

Depending on your fitness level, you will need to alter the number of reps for each routine. Use your best judgement as to the weight and number of reps during the workout. To get an explanation or demonstration of each exercise, try searching the term. I will give a brief overview of what it is you will be doing.

You will complete the exercises as follows:

If there are multiple sets of the same exercise, complete all sets before moving to the next exercise. Follow along in order of the listed exercise. 1x14 or 2x12 depending on fitness level

1. Dumbbell step ups with knee raise: With one dumbbell in each hand, step up approximately 18" onto a bench. Drive the opposite leg into the air parallel to the ground. <https://www.youtube.com/watch?v=oEgil2-iUJo>

2. Bench press: lie flat on a bench and lift 60-70% of your max rep

[http://www.youtube.com/watch?v=qkX3K\\_o6YhA&t=4m25s](http://www.youtube.com/watch?v=qkX3K_o6YhA&t=4m25s)

3. Body weight squats: squat while keeping your knees behind your toes, and back straight

<https://www.youtube.com/watch?v=p3g4wAsu0R4>

1 minute rest

1. Single leg Hip lift: Lie down facing the ground with feet raised on a bench, top of foot on the surface. Get into a plank position and raise one leg off the bench and into the air. Lower your hips closer to the ground and thrust upward.

2. dumbbell curl and arnold press

<https://www.youtube.com/watch?v=N0Z5LQJu4Zw>

3. body weight squats

1 minute rest

1. Walking lunge

2. Overhead lateral raise: with two dumbbells, start with arms out to the sides, and raise up over your head. Lower them back down parallel to the ground

[https://www.youtube.com/watch?v=KbF8\\_T0uovw](https://www.youtube.com/watch?v=KbF8_T0uovw)

3. body weight squats

1 minute rest

1. Flutter kicks: lie on you back and lift both feet off the ground about 6 inches. Raise one foot up and keep the other low to the ground, alternate this position with each leg.

[https://www.youtube.com/watch?v=\\_EzCB25HG5c](https://www.youtube.com/watch?v=_EzCB25HG5c)

2. Close grip push up: with hands inside of shoulders, press off of the ground with a straight line running from your head to toes

<https://www.youtube.com/watch?v=Y0SQ8NHL9UE>

3. body weight squats

P.s. some of the vidoes are humorous to me