

# Fitness Enthusiast

# Month 2

Workout time: 60 minutes maximum

Days per Week: 4 – 5

**Emphasis** – Cross training benefits of increased strength, endurance, and power.

**Directions** – This is an intermediate or advanced program consisting of eight exercises and over 400 repetitions. If needed, you may modify the repetitions to meet your own fitness level. Make sure to complete the warmup and cool down section. They are very important components to any workout. Try to take as little rest as possible and only stop for a minimal amount of time. After each set, catch your breath, but proceed to the next exercise within 3-4 minutes. For an advanced program, there should be time for recovery, and the individual is not expected to achieve all 50 repetitions in one set.

**Warm Up** - Perform 5-10 minutes of cardio (i.e. jogging)

## Warm Up Exercises

### Lunges

Sets: 3

Repetitions: 15



Take staggered stance as pictured and slightly bend the back leg. Draw your belly button inward (activating the deep abdominal stabilizing mechanism). Tighten glutes and tilt pelvis inward. Hold for 20-30 seconds, repeat for 2-3 reps. Avoid arching your lower back!

### Reverse Lunge

Set: 3

Repetitions: 15



To begin, stand tall with your hands at your hips or overhead (pictured). Take a large and controlled step backward with your left foot. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted. Return to standing by pressing your right heel into the floor and bringing your left leg forward to complete one rep. Alternate legs, and step back with right leg. Continue alternating for one minute.

# Exercise Program

## Power Clean

Sets: 1

Repetitions: 25



Grasp a dumbbell in each hand, and hold the dumbbells at your waist on the outside of your body. Bending at the knees, squat downward and then explode back upwards. At the same time swing the dumbbells upward and catch them at shoulder height with your palms facing towards the ceiling. Lower the dumbbell back down to your waist and repeat the motion for the desired amount of repetitions.

## Squat Jumps

Sets: 1

Repetitions: 25



Stand with your feet shoulder width apart. Start by performing a regular squat, then engage your core and jump up explosively. When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control. Make sure to use your whole foot to jump, not just your toes, and try not to let your shoulders lean out beyond your knees, as this can strain and injure your back.

## Squat with Shoulder Press

Sets: 1

Repetitions: 25



Stand with your feet shoulder width apart. Hold the dumbbells in front of your shoulders with your palms facing away from you. Move your body down into a squat while keeping the dumbbells in front of your shoulders. Do not bend your knees past 90 degrees. As you stand back up from the squat, extend your arms to push the dumbbells up into the air above your shoulders. Extend your legs at the same rate you extend your arms. Go back into a squat and return your arms to the starting position.

## Dumbbell Snatch

Sets: 1

Repetitions: 50



Grasp a dumbbell with your right hand, and stand with your feet shoulder width apart. Bend at the knees and waist and lower the dumbbell down between your legs to the ground. Stand up quickly and using the momentum, pull the dumbbell up over your head and lock your arm out. Lower the dumbbell back down and repeat the motion. Continue for the desired amount of reps and then switch hands.

## Ice Skaters

Sets: 1

Repetitions: 50



Stand on one leg with your other leg bent at the knee. Jump sideways as far as you can and land on your opposite leg. As soon as you land, jump back sideways to your starting foot. Continue back and forth for the desired amount of repetitions.

## Dumbbell Bend Over Row

Set: 1

Repetitions: 50



Grasp a dumbbell in each hand lean over and place opposite hand on bench. Slightly bend your knees, and bend over at the waist so that your chest is almost parallel with the floor. Let the dumbbell hang in your arm and then pull up to your chest. Lower the dumbbell back down to starting position. This completes one repetition.

## Abdominal Crunch – Using Stability Ball

Sets: 1

Repetitions: 50

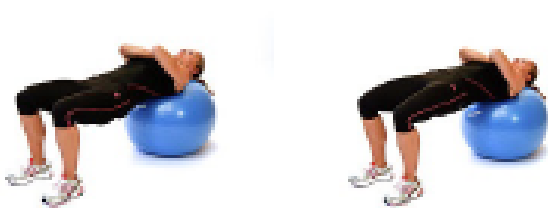


Sit on the stability ball. Slowly lean back on the ball until it is in the small of the back. Be sure you are balanced when back is fully extended. Align feet directly under the knees. Cross hands in front of chest and pull the ribs down toward the hips into torso flexion. Avoid thrusting the body forward and also control your eccentric (lowering) movement. The ball should not move during exercise. The closer the buttocks are to the floor, the less load on the abs and more load on the quads for stabilization. The further away the seat is from the floor, the more load is placed on the abs and less on the quads for stabilization. You can vary the degree of incline by repositioning the body.

## Bridge on Stability Ball - Raise and Lower Hips

Sets: 1

Repetitions: 50



For proper alignment, it is important that the head be resting comfortably on the ball with the neck in a neutral position. Do not let the head drop backward or forward. Keep chin down, and the chest should be lifted.

Hips, knees, and ankles should be aligned.

Lower and lift the hips with control.

Keep the knees stacked over the ankles.

The ball should not move.

Think of pushing the hips toward the ceiling.

**Cool Down** - Perform 5-10 minutes of walking at a comfortable pace.