

Wellness Warriors

Bands & Bars & Balls O My!

November 8, 2011

Dynamic Warm Up:

Involves the use of movement to get the heart rate up and the muscles loose and warm

- A. Jumping Jacks with step out x 50
- B. High Knees x 50
- C. Butt Kicks x 50
- D. Head Rotation x 10
- E. Arm Rotation x 10
- F. Hip Rotation x 10

Extended Warm Up:

Involves quick, total body movements to fire up the fast twitch muscle fibers and continue warming up the body. May be the same kind of exercises listed in the main workout.

- A. Resistance Band (RB) Quick Squat with overhead press 3 x 12
- B. RB Lunge with Lateral Raise 3 x 12
- C. RB Pulls w/ Single Leg Stance 3 x 12

Total Body Workout:

- A. Hamstrings – Body Bar (BB) Single Leg (SL) Deadlift 3 x 8
- B. Shoulders & Back – BB Bent-Over Row 3 x 8
- C. Quads & Glutes – BB Lunges 3 x 8
- D. Biceps – BB Bicep Curls 3 x 8
- E. Triceps & Forearms – BB Row motion in lunge position 3 x 50
- F. Abs – Medicine Ball (MB) Twist w/ partner 3 x 8
- G. Abs – MB Mountain Climbers 3 x 8
- H. Abs- Russian Twist
- I. Abs – MB V-Sit Up 3 x 8

