



# Level Four Workout

## REBEL

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## Welcome to level 4, Rebel!

Level 4 is where we start to separate the men from the boys and the ladies from the girls. Are you up for it?

*Remember that you can start with either of the Level 4 workouts, and then move onto the other one after 4-8 weeks (really, whenever you get bored and want to mix it up!)*

**These are the challenging workouts** – some days will be circuit training, some days will have a superset or two, while others will be based more on strength training. Just remember every day to push yourself harder, lift heavier, get stronger.

Here, you'll have an **A workout**, a **B workout**, and a **C workout**. You'll do **A on Monday**, **B on Wednesday**, and **C on Friday**. Obviously, if you miss a day here or there, just pick up on the routine that was coming up next, no matter what day it is.

The workouts contained in level 4 start to get a little funky, so pay attention!



The rep ranges don't stay consistent, the number of sets don't stay consistent, some days are **full circuits**, others have some super sets, while others focus on building strength.

On the B days, you'll be doing a full circuit, where you do each exercise in a row without stopping til you get to the end of the last exercise. At this point you can take a 60 second break to grab some water, wipe off the sweat, and then start back at the beginning for 2 more full circuits.

Obviously if you need to take breaks in between you can, but work your way up to exercising all the way through the circuit with no stops.

**Optional Supersets** – At the end of Workout C, you'll see an OPTIONAL Superset. I'm guessing you've been wondering "where do I get to sculpt my guns like Ron Burgundy?"

I'm not a big fan of isolation work, but I throw some into my routines here and there. Although all the of the exercises that work your upper body in these routines also work your arms, this is your chance to get an extra pump in there if you're feeling up for it.



**Many exercises on each routine will have less challenging exercises listed in parentheses next to them.** These lesser exercises will still give you a great workout and allow you to finish the whole routine.

- If you can't do walking lunges, do regular lunges
- If you can't do decline push ups, do push ups or incline push ups
- If you can't do pull ups, do assisted chin ups, negative chin ups, or lat pulldowns

**These levels are harder in terms of experience and your tolerance for complexity, not strength.** Think of the listed repetitions as goals to shoot for. If you can only do 5 push ups and it asks for 10, that's okay - just aim for 6 push ups next week, then 7 the week after that, etc.

**For more of a challenge:** Exercises like lunges, squats, step ups, deadlifts, and any of their variations can all be made more difficult by putting dumbbells in your hands while doing them. If you can do the recommended reps easily, it's time to up the challenge.

I've included some challenging push ups here if you're up for it. If not, you can do the type of push up that is most challenging for you.



# INTERVAL TRAINING

In the missions below, you'll see a total number of sets, fast time, and slow time. So 8 sets of 30 fast/90 slow means you'll do 8 total cycles of sprinting for 30 seconds and jogging for 90.

- **4 Minute warm-up:** varying speeds, getting loose
- **Interval training:** 8 total circuits of pushing hard for 30 seconds, then jogging for 90 seconds.
- **4 Minute Cool Down:** bringing your heart rate back down, jogging, then stretching.

**Your intensity is going to be up to you.** Listen to your body, push yourself on the fast parts but make sure you can finish the routine!

You can either do your intervals on your off days of training, or you can do them after your workout. Don't do interval training two days in a row, and don't do it more than three times a week. It works your legs like crazy, and they need time to recover like the rest of your muscles.

**For your interval training, you can do it with running, on an exercise bike, on the elliptical, rowing machine – choose your own adventure.**



**BEFORE EACH WORKOUT**, you're going to warm up:

- 20 jumping jacks
- 10 **bodyweight squats**
- 10 **lunges**
- 1 set of 15 reps of **chops**
- 1 set of 5 **hip raises**
- 1 set of 10 reps of **rotational chops** (5 per side)
- 1 set of 10 **regular push ups** or **incline push ups**

After you're done with your weight training, you can do your interval training or save that for the next day.

**AFTER doing your weight training and/or intervals**, you're going to stretch out your sore muscles by doing this routine. Hold each for 3 seconds for each rep, then relax:

- 10 **titanic stretches**
- 10 **back stretches**
- 5 **ballet stretches** for each side
- 5 **full body stretches** for each side



# LEVEL FOUR

## REBEL WORKOUT A

- 1) Goblet Squat (Weighted Squats)– 4 sets of 8, 60 second rest
- 2) Dips (Divebombers / Decline Push Up / Incline Push Up) – 4 sets of 8, 60 second rest
- 3) Step Up with Kickback - 4 sets of 8, 60 second rest
- 4) Body Weight Row (or Bent Over Dumbbell Row)– 4 sets of 8, 60 second rest
- 5) Exercise Ball Crunches (or Reverse Crunches) - 4 sets of 10+, 60 second rest
- 6) Intervals – 4 min warm-up, 8 circuits of [30 sec. hard / 90 sec. slow]



# LEVEL FOUR

## REBEL WORKOUT B

Circuit time! Do all exercises in a row without stopping, and then rest for 60 seconds (or as long as you need) before starting the circuit again.

### 3 TOTAL CIRCUITS

- 1) Lunges – 10 reps
- 2) Overhead Dumbbell Press – 10 reps
- 3) Box Jumps – 10 reps
- 4) Chin Up (Assisted Chin Up / Underhand Lat Pulldown) – as many as you can do, or 10 reps for the Lat Pulldown)
- 5) One Legged Push Up (Incline Push Up) – 10 reps
- 6) Exercise Ball knee tucks – 10 reps
- 7) Jumping Jacks – 20 reps
- 8) 60 second rest, then repeat 2 more times

9) Intervals – 4 min warm-up, 8 circuits [30 sec. hard / 90 sec. slow]



# LEVEL FOUR

## REBEL WORKOUT C

### SUPERSET (3 Total Sets)

- 1A) Straight Leg Deadlift – set of 10, go straight to 1B
- 1B) Plyometric Push Ups (Push Up / Incline Push Up) – set of 5, or sets of 10 if you're not doing plyos, then go straight to 1C
- 1C) Plank – hold for 60 sec., 60 second rest, then go back to 1A

### SUPERSET (3 Total Sets)

- 2A) Step Up with Knee – set of 10, go straight to 2B
- 2B) Pull Up (or Assisted Pull Up or Overhand Lat Pulldowns) as many as you can do, go straight to 2C
- 2C) Reverse Crunch – set of 10+, 60 second rest, then go back to 2A

### OPTIONAL SUPERSET (no rest, just go back and forth)

- 3A) Dumbbell Curl – set of 10, go straight to 3B
- 3B) Overhead Triceps Extension – set of 10, go straight to 3A

4) Intervals – 4 min warm-up, 8 circuits [30 sec. hard / 90 sec. slow]



# GOBLET SQUAT

**Muscles worked:** quads, hamstrings, glutes (butt)

## **The Exercise:**

- 1) Stand with your heels shoulder-width apart, toes pointed slightly outward (30 degree angle off of straight, if you're a numbers person).
- 2) Hold a weight in front of you with both hands, like a goblet (see what I did there?)
- 3) Abs braced, sit WAY back with your butt as if you were going to sit into a chair.
- 4) Keep your lower back tight, no rounding. You should feel like you're sticking out your butt like CRAZY.
- 5) As you sit down, make sure you are pushing your knees OUTWARD.
- 6) Drop until the **top** of your thighs are parallel to the ground or lower.
- 7) Explode back up and bring your butt and hips back forward.

## **Goblet Squat Video**

## **Return to Routine**



# WEIGHTED SQUAT

**Muscles worked:** quads, hamstrings, glutes (butt)

## **The Exercise:**

- 1) Stand with your heels shoulder width apart, toes pointed slightly outward (30 degree angle off of straight, if you're a numbers person).
- 2) At this point in your fitness career, you should have dumbbells in your hands to do these, and they can be HEAVY. Hold them at your side (not pictured in the video, but it's easy to understand).
- 3) Abs braced, sit WAY back with your butt as if you were going to sit into a chair.
- 4) Keep your lower back tight, no rounding. You should feel like you're sticking out your butt like CRAZY.
- 5) As you sit down, make sure you are pushing your knees OUTWARD.
- 6) Drop until the **top** of your thighs are parallel to the ground or lower.
- 7) Explode back up and bring your butt and hips back forward.

**Squat Video**

**Return to Routine**



# DIPS

**Muscles worked:** chest, shoulders, triceps

## **The Exercise:**

- 1) Grip two parallel bars and raise yourself so that your arms are straight, with your body vertical and your ankles crossed behind you (if you want).
- 2) Keeping your torso upright, bend your elbows until your upper arms are parallel to the ground.
- 3) Pause, then push back up to the starting position.
- 4) Make sure you keep your elbows tucked close to your body through the exercise.
- 5) Although some people like to dip below parallel, it puts a lot of strain on the front of your shoulders so I advise against it.

**Dips Video**

**Return to Routine**



# DIVEBOMBER PUSH UP

**Muscles worked:** chest, shoulders, triceps

## **The Exercise:**

- 1) Get down on the floor, your hands slightly wider than shoulder-width apart, with your butt sticking way up in the air.
- 2) Try to get back far enough so that your arms are relatively straight.
- 3) Picture a rollercoaster in your head, and bend your arms as you bring your head close to the ground, and then bring your head up and explode up with all of the muscles in your arms, shoulders, and chest.
- 4) Your back should be in the arched position here.
- 5) Reverse the process, lowering your head back down and back, then returning to your original position with your butt up in the air.
- 6) Watch the video for this one, it's tricky.

## **Divebomber Push Up Video**

## **Return to Routine**



# DECLINE PUSH UP

**Muscles worked:** chest, shoulders, triceps

## **The Exercise:**

- 1) Lying on the floor with your hands slightly wider than shoulder-width apart, place your feet up on a bench, stair, platform, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the ground.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.
- 4) The higher you put your feet, the more emphasis is placed on your shoulders and triceps.

## **Decline Push Up Video**

**[Return to Routine](#)**



# INCLINE PUSH UP

**Muscles worked:** chest, shoulders, triceps

## **The Exercise:**

- 1) Stand in front of a bench, your stairs, some flat platform, and place your hands slightly wider than shoulder-width apart on it, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the platform you're using.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.

If a bench is too tough, you can do these by leaning forward into a wall instead. The lower the object that you're leaning on, the tougher the push ups are.

## **Incline Push Up**

## **Return to Routine**



# STEP UP WITH KICKBACK

**Muscles worked:** quads, hamstrings, glutes (butt)

## **The Exercise:**

- 1) Stand with your feet side by side, toes pointed straight, in front of a stair, box, bench, or chair.
- 2) Keep your upper body upright, step up with your right foot onto the platform, and then step up with your left foot and bring your left leg straight back, as high as you can raise it. Then lower your left foot back to the ground.
- 3) Bring your right foot back down to the ground to meet up with the left.
- 4) Step up with your left foot now, and repeat the process by kicking up your right leg.

## **Step Up With Kickback Video**

## **Return to Routine**



# OVERHAND BODY WEIGHT ROW

**Muscles worked:** back, biceps, forearms

## **The Exercise:**

- 1) Grab a bar (that's 3 feet or so off the ground) with an overhand grip (palms facing away from you), slightly wider than shoulder width apart.
- 2) Hang at arms length, with your shoulders underneath your hands.
- 3) Keep your body in a perfectly straight line, from your head to your toes.
- 4) Bracing your abs pull your chest up to the bar forcefully until your chest touches the bar.
- 5) Make sure you squeeze your shoulder blades together at the top of the movement. Lower yourself back down.
- 6) The higher the bar, the easier the exercise.
- 7) Try bending your knees so your feet are FLAT to make the exercise easier.

*Tip: You can also **do these on a STURDY kitchen table** if you don't have any other options!*

**Overhand Body Weight Row Video**

**Return to Routine**



# BENT OVER DUMBBELL ROW

**Muscles worked:** quads, back, biceps, forearms

## **The Exercise:**

- 1) With dumbbells in your hand, bend at your hips and knees, and then just lower your torso (top half of you) until you're angled about 45 degrees in relation to the floor.
- 2) Your lower back should be naturally arched (stick your butt out, and no rounding your back!)
- 3) Let your arms hang straight down, your palms facing behind you.
- 4) Bracing your abs and squeezing your glutes (butt), raise the dumbbells straight up to your sides, pinching your shoulder blades together at the top of the movement.
- 5) Don't use your body to assist in the lift, keep everything steady except your arms (and pinching your shoulder blades together at the top)
- 6) Pause, and then lower them.

## **Bent Over Dumbbell Row Video**

**[Return to Routine](#)**



# EXERCISE BALL CRUNCH

**Muscles worked:** abs, lower back, core

## **The Exercise:**

- 1) Lie on an exercise ball, with your knees bent and your feet flat on the ground. Your lower back should be on the ball.
- 2) Placing your hands across your chest or next to your head (don't put behind your neck and tug – too much strain).
- 3) Bracing your abs, lean forward from the waist up as high as you can go, and then lower yourself back down onto the ball as far as you can go.
- 4) Repeat!

## **Exercise Ball Crunch Video**

**[Return to Routine](#)**



# REVERSE CRUNCH

**Muscles worked:** abs, lower back, butt, hamstrings

## **The Exercise:**

- 1) Lie on back with your knees bent and your feet flat on the ground.
- 2) For support, your arms should be straight and down on the ground on both sides of you.
- 3) Bracing your abs, raise your feet off the ground (keeping a 90-degree angle in your knee)
- 4) As you bring your knees in, use your abs to slowly lift your hips off the ground.
- 5) Hold for a three count, then lower your hips back to the ground and bring your feet back almost down to the ground.
- 6) To make this more difficult, go with less of a bend in your knees.
- 7) To make it easier, don't worry about bringing your feet back down to the ground, just concentrate on raising your hips and then lowering them.

## **Reverse Crunch Video**

**[Return to Workout](#)**



# FRONT LUNGE

**Muscles worked:** quads, hamstrings, glutes (butt)

## **The Exercise:**

- 1) Stand with your feet hip-width apart, toes pointed straight.
- 2) Abs braced, step straight out with your left leg and lower your body until the top of your left thigh is parallel to the floor or lower.
- 3) Don't plant your right knee on the ground, keep it just off of it.
- 4) Keep your upper body upright, and don't extend your left knee out beyond the toes your left foot.
- 5) Explode back up using the power in your left leg to return to the start.
- 6) Step way out with your right foot and repeat!
- 7) To make this harder, grab dumbbells in your hands, hold them at your sides throughout the whole exercise.

## **Front Lunge Video**

## **Return to Routine**



# OVERHEAD DUMBBELL PRESS ALSO CALLED MILITARY PRESS

**Muscles worked:** shoulders, upper chest, triceps

## **The Exercise:**

- 1) Stand straight with your abs braced, glutes tight, shoulders back and butt slightly out.
- 2) Hold the dumbbells with your palms facing straight ahead, at the height of your ears.
- 3) Press the weights forcefully up and bring them together at the top of the movement, where they'll almost touch.
- 4) Return them to the starting position.
- 5) Try not to squirm or use the rest of your body to push the weight up, instead concentrating on just using your shoulders and arms.

## **Military Press Video**

## **Return to Routine**



# BOX JUMP

**Muscles worked:** quads, calves, hamstrings.

## **The Exercise:**

- 1) Stand in front of a bench/box/chair that is approximately 24 inches off the ground.
- 2) Jump up with both feet and land in a squat stance on top of the platform.
- 3) Land softly, and squat as you land to brace your impact. Land on the balls of your feet first.
- 4) Stand up after landing, and then step down (don't jump down).
- 5) Repeat!
- 6) If 24 inches is too high, you can pick a lower surface. Just concentrate on jumping HIGH and landing on the balls of your feet.

## **Box Jump Video**

## **Return to Routine**



# CHIN UP

**Muscles worked:** back, biceps, forearms

## **The Exercise:**

- 1) Grab a bar with an underhand grip (palms facing towards you), slightly narrower than shoulder-width apart. The narrower the grip, the more your biceps are used and the less your back is used.
- 2) Hang at arm's length, bend your knees and cross your feet behind you.
- 3) Pull your chest up to the bar forcefully until the top of your chest touches the bar.
- 4) Make sure you squeeze your shoulder blades together at the top of the movement.
- 5) Lower yourself back down.
- 6) If these are too tough, and you have an exercise band or giant elastic band, you can do assisted chin ups or underhand lat pull downs.
- 7) Your other option is to do negatives: Jump and support yourself above the bar, and then slowly lower yourself down. That's one rep.

**Chin Up Video**

**Return to Routine**



# ASSISTED CHIN UP

**Muscles worked:** back, biceps, forearms

## **The Exercise:**

- 1) Grab a bar with an underhand grip (palms facing towards you), slightly narrower than shoulder-width apart. The narrower the grip, the more your biceps are used and the less your back is used.
- 2) Hang at arm's length, bend your knees and cross your feet behind you.
- 3) Use an exercise band or big rubber band, wrapped around the bar at the top and then around your knees (or feet if it's long enough)
- 4) Pull your chest up to the bar forcefully until the top of your chest touches the bar.
- 5) Make sure you squeeze your shoulder blades together at the top of the movement.
- 6) Lower yourself back down.

**Assisted Chin Up Video**

**Return to Routine**



# UNDERHAND LAT PULLDOWN

**Muscles worked:** upper back, traps, biceps, forearms

## **The Exercise:**

- 1) Throw an exercise band up over a tree branch above your head.
- 2) Grab both handles with an underhand grip, so your palms are facing towards you.
- 3) Take a squat stance, brace your abs, stick your butt out, lower the handles from above your head down to your sides, pinching your shoulder blades together at the bottom of the movement.
- 4) Pause, then return the handles up above you.
- 5) Repeat!

## **Underhand Lat Pulldown Video**

**Return to Routine**



# ONE-LEGGED PUSH UP

**Muscles worked:** chest, triceps, shoulders

## **The Exercise:**

- 1) Get down on the floor, your hands slightly wider than shoulder-width apart, with your entire body in a straight line (from head down to your toes).
- 2) Keeping your right leg straight, raise it 12 inches or so off the ground.
- 3) Bracing your abs, lower your body until your chest is just above the ground.
- 4) Explode back up with all of the muscles in your arms, shoulders, and chest.

**[One-Legged Push Up Video](#)**

**[Return to Routine](#)**



# INCLINE PUSH UP

**Muscles worked:** chest, shoulders, triceps

## **The Exercise:**

- 1) Stand in front of a bench, your stairs, some flat platform, and place your hands slightly wider than shoulder-width apart on it, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the platform you're using.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.

If a bench is too tough, you can do these by leaning forward into a wall instead. The lower the object that you're leaning on, the tougher the push ups are.

## **Incline Push Up**

## **Return to Routine**



# EXERCISE BALL KNEE TUCKS

**Muscles worked:** abs, lower back, core, arms, chest

## The Exercise

- 1) Get into a push up position with your feet on an exercise ball.
- 2) Your body should form a straight line from your feet to your head.
- 3) Bracing your abs, tuck your knees into your chest as you roll the ball towards you, contracting your abs to do the work.
- 4) Pause, and then roll the ball back out to the starting position.
- 5) Cry, because these are tough.
- 6) Repeat.

## Exercise Ball Knee Tucks Video

[Return to Routine](#)



# STRAIGHT LEG DEADLIFT

**Muscles worked:** abs, lower back, butt, hamstrings

## **The Exercise:**

- 1) Stand up with your chest out, have a slight bend in your knees, brace your abs, and stick your butt out.
- 2) Grab dumbbells and hold them in each hand with your palms facing you and the weights hanging down on top of your thighs.
- 3) Without bending your knees any more or rolling your back, lower the weights down your thigh, over your knees, and down your shins.
- 4) Remember, no bending your legs or bending your back. It's okay to stick your butt back as you drop down.
- 5) You should feel this in your hamstrings (back of your legs).
- 6) Once you've stretched as far down as you can go, stand back up slowly.
- 7) If holding dumbbells is too tough, just work on stretching without weight.

## **Straight Leg Deadlift Video**

## **Return to Workout**



# PLYOMETRIC PUSH UP

**Muscles worked:** chest, triceps, shoulders

## **The Exercise:**

- 1) Get down on the floor, your hands slightly wider than shoulder-width apart, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the ground.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest. Push hard enough to launch yourself off the ground.
- 4) If you're feeling adventurous, clap your hands when you're up in the air.
- 5) Catch yourself back in the regular start position, and repeat.

**[Plyometric Push Up Video](#)**

**[Return to Workout](#)**



# PUSH UP

**Muscles worked:** chest, triceps, shoulders, upper back

## **The Exercise:**

- 1) Get down on the floor, your hands slightly wider than shoulder-width apart, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the ground.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.
- 4) Repeat!
- 5) If these are too difficult, start on your knees (feet up in the air), and do your push ups from this position, or do incline push ups.

**Push Up Video**

**Return to Routine**



# INCLINE PUSH UP

**Muscles worked:** chest, shoulders, triceps

## **The Exercise:**

- 1) Stand in front of a bench, your stairs, some flat platform, and place your hands slightly wider than shoulder-width apart on it, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the platform you're using.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.

If a bench is too tough, you can do these by leaning forward into a wall instead. The lower the object that you're leaning on, the tougher the push ups are.

**Incline Push Up**

**Return to Routine**



# PLANK

**Muscles worked:** abs, lower back, core

## **The Exercise:**

- 1) Lie flat on your stomach on the ground/grass/mat.
- 2) Get up on your elbows and your toes, and brace your abs.
- 3) Your body should form a completely straight line, from your head to your back to your butt to your legs to your feet.
- 4) HOLD!

**Plank Video**

**Return to Workout**



# STEP UP WITH KNEE

**Muscles worked:** quads, hamstrings, glutes (butt)

The Exercise:

- 1) Stand with your feet side by side, toes pointed straight, in front of a stair, box, bench, or chair.
- 2) Keep your upper body upright, step up with your right foot onto the platform, and then step up with your left foot and explode up with your left knee as high up as it will go, then without it touching, bring it all the way back down to the ground.
- 3) Bring your right foot back down to the ground to meet up with the left.
- 4) Step up with your left foot now, and repeat the process by exploding up with your right knee.

**Step Up With Knee Video**

**Return to Workout**



# PULL UP

**Muscles worked:** back, biceps, forearms

## **The Exercise:**

- 1) Grab a bar with an overhand grip (palms facing away from you), slightly wider than shoulder-width apart.
- 2) Hang at arms length, bend your knees and cross your feet behind you.
- 3) Pull your chest up to the bar forcefully until the top of your chest touches the bar.
- 4) Make sure you squeeze your shoulder blades together at the top of the movement.
- 5) Lower yourself back down.
- 6) If these are too hard, try **assisted pull ups**.
- 7) **Your other option is to do negatives:** Jump and support yourself above the bar, and then slowly lower yourself down. That's one rep.

## **Pull Up Video**

**Return to Workout**



# ASSISTED PULL UP

**Muscles worked:** back, biceps, forearms

## **The Exercise:**

- 1) Grab a bar with an overhand grip (palms facing away from you), slightly wider than shoulder-width apart.
- 2) Hang at arms length, bend your knees and cross your feet behind you.
- 3) Use an exercise band or big rubber band, wrapped around the bar at the top and then around your knees (or feet if it's long enough)
- 4) Pull your chest up to the bar forcefully until the top of your chest touches the bar.
- 5) Make sure you squeeze your shoulder blades together at the top of the movement.
- 6) Lower yourself back down.

## **Assisted Pull Up Video**

**[Return to Workout](#)**



# OVERHAND LAT PULLDOWN

**Muscles worked:** upper back, traps, biceps, forearms

## **The Exercise:**

- 1) Throw an exercise band up over a tree branch above your head.
- 2) Grab both handles with an overhand grip, so your palms are facing away from you.
- 3) Take a squat stance, brace your abs, stick your butt out, lower the handles from above your head down to your sides, pinching your shoulder blades together at the bottom of the movement.
- 4) Pause, then return the handles up above you.
- 5) Repeat!

## **Overhand Lat Pulldown Video**

**[Return to Workout](#)**



# REVERSE CRUNCH

**Muscles worked:** abs, lower back, butt, hamstrings

## **The Exercise:**

- 1) Lie on back with your knees bent and your feet flat on the ground.
- 2) For support, your arms should be straight and down on the ground on both sides of you.
- 3) Bracing your abs, raise your feet off the ground (keeping a 90-degree angle in your knee)
- 4) As you bring your knees in, use your abs to slowly lift your hips off the ground.
- 5) Hold for a three count, then lower your hips back to the ground and bring your feet back almost down to the ground.
- 6) To make this more difficult, go with less of a bend in your knees.
- 7) To make it easier, don't worry about bringing your feet back down to the ground, just concentrate on raising your hips and then lowering them.

## **Reverse Crunch Video**

**[Return to Workout](#)**



# DUMBBELL BICEPS CURL

**Muscles worked:** biceps (duh), forearms

## **The Exercise:**

- 1) Set your feet shoulder width-apart, stand straight up, and grab a pair of dumbbells with your palms facing forward.
- 2) Let your arms hang down by your side.
- 3) Without swinging your upper arms, and keeping your elbows close by your side, curl the dumbbells up and towards your shoulders as close as you can.
- 4) Pause, and then lower the weights down back by your sides.

## **Dumbbell Biceps Curl**

**[Return to Workout](#)**



# OVERHEAD TRICEPS EXTENSION

**Muscles worked:** triceps (duh)

## **The Exercise:**

- 1) Set your feet shoulder-width apart, stand straight up, and grab a dumbbell with both of your hands and hold it straight above your head.
- 2) Your grip: keeping your hand flat and thumb OUT, cross one hand over the other at a 45 degree angle. See the triangle formed by your thumbs and side of your hand below your index finger? That's where the bar of the dumbbell goes.
- 3) Without swinging your upper arms, and keeping your elbows close by your head, lower the weight behind your head until your forearms are at least parallel to the floor.
- 4) Pause, and then raise the weight back up above your head with force!

**[Overhead Triceps Extension Video](#)**

**[Return to Workout](#)**



# SQUAT

**Muscles worked:** quads, hamstrings, glutes (butt)

**The Exercise:**

- 1) Stand with your heels shoulder width apart, toes pointed slightly outward (30 degree angle off of straight, if you're a numbers person).
- 2) Abs braced, sit WAY back with your butt as if you were going to sit into a chair.
- 3) Keep your lower back tight, no rounding. You should feel like you're sticking out your butt like CRAZY.
- 4) As you sit down, make sure you are pushing your knees OUTWARD.
- 5) Drop until the top of your thighs are parallel or lower.
- 6) Explode back up and bring your butt and hips back forward.

*Tip: if you're doing this right, try sitting in a chair, and then standing back up without having to rock or lean forward at all. That's how you squat!*

**Squat Video**

**Return to Routine**



# FRONT LUNGE

**Muscles worked:** quads, hamstrings, glutes (butt)

## **The Exercise:**

- 1) Stand with your feet hip-width apart, toes pointed straight.
- 2) Abs braced, step straight out with your left leg and lower your body until the top of your left thigh is parallel or lower.
- 3) Don't plant your right knee on the ground, keep it just off of it.
- 4) Keep your upper body upright, and don't extend your left knee out beyond the toes your left foot.
- 5) Explode back up using the power in your left leg to return to the start.
- 6) Step way out with your right foot and repeat!
- 7) To make this harder, grab dumbbells in your hands, hold them at your sides throughout the whole exercise.

## **Front Lunge Video**

## **Return to Routine**



# CHOPS

**Muscles worked:** legs, abs, core, chest, shoulders, triceps, back

## **The Exercise:**

- 1) Stand tall with a stance wider than shoulder width apart.
- 2) Grab a dumbbell with both hands and hold it in front of you.
- 3) Take a squat position with your butt sticking way back out, bring the weight down between your legs (keeping your arms extended).
- 4) Use your hips to thrust the weight back forwards.
- 5) Bring the weight in an arc up in front of you and then above your head. As it gets to the high point above your head, keep your upper arms straight, and lower your forearms so the weight drops behind your head.
- 6) Raise it back up, then swing your arms back down and between your legs and repeat.

**[Chops Video](#)**

**[Return to Routine](#)**



# HIP RAISES

**Muscles worked:** abs, lower back, butt, hamstrings

## **The Exercise:**

- 1) Lie on your back with your knees bent and your feet flat on the ground.
- 2) Place your hands on the ground on either side of you with your palms down.
- 3) Bracing your abs, raise your butt off the ground so that your torso forms a straight line with your thighs.
- 4) Squeeze your butt (seriously) at the top of the movement.
- 5) Hold for a three count, then lower your butt back down to the ground.
- 6) Repeat.
- 7) If these get too easy, you can up the challenge by doing **weighted hip raises.**

## **Hip Raises Video**

**Return to Routine**



# ROTATIONAL CHOPS

**Muscles worked:** legs, abs, core, chest, shoulders, arms

## **The Exercise:**

- 1) Stand tall with a stance wider than shoulder width apart.
- 2) Grab a dumbbell with both hands and hold it in front of you.
- 3) Step way out to the right, and as you do, bring the weight in a counter-clockwise circle in front of you.
- 4) Once your right foot is planted, swing the weight as far as you can out to the right.
- 5) Swing the weight back to your center as you step back in with your right foot. Continuing your momentum, swing the weight in a clockwise circle this time as you step way out to the left.
- 6) After your foot is planted and the weight has 'made a circle,' swing it way out to the left, then bring it back in, and step back in with your left foot to the center.

## **Rotational Chops Video**

## **Return to Routine**



# PUSH UP

**Muscles worked:** chest, triceps, shoulders, upper back

## **The Exercise:**

- 1) Get down on the floor, your hands slightly wider than shoulder-width apart, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the ground.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.
- 4) Repeat!
- 5) If these are too difficult, start on your knees (feet up in the air), and do your push ups from this position, or do incline push ups.

**Push Up Video**

**Return to Routine**



# INCLINE PUSH UP

**Muscles worked:** chest, shoulders, triceps

## **The Exercise:**

- 1) Stand in front of a bench, your stairs, some flat platform, and place your hands slightly wider than shoulder-width apart on it, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the platform you're using.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.

If a bench is too tough, you can do these by leaning forward into a wall instead. The lower the object that you're leaning on, the tougher the push ups are.

## **Incline Push Up**

## **Return to Routine**



# TITANIC STRETCH

**Muscles worked:** back, arms, lower back, shoulders, neck.

## **The Exercise:**

- 1) Stand tall with your feet close together with your back to a pole or something to grab on to.
- 2) Reaching behind you with both arms, grab the pole and lean forward with the rest of your body.
- 3) Feel the tension throughout your body as you lean forward (feel free to push your hips forward too).
- 4) Hold for 3-5 seconds, then come out of the stretch.
- 5) Repeat.

## **Titanic Stretch Video**

**[Return to Routine](#)**



# BACK STRETCH

**Muscles worked:** back, arms, lower back, shoulders

## **The Exercise:**

- 1) Stand tall with your feet close together, standing facing a pole.
- 2) Grab the pole with both hands.
- 3) Keeping your feet close to the pole, pull your lower body away from the pole, supporting your weight with your arms.
- 4) Hold for 3-5 seconds, then return to the starting position.

## **Back Stretch Video**

## **Return to Routine**



# BALLET STRETCH

**Muscles worked:** back, arms, lower back, shoulders, neck.

## **The Exercise:**

- 1) Stand tall with your feet close together, standing side by side with a pole, with your right side next to it.
- 2) Grab the pole with your right hand, cross your left foot over your right foot.
- 3) Raise your left hand high above your head.
- 4) Keeping your right foot close to the pole, bend your hips out to the side and raise your left arm high above your head
- 5) You'll resemble a ballerina doing this.
- 6) Hold for 3-5 seconds, then repeat facing the other direction.

## **Ballet Stretch Video**

## **Return to Routine**



# FULL BODY STRETCH

**Muscles worked:** back, arms, lower back, shoulders, neck.

## **The Exercise:**

- 1) Stand in front of a tree, pole, or railing.
- 2) Grab the pole with your left hand, and then extend your right foot WAY back (into a back lunge). Push your right heel down to stretch out your right leg, and push your left knee forward to stretch out your left groin.
- 3) Take your right arm, and stick it on the other side of your left knee, twisting at the torso.
- 4) Hold the pose for 3-5 seconds.
- 5) Stand back up, then step back with your left foot, hold the pole with your right arm, and place your left arm on the outside of your right knee.

## **Full Body Stretch Video**

## **Return to Routine**

