

Weight Loss Warrior

Month 2

Workout time: 50 minutes maximum

Days per Week: 4 – 5

Emphasis - Cardiovascular fitness and muscle tone

Directions - Perform each exercise for one set, then follow with two minutes of light cardio of your choosing before continuing on to the next exercise.

Warm Up - Perform ten minutes of cardio (i.e. walking or stationary bike). Increase pace each minute.

Cardio Program

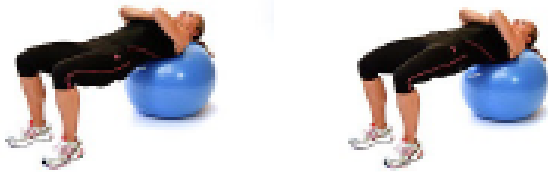
Activity	Intensity	Duration	Comments
Stationary Bike	Fast	5 minutes	Warm up
Walking	Fast	5 minutes	Cool down
Either walking or biking	Moderate	3 minutes	Interval between exercises

Exercise Program

Bridge on Stability Ball - Raise and Lower Hips

Sets: 1

Duration: 1 minute



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.

Dumbbell Snatch

Sets: 1

Duration: 1 minute



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.

Dumbbell Chest Press using Stability Ball

Sets: 1

Duration: 1 minute



Starting Position: Start from a seated position on the stability ball. Slowly walk out until your head and shoulders are supported by the ball (not pictured). Your feet should be slightly further than hip width apart. Start with the dumbbells at a 90 degree angle at your elbow, palms facing away from your body.

Exhale, extend both arms up and in slowly above your chest, until the dumbbells touch each other. Inhale, slowly lower back to the starting position.

Squat Jumps

Sets: 1

Duration: 1 minute



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.

Dumbbell French Press

Sets: 1

Duration: 1 minute



Pull your shoulder blades back and down, and raise your arm so that it extends in a straight line away from your torso and parallel to the ground. Your elbows should be fully extended, and the dumbbells should be directly over your shoulders. Bend your elbows to slowly lower the dumbbells toward your forehead. Pause when the dumbbells are approximately next to your ear, then extend your elbows to raise the dumbbells to the original start position. Make sure that you keep your upper arms still and your elbows directly over the shoulders throughout the exercise. Your shoulders should not “flare” out to the side. Also make sure that you don’t drop your hips at any time during the exercise.

Lateral Raise using Stability Ball

Sets: 1

Duration: 1 minute



Sit on a stability ball with your feet hip width apart. Hold the dumbbells at your sides, with your palms facing toward you. Keeping your arms straight, lift the dumbbells out and up to the sides until they are shoulder level. Do this movement in a slow and controlled fashion. Hold your arms in this raised position for a moment, then slowly lower them to your sides.

Deltoid Row using Stability Ball

Sets: 1

Duration: 1 minute



Place your chest on the ball with arms draped alongside the ball and legs extended out to the floor behind you. Grasp dumbbells in both hands. Keep your head in line with your spine and, with palms facing down, slowly raise arms straight out to the side of the ball. Pause at the top for a moment and slowly release arms back down.

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