

SaltSpring Fitness

Get fit. Stay Fit.

Get Back to the Gym!



55 minutes (approximately)

Warm-up: X-trainer (level 2 to 4), after 5-minutes of warming-up, try doing 'fat-burning' interval style training. Here's how to do it:

- 60-second bursts of speed with a 60-second break in between.
- Do 4-6 speed bursts.
- Remember the speed bursts should be fast enough to get you sweating but not so fast that you get tuckered out after only a few minutes.
- OR...try
- 60-seconds forwards with 60-seconds backwards, both at medium fast pace (not super fast). Trust me, either of these

two interval programs will accelerate your heart rate and hence get you even fitter (*if that's possible!*)

S-T-R-E-T-C-H

<u>Exercise</u>	<u>Weight</u>	<u>Repetitions</u>
CIRCUIT 1:		
Seated Rowing (back, shoulders, arms)	60lbs	20
Dumbbell Flys (chest, arms, balance)	10lbs (sit on ball)	20
1-Leg Posture Builder (posture, balance)	tubing	20-10/per leg
High-to-Low Plank (shoulders, arms)	on mat	10
CIRCUIT 2:		
Dumbbell Press (shoulders)	8-10lbs	20
1-Leg Ball Crunch (abs, core, balance)	on ball	15 /per leg
Ball Lunges (legs, hips & thighs)	5lbs	20
CIRCUIT 3:		
Iso-Crunch (abs)	on mat	30
Rock Bottoms (lower abs)	on mat	20
Flying Squirrel (lower back, posture)	on mat	5
Show Girls (lower abs)	on mat	15 /per side

Repeat CIRCUIT 1 - 3 for two sets of everything.

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Exercise Descriptions



Seated Rows

Sitting upright on seated rowing machine, keep back straight and knees slightly bent. Row handles past your ribcage area and squeeze shoulder blades together, hold for one beat. Keep abdominals engaged throughout movement. Keep torso alignment maintained over hips.

Dumbbell Flies on Ball

Keep your abs tight and use your leg muscles to stay in a plank position. Lower arms slowly to 90 degrees. When doing Ball Flies for your chest and triceps, keep your arms lined up over your chest, rather than swaying towards your face. Make your body a 'plank' on the ball with head and upper back resting comfortably on ball.

1-Leg Posture Builder

Standing with each end of tubing in each hand, straighten out arms in front of you at chest level. Now, squeezing shoulders blades together, stretch out the tubing until it touches your chest. Remember to KEEP ARMS STRAIGHT so it stays a posture exercise during the entire movement.

High-to-Low Plank

Lying face down on mat, position hands palms down, fingers forward DIRECTLY under shoulders. Placement of hands is key to target the triceps (jiggly back of arms area). Now that your hands are placed properly...

1. Go into a high-plank position (think of your body being straight and solid like a plank of wood).
2. Lower knees to mat, lift feet and, keeping elbows tight to ribcage and leading with your chest, lower your torso to low-plank which is a point of hovering just above mat.
3. Using intense shoulder + arm strength push up your body.
4. Now arch back slightly to stretch in 'upward facing dog' position from yoga.
5. And pushing through your palms into 'downward facing dog' position from yoga (think of making your body look like an upside-down 'V')
6. Repeat for a total of 10.

Dumbbell Press

Sitting down, position dumbbells at ears. Now press the weights up at the same time over your head. Remember not to sway the dumbbells forward. Think of there being a wall just in front of you. Lower arms to just below shoulders (i.e. just a bit less than 90 degrees.)

1-Leg Ball Crunch

Position yourself in front of a wall. Push one foot into the wall as you sit (with lower back protected by ball). Lift other leg off the floor bent at knee. Place hands across chest (beginner) or hands behind head, elbows open (intermediate). Perform your crunch.

Ball Lunges

Place big ball on wall and lean your back against it. Holding dumbbells in each hand step back with one leg into a lunge position. Remember to step back far enough and to hold your heel up on the back leg so your knee bends easily. Lunge down keeping front knee positioned over your ankle to protect your knee.

Iso Crunch

Lie on your back on a mat with knees bent and feet flat on floor. Place hands behind head. Do not pull on head. 'Turn on' your abs by vacuuming navel to spine and gluing it there. Now lift back of shoulders off the floor just enough to feel your abs activated. Hold for 10-seconds, then squeeze up a little higher and do your reps.

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Rock Bottoms

Lying on back on mat, place hands either palms down on mat at your sides OR hang-on to something solid behind you for stability). Draw bent knees up to your chest so thighs are on your stomach. Now pulling in your lower abdominal muscles, lift tail- bone or 'rock bottom' up off of mat and slowly (as slow as you possibly can) lower bottom back down. Repeat to complete your set.

Flying Squirrel

Lying on Stomach, extend arms straight out to sides palms down. Position Legs a little wider than hips. Simultaneously lift upper and lower body as you breathe out. Hold for 5 count trying to keep hands up high to make sure postural muscles stay activated.

Show Girls

Sitting on a mat, lean back and place your hands, palms down behind you. Lift legs and keeping knees bent tilt your hips and legs to one side. Now perform the 'can-can' movement by bending elbows and leaning back a bit further while simultaneously extending legs out. Come back to original start position and repeat. Then switch to the other side.