KILLER #4

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 - Front Squats	12 reps	Moderate Weight
2 - Alternating Mid Row	12/side	Moderate Weight
3 - Single Leg Lunge with Lateral Touch	10/side	Body Weight

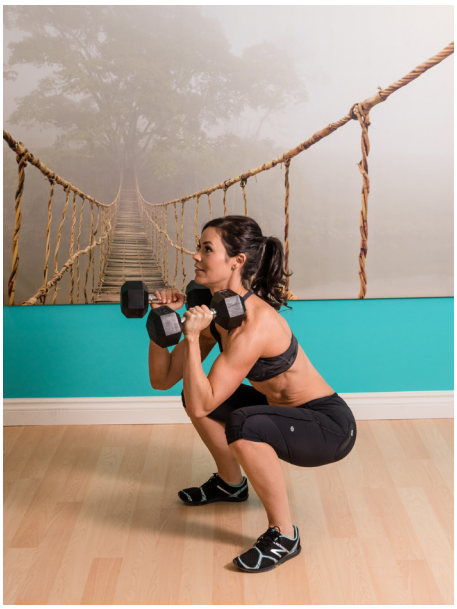
SERIES TWO

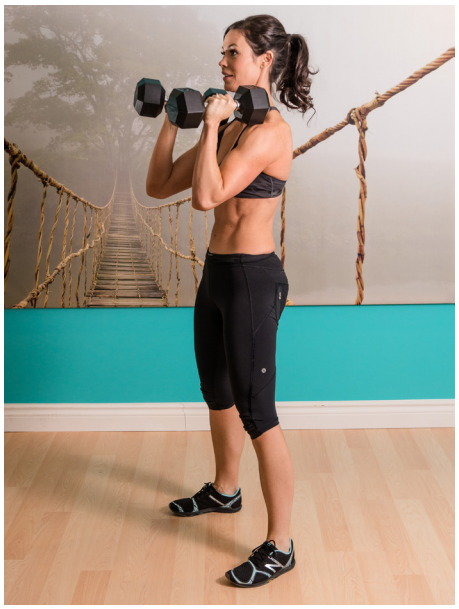
EXERCISE	REPS	WEIGHT
1 - Pushups Off Toes	8-10 reps	Body Weight
2 - Back Lunge with Forward Kick	15/side	Body or Light Weight
3 - Lawnmower	12/side	Moderate Weight
4 - Pike/Plank	12 reps	Body Weight

FRONT SQUATS · 12 REPS · MODERATE WEIGHT

Stand with your feet shoulder-width apart. Holding a dumbbell in each hand, lift each weight up so that they are parallel to the floor and the ends are in line with the front of your shoulders. With your head and chest up, slowly bend at the hips and knees into a squat position. Keep your knees overtop of your ankles so that your knees do not pass too far over your toes. Stand up by pushing through the heels of your feet.

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

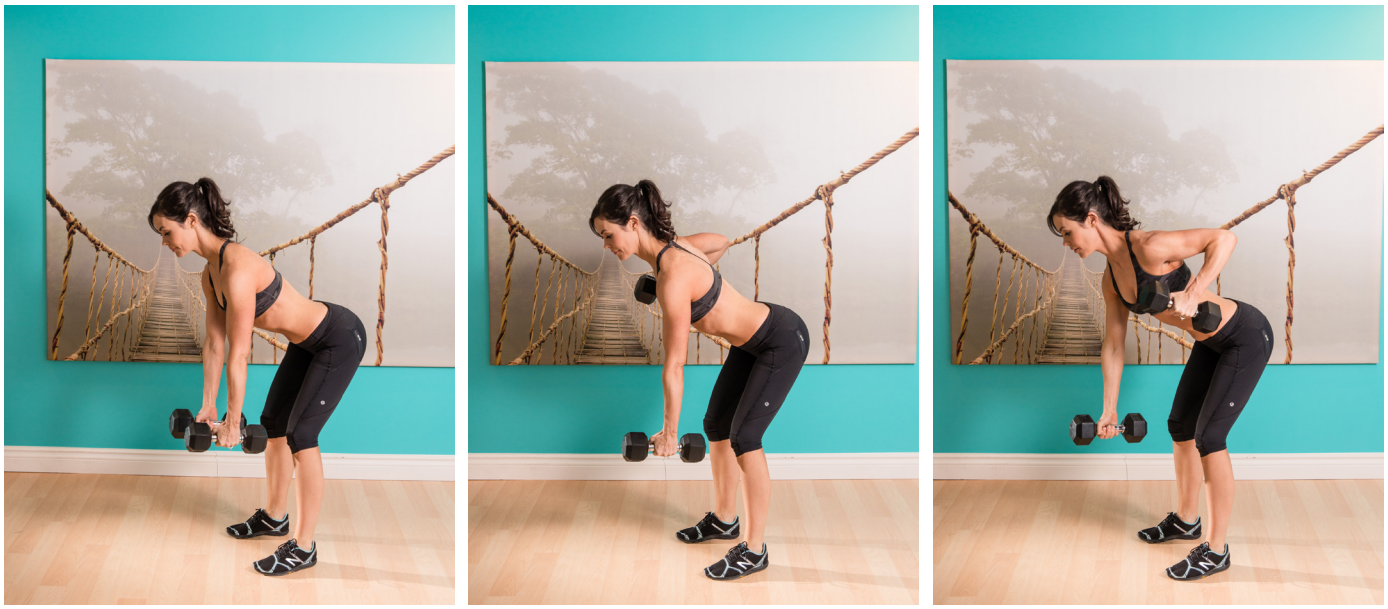




ALTERNATING MID ROW · 12/SIDE · MODERATE WEIGHT

Stand with your feet shoulder-width apart. Bend your knees slightly and flex your torso forward, keeping your back flat. Squeeze your buttocks to maintain a strong core, and keep your weight in your heels. Slowly bring one weight up and down at a time (alternating) toward your rib cage.

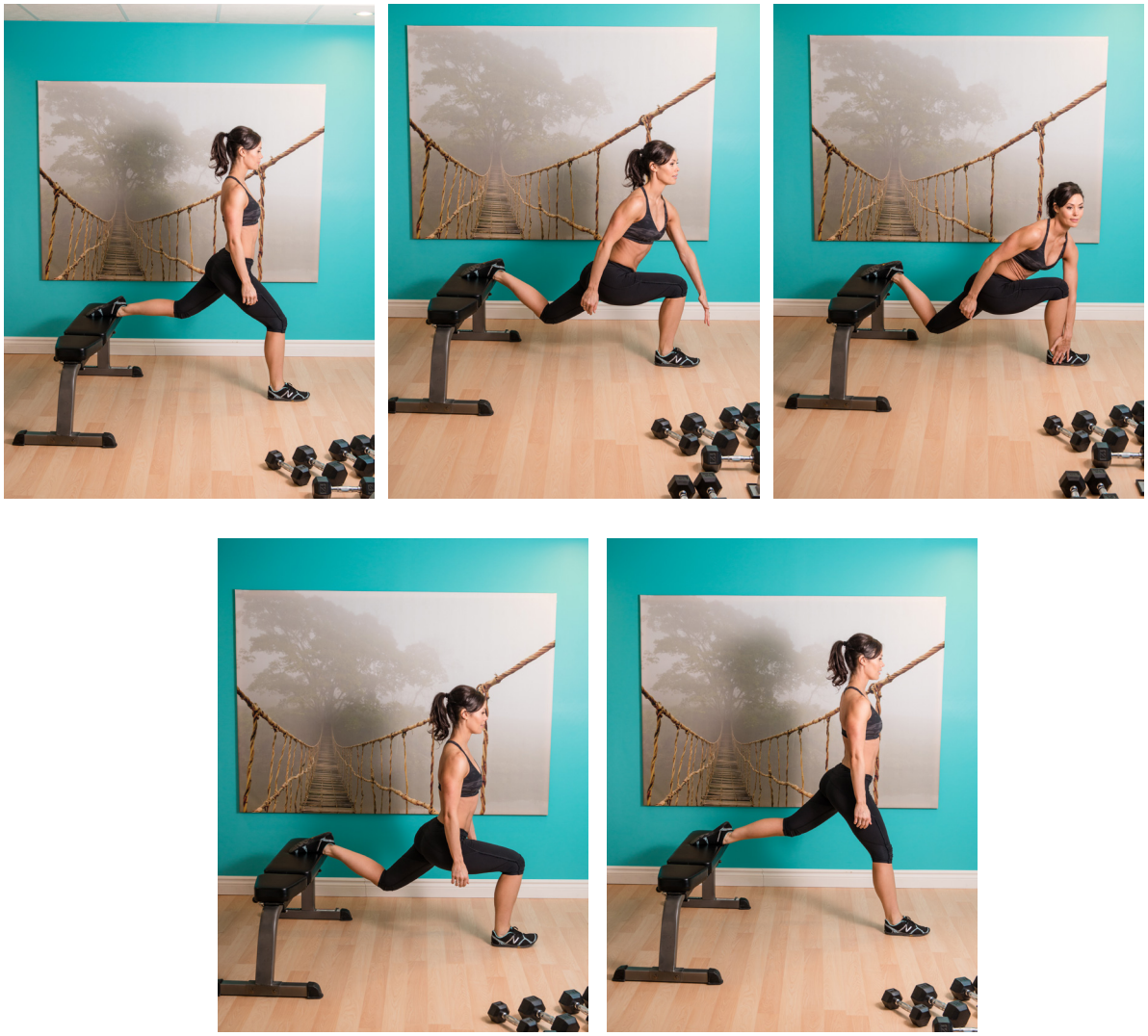
Targeted Muscles: Upper back; Front & back of arms; Shoulders; Abdominals



SINGLE LEG LUNGE WITH LATERAL TOUCH · 10/SIDE · BW

Place the top of one foot on an elevated and stable surface (a bench, chair, stair). Take a large step forward with your other leg. Bend your front knee until your thigh is parallel to the floor (keep the pressure of your body weight in the heel of your balancing foot, not your toe). Slowly reach your hand around your knee and touch the lateral side (outside) of your balancing foot, then stand back up. Complete the specified number of repetitions, then switch to the other leg.

Targeted Muscles: Front & back of legs; Buttocks; Calves; Side of torso



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

PUSHUPS OFF TOES · 8 - 10 REPS · BODY WEIGHT

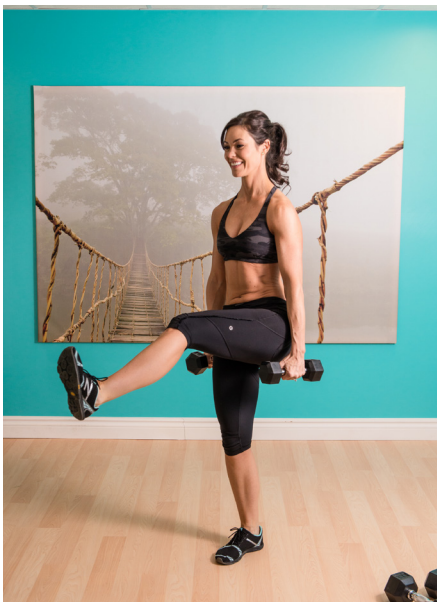
Lie face down on the floor with your hands shoulder-width or just outside shoulder-width apart. Curl your toes under and lift your body up into a plank position off your hands. Keep your body straight and slowly bend your elbows at a 45-degree angle to lower your body weight back down to the floor, leading with your chest. Your hips and chest should move at the same rate, and your body position should be rigid as you pivot off your toes toward the floor. Pause at the bottom, and then push through your hands until your arms are straight again.

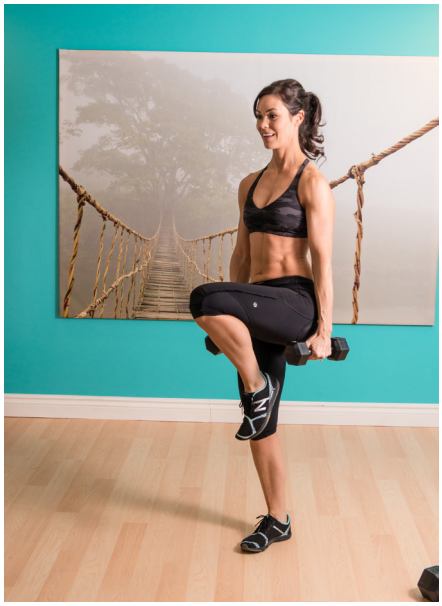
Targeted Muscles: Upper back; Shoulders; Abdominals; Chest

BACK LUNGES WITH FORWARD KICK · 15/SIDE · BW-LW

With or without weights in your hands (depending on your fitness level), take a large step backward into a lunge. Your back knee should be just an inch off the floor and your front knee should track nicely over the top of your ankle. Stand back up out of the lunge by pushing through your front heel. Swing your back leg forward into a kick and then step back into the lunge. Challenge your balance by not touching the ground during this transition. Complete the specified repetitions with one leg, and then repeat with the other leg.

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





LAWNMOWER · 12/SIDE · MODERATE WEIGHT

From standing and with a weight in front of you, take a large step to one side so that your feet are wider than shoulder-width apart. Keep both of your feet facing forward. Leaning to one side, slowly bend at one hip, pushing your body weight back onto your heel while you bend your one knee. Keep your other leg straight (side lunge position). Rest your elbow on your bent knee and pull a weight with the other hand upward in the direction of the armpit to mimic the motion of pulling a lawnmower cord. Be sure your head turns in the same direction as your arm to protect your neck from kinking. Complete the specified repetitions on one side, then switch to the other side.

Targeted Muscles: Front, back & inner legs; Front & back of arms; Front & back of shoulders; Buttocks; Mid-back; Side of torso

PIKE/PLANK · 12 REPS · BODY WEIGHT

Start in a plank position on your toes and with both hands directly under your shoulders. Keep your hips flat for a two second count. From there, push back with the heels of your hands and slowly raise your hips up into the air as high as you can, while maintaining balance on your toes. Pause in this top position for two seconds then go back into the starting plank position.

Targeted Muscles: Shoulders; Abdominals; Mid-back; Upper back

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

WORKOUT COMPLETE!