

Cardio list

- Running: p.glutes, p.quads, s.core, s.abs, p.calves / light 20min per mile, mod. 16 - 20min per mile med. 12-15min per mile high. 8-12min per mile / 1 round
- Skater: p.glutes, p.quads, s.abs, s.obliques / light 30 sec, mod. 40 sec med. 50sec high 70sec / 3 round AMYC
- Burpees p.quads, p.calfs, p.triceps, s.abs, s.obliques/ light 30 sec, mod. 40 sec med. 50sec high 70sec / 3 round AMYC
- Mountain climber p.abs, p.triceps, p.shoulder, s.obliques / light 30 sec, mod. 40 sec med. 50sec high 70sec / 3 round AMYC

Weights list

- Curls p.biceps, s.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase weight.
- Lateral raises s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase weight.
- Lateral front raises s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase weight.
- Lunges s.glutes, p.quads, s.hamstrings / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase weight.
- One leg Toe raises s.glutes, p.calf, s.hamstrings/ light moderate medium heavy 30-50 reps / 3 rounds 10-15min if last round is easy need to increase weight.

Bands list

- Curls s.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase resistance.
- Lateral raises (but not recommended) s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase resistance.
- Lateral front raises (holding the bands) s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase resistance.
- Lunges s.glutes, p.quads, s.hamstrings / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase resistance.
- Toe presses s.glutes, p.calf, s.hamstrings, s.glutes / light moderate medium heavy 30-50 reps / 3 rounds 10-15min if last round is easy need to increase weight.
- Reverse flies s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase resistance.

Body Weights list

- Push up s.shoulders, p.triceps, s.lats, s.core / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Wide push up s.shoulders, p.triceps, s.lats, s.core / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Close push up s.shoulders, p.triceps, s.lats, s.core / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Wide, close grip pull up s.shoulders, s.biceps, p.lats, s.core, p.back / light moderate medium heavy 8-10 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Chin up s.shoulders, p.biceps, p.lats, s.core, p.back / light moderate medium heavy 8-10 reps / 3 rounds 10-15min if last round is easy need to increase reps

- Tricep dips p.triceps, p.shoulder, s.core / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Sit ups p.abs, s.obl / light moderate medium heavy 30-50 reps / 2 rounds 4-13min if last round is easy need to increase reps
- Russian twist p.abs, p.obl / light moderate medium heavy 30-50 reps / 2 rounds 4-13min if last round is easy need to increase reps
- Leg raises p.abs, s.obl / light moderate medium heavy 15-30 reps / 2 rounds 4-13min if last round is easy need to increase reps
- Bicycle crunches p.abs, p.obl / light moderate medium heavy 30-50 reps / 2 rounds 4-13min if last round is easy need to increase reps
- Pistol squats p.quads, p.glutes, s.calfs / light moderate medium heavy 8 - 20 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Hand stand push ups p.shoulders, p.triceps, s.lats, s.core / light moderate medium heavy 5-15 reps / 3 rounds 10-15min if last round is easy need to increase reps
- 2 pike presses p.shoulders, p.triceps, s.lats, s.cores s.chest / light moderate medium heavy 10-20 reps / 3 rounds 10-15min if last round is easy need to increase reps

How to get fit and stay fit (FOR LIFE!)

Hey what's everyone!

Ever feel like all these exercise and diet programs

Exercises
Weights
Lateral
Shoulder
Raises
LUNGES
Calf
REGULAR
RUSSIAN
BICYCLE
Intense
Mountain climber

Bicep curls with bands wb

Since we're using resistance bands we need to focus on the contraction part of the exercise. Notice when we let go of the contraction no resistance is being applied

Side lateral raises wb

As you can see at the highest point of our raise we need to hold our position while also keeping our chest out and back straight

From the side we see that our arms are not aligned with our body, they need to be a bit in front to avoid injuries

If we step and lean a bit forward we'd also get more engagement from our back and in some cases that would increase the quality of the workout.

Front lateral raises w/

Notice at the highest point of our raise we hold our arms out in front of us. When using resistance bands this is the key for getting a quality workout.

Lunges w/

Lunges are all about keeping your back straight and legs close to 90 degrees. Observe. Then When you push back, lean back a little as well.

Bicep curls

For bicep curls keep your arms to your side first then when you are performing a curl try to rotate your wrist to get a better contraction of your biceps

Side lateral raises

Notice that we are keeping our chest out and back straight in the exercise

From the side we see that our arms are not aligned with our body, they need to be a bit in front to avoid injuries

Front lateral raises

Notice that we are keeping our chest out and back straight in the exercise. Try to keep your arms as parallel to each other as possible

Lunges

Lunges are all about keeping your back straight and legs close to 90 degrees. Observe. It's also important to keep your balance to avoid injuries. Then When you push back, lean back a little as well.

Single leg raises.

It is important to bend your knees slightly before you do the raise. Then you hold it to effectively activate your calf muscle

Calf raises.

It is important to lean slightly before you do the raise. Then you hold it to effectively activate your calf muscles

Pushups

Keeping your hands shoulder width apart, your back straight, your legs as straight as possible and your core tight simply go down then push up.

Notice how the elbows are not flared out and close to the torso.

Notice an actual push up requires you to push all the way up and not half way

The wide grip push carries the same principles while keeping hands a distance more than a shoulder width.

Notice how the elbows are not flared out.

Create a diamond to perform the close grip push up.

Pullups

Notice that your head must be over the bar and you must then go all the way down to perform a full pullup.

This is also the same for a chin up.

Also notice that your lower body is stationary and is not wiggling around during the exercise

Tricep dip

Here you need to keep yourself from sinking into your shoulders.

Notice how the knuckles are perpendicular to the body, this helps prevent injuries

Sit up

Notice that the hands do not stay on the back of the head, do not keep your hands in the back of your head.

Leg raises

Try to keep your legs as straight as possible. You can either use your hand to stabilize you or your butt

Russian Twists

The key here is keeping your legs at an appropriate height and twisting your upper body from your shoulders to your core

Bicycle crunches

The key here is trying to get your right elbow to touch your left knee and your left elbow to touch your right knee

Running

Make sure each knee goes as high as it can while the opposite hand should be somewhat close to your head.

Mountain climber

Notice that you need to keep your shoulders over your wrist and try to get your knee to touch your chin

Hop squat burpees

Notice that you want your legs to be bent in a squatting position so when you hop you're really using your lower body

Make sure to get those legs extended to really activate your upper body

Skater

Notice that you're jumping laterally and on each hop you land on

one leg and move the other behind that leg