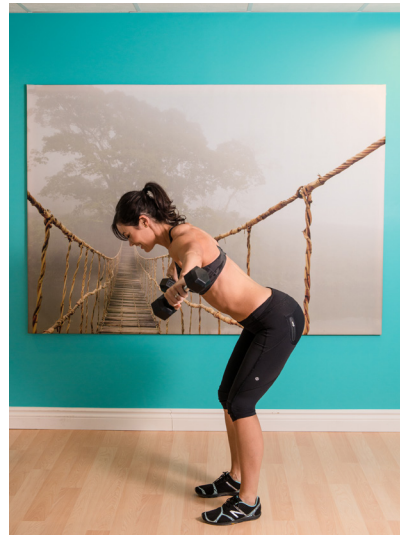


## SERIES ONE, EXERCISE 3 OF 3

### REAR DELT FLYS · 12 REPS · LIGHT - MODERATE WEIGHT

Hold two dumbbells below your chest (hands facing thighs). Bend at the hips and slightly in the knees, maintaining a straight/flat back. Slowly raise your arms up to your sides (shoulder height) with your elbows slightly bent. It is important you see the weights in your peripheral vision so you know you are not raising the weights too far behind you. Pause at shoulder height for one second, and then lower both arms back down below your chest.

*Targeted Muscles: Upper back; Back of shoulders*

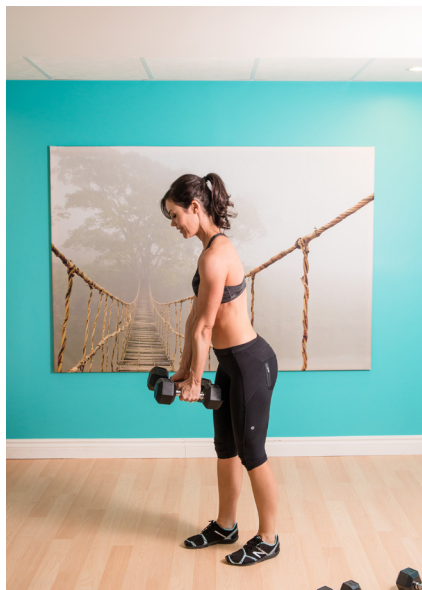


COMPLETE ALL THREE EXERCISES IN SERIES ONE,  
REPEAT THE SERIES ONE MORE TIME, THEN MOVE ON TO SERIES TWO.

## SINGLE LEG ROMANIAN DEADLIFTS · 12/SIDE · MW

Stand with your feet shoulder-width apart and with your hands in front of your thighs (wrists facing each other). Holding a weight in each hand, lift one leg back and upward as you simultaneously drop your torso forward. Keep your arms straight and guide the weights as closely down the front of your balancing leg as possible to protect your back. Maintain a straight/flat back during the entire movement, and keep your shoulders back so they do not roll forward. Once a stretch is felt in the back of your balancing leg, pause, then rotate around the hip back up to your starting position while keeping most of your body weight in your heel. Keep your hips as level as possible throughout the movement. Repeat on the same side for the specified number of repetitions, then switch to the other leg.

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



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

Lie on your side and extend your legs outward. Your feet, hips, and shoulders should be in a straight line. Place your bottom elbow directly underneath your shoulder, and keep your bottom hand on the floor facing perpendicular to your body. Using your oblique muscles (the sides of your torso) and a little pressure from your balancing elbow and the side of your foot, slowly raise your body weight up, keeping your hips off the floor. From here, raise your top arm straight up so that your shoulders are in line. Hold this position for the specified amount of time, and then switch sides.

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





## SIDE LUNGES (STATIC) · 12/SIDE · BODY WEIGHT

Take a large step to one side so that your feet are wider than shoulder-width apart. Keep both of your feet facing forward. On one side, slowly bend at the hip and push your body weight back onto your heel while you bend your knee, keeping your other leg straight. Push yourself back up into a standing position (using the bent leg). Note that your feet do not move during this exercise (which is why it is called “Static”). Complete the specified repetitions on one side, then switch to the other side.

*Targeted Muscles: Front, back & inner legs; Buttocks*



## SURRENDERS · 8/SIDE · LIGHT WEIGHT

Stand with your feet shoulder-width apart. Holding a weight in each hand (palms facing each other), raise both your arms above your head. Keep your shoulders down away from your ears and maintain straight arms. Keeping your chest up, slowly kneel down onto your knees one leg at a time, leading with your right leg first. Stand back up one leg at a time, again leading with the right leg. When standing up, push through the heel of your foot to engage your buttock muscles and to keep your knee tracking over your ankle, not your toe. Continue this pattern for the specified number of repetitions, and then repeat leading with your left leg.

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



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

**WORKOUT COMPLETE!**