

KILLER #6

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 - Jump Squats	15 reps	Body Weight
2 - Plank with Alternating Row	8/side	Light Weight
3 - Walking Front Lunges w/ Rotation Knee	12/side	Light Weight
4 - Single Leg Lateral Raise	10/side	Light to Moderate Weight

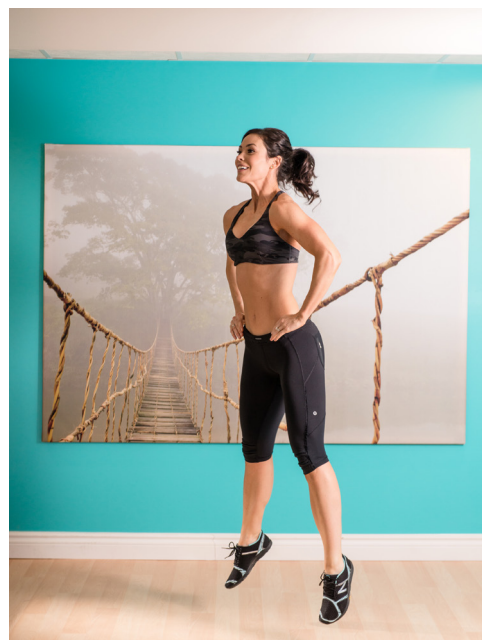
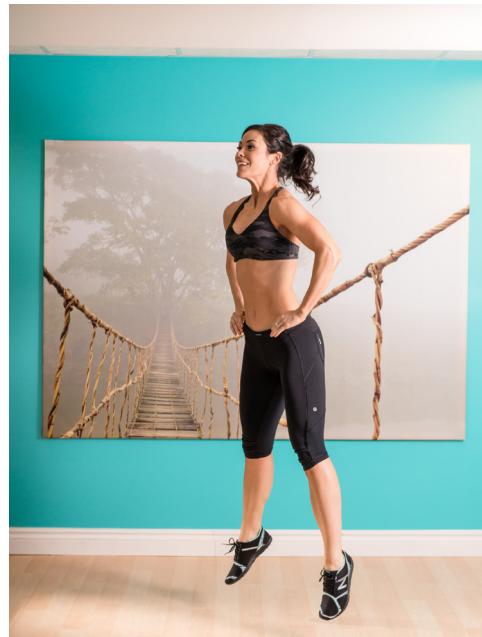
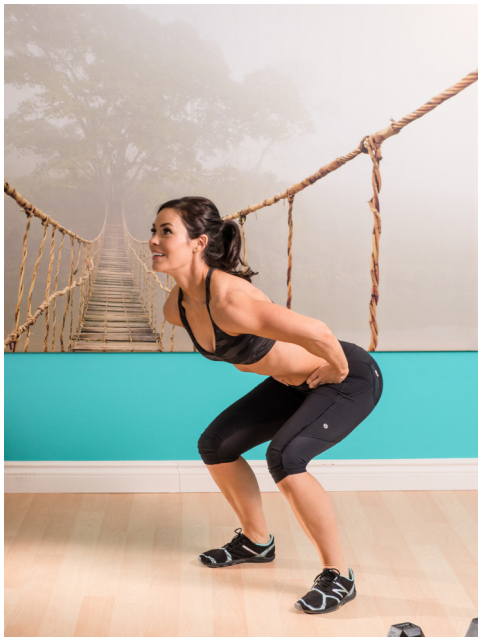
SERIES TWO

EXERCISE	REPS	WEIGHT
1 - Side Plank with Arm Rotations	10/side	Body Weight
2 - Mid Row (Palms Facing Upward)	12 reps	Moderate Weight
3 - Knee to Elbow Pushups	10 reps	Body Weight

JUMP SQUATS · 15 REPS · BODY WEIGHT

Start with your feet shoulder-width apart. Bend down into a squat (keeping your knees over your ankles and your chest up) and leap from this position up off the floor, catching yourself as you come down into another squat.

Targeted Muscles: Front & back of legs; Buttocks; Abdominals; Your heart!



PLANK WITH ALTERNATING ROW · 8/SIDE · LIGHT WEIGHT

Start in a plank position on your toes, with your hands directly underneath your shoulders, and with a weight/dumbbell on the floor beneath your chest. Keeping a tight core (tilt your tailbone toward the floor), slowly grasp the weight underneath your chest and row it up (pull) toward your rib cage while keeping your hips as still as possible (the less rocking from side to side, the more you will get out of this exercise). Slowly lower the weight to the floor, then let go and grab the weight with the other hand and row up to the other side of your body.

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



WALKING FRONT LUNGE WITH ROTATIONS · 12/SIDE · LW

From standing, take one large step forward so that when you bend your knees they form two 90-degree angles. Holding a dumbbell in the centre with both hands, extend your arms out so that they are parallel to the floor. Rotate at the waist over your front knee, keeping your arms extended outwards. Slowly rotate back to centre. Take another step forward and rotate to the other side. As you stand up from each lunge, be sure to push through your front heel to keep your front knee over your front ankle. Continue to perform walking lunges, rotating over each knee as you go, for the specified amount number of repetitions.

Targeted Muscles:

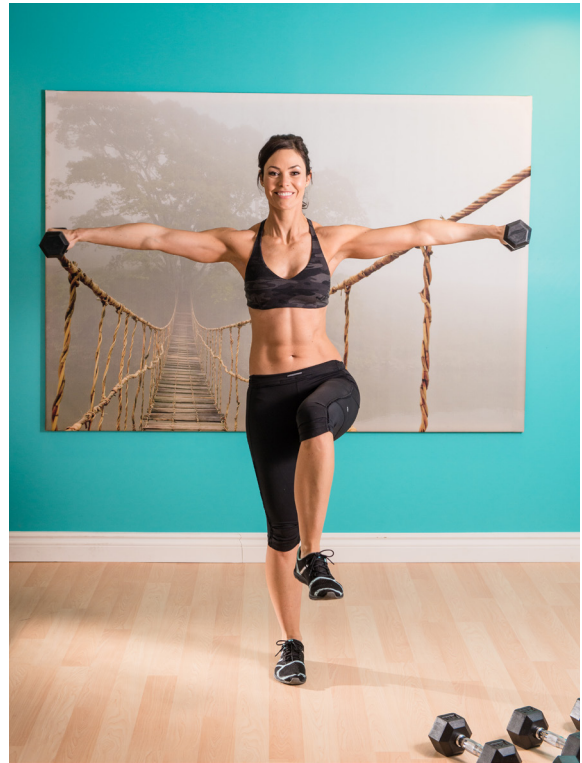
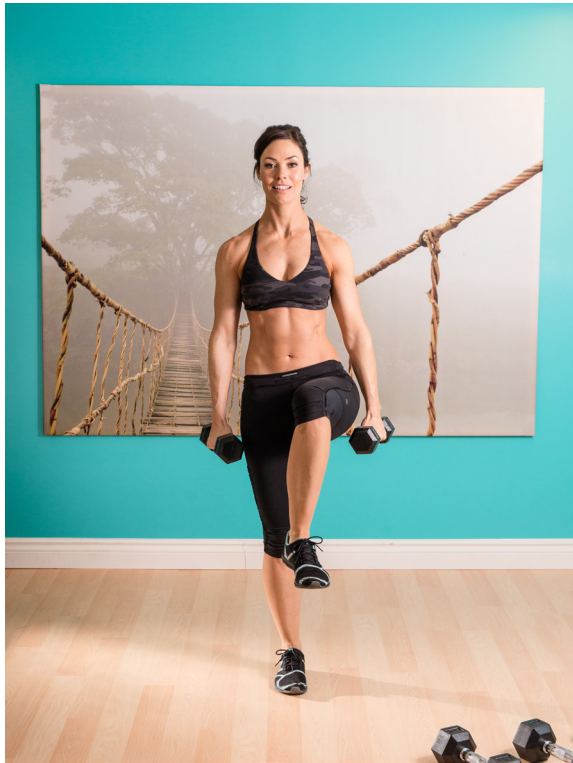
Front, back, & inner legs; Buttocks; Calves; Shoulders; Upper back; Side of torso



SINGLE LEG LATERAL RAISE • 10/SIDE • LW-MW

Holding a weight in each hand, arms at your sides, balance on one foot and slowly raise both arms out to shoulder height (no higher) simultaneously. Keep your shoulder blades down your back as you raise your arms out to the side. This prevents you from raising your arms higher than shoulder height and engages your back muscles. Lower the weights back down to your hips. Complete the specified number of repetitions, then switch to balance on the other leg.

Targeted Muscles: Side of shoulders; Abdominals; Buttocks; Calves; Upper back



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

SIDE PLANK WITH ARM ROTATIONS · 10/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, keeping 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 outside of your foot, slowly raise your body weight up and lift your hips off the floor. Raise your top arm up and clasp your hand behind your head. From here, gently lead with your top (bent) elbow and rotate it toward the floor. Go as low as your body will allow, pause, then rotate back up to the starting position. Note that you are not reaching the elbow, you are just using it to gauge how far you rotate. All of the rotation should come from your torso, not your arm. Keep your elbow in line with your shoulder throughout the entire movement. Complete the specified repetitions on one side, then switch to the other side.

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



MID ROW (PALMS FACING UPWARDS) · 12 REPS · MW

With a weight in each hand, palms facing away from you, stand with your feet shoulder-width apart. Bend your knees and flex your torso forward (keep your back flat). 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 away from your thighs, then slowly lower back down.

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



KNEE TO ELBOW PUSHUPS · 10 REPS · BODY WEIGHT

In a plank position, place your hands just slightly wider than shoulder-width apart. With a tight core, crunch your right knee up to the outside of your right elbow, then step the leg back and repeat the crunch with your left knee to your left elbow. From here, complete one pushup by slowly lowering your body weight down in a straight line so your shoulders and hips move at the same rate. Your chest should fall between your hands. Go as low as you can without resting on the floor, pause, then push yourself back up to the starting position. Complete the series (one crunch to right elbow, back, one crunch to left elbow, back, pushup) for the specified number of repetitions.

Targeted Muscles: Shoulders; Abdominals; Chest; Side of torso

EXERCISE PHOTOS ON NEXT PAGE

KNEE TO ELBOW PUSHUPS (CONTINUED)



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

WORKOUT COMPLETE!