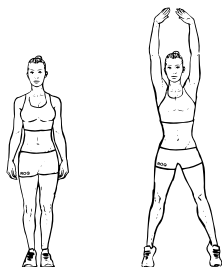


Summer Slimdown

20 min · Abs, Back, Chest, Legs, Shoulders

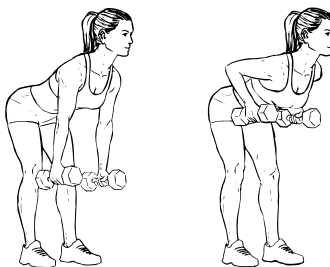
A combination of strength and cardio to get you beach ready for the summer! If you're a beginner, start off with doing one set of 12-15 reps each then work your way up to 3 full sets. Work these exercises in a circuit, completing one set of each before starting your second set.

Jumping Jacks



3 sets 30 secs

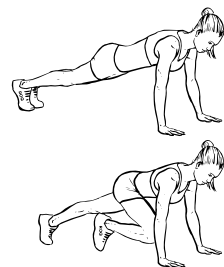
Standing Two-Armed Bent Over Dumbbell Rows



0:30
rest

3 sets 12 reps

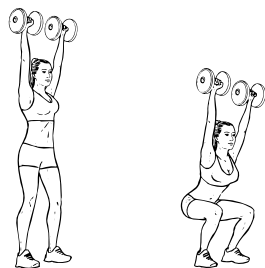
Mountain Climbers



0:30
rest

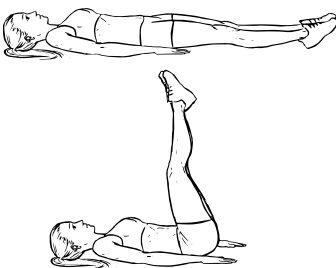
3 sets 30 secs

Overhead Dumbbell Squat



3 sets 12 reps

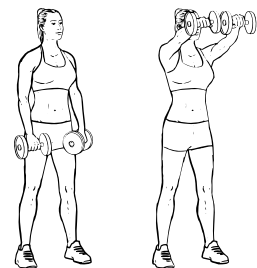
Lying Leg Raises



0:30
rest

3 sets 30 secs

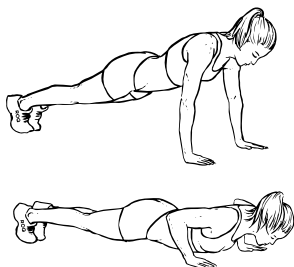
Two Arm Dumbbell Front Shoulder Raises



0:30
rest

3 sets 12 reps

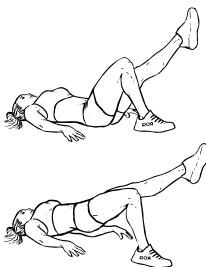
Push-ups



0:30
rest

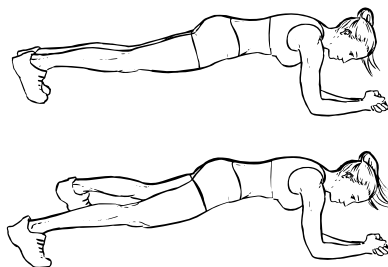
3 sets 30 secs

Single Leg Glute Bridges



3 sets 12 reps

Plank Jacks



0:30
rest

3 sets 30 secs



Jumping Jacks / Star Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings, Shoulders


Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

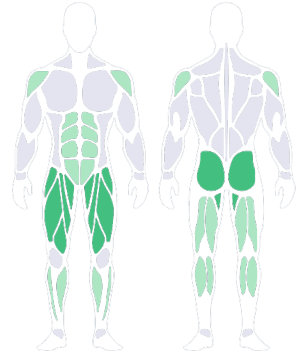
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

 This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.



Standing Two-Armed Bent Over Dumbbell Rows

Primary muscle group(s):

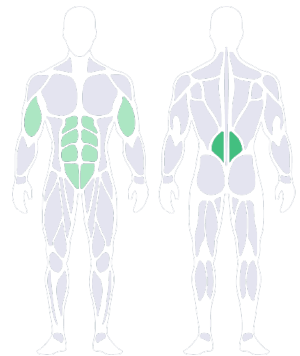
Lower Back

Secondary:

Abs, Biceps

Stand tall with a tight core and flat back. Hold a pair of dumbbells at your side with an overhand grip. Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor.

With your elbows at a 60-degree angle, bring the dumbbells up. Pause when your upper arm is parallel with the floor. Contract the muscle then slowly return the dumbbells to the starting point.



Mountain Climbers / Alternating Knee-ins

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.

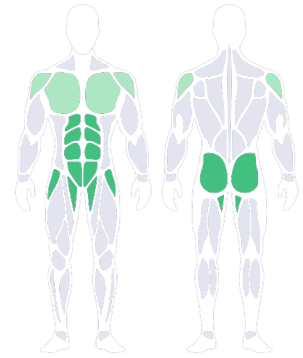
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.

Your body should be in a straight line, with your weight supported on your hands and toes only.

Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.

Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.

Continue alternating in this manner for the desired amount of time.



Overhead Dumbbell Squat

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Shoulders, Upper Back & Lower Traps

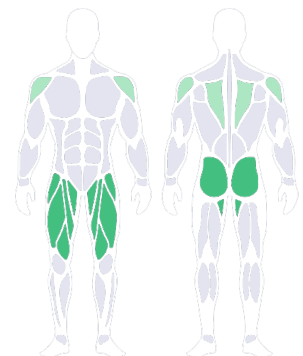
Place a firm grip on two appropriately weighed dumbbells. Before driving the dumbbells above your head, make sure that your core is tight and your chest is up.

Push the dumbbells straight above your head, locking out your elbows.

Once you feel stabilized, slowly bend the knees and drive your hips backwards, maintaining a tight, solid core as you do so.

Once your upper thighs become parallel with the ground, slowly push back up, returning to the starting position. Be sure to keep those dumbbells fixed overhead throughout the entire movement.

⚠ This, like all overhead weighted movements, should be performed in a controlled environment. Be sure to check the weight before attempting, if working with an adjustable dumbbell ensure all is locked tightly into place.



Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

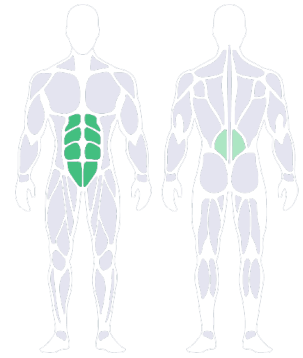
Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



Dual / Two Arm Dumbbell Front Shoulder Raises

Primary muscle group(s):

Neck & Upper Traps, Shoulders

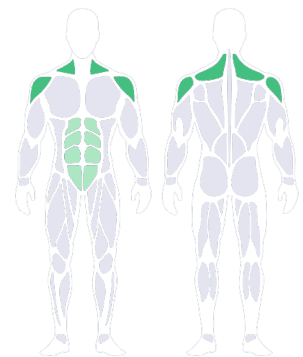
Secondary:

Abs

Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced.

Begin by lifting the dumbbells in front of you. Keep the abdominals contracted as you raise the dumbbells. Feel the contraction in the shoulder muscles.

Once the dumbbells reach shoulder height, pause and slowly lower the dumbbells to the starting position.



Push-ups / Pushups

Primary muscle group(s):

Chest

Secondary:

Abs, Shoulders, Triceps

Get into position by placing your hands flat on the floor, directly below your shoulders.

Extend your legs out behind you, with only your toes and balls of your feet touching the floor.

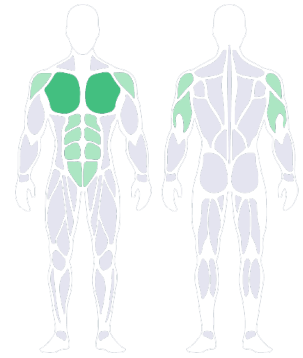
Hold your body up and keep your back straight by tightening your abdominal muscles.

Your neck and head should be bent slightly back.

Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel a stretching of your chest and shoulders. Hold for a count of one.

Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Hold for a count of one.

Repeat.



Single Leg Glute Bridge / Hip Extension with Leg Lift

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs, Hamstrings, Quadriceps

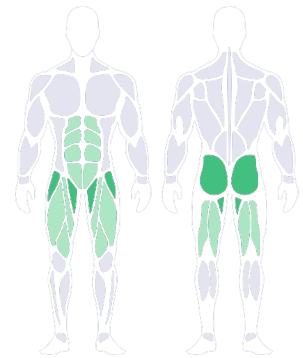
Lie on an exercise mat with your knees bent so that your feet are flat on the floor.

Raise one leg off the floor and bend your knee up towards your chest. This is the start position.

Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one.

Return to the start position by lowering your hip to the floor.

Complete all the repetitions for one set before changing legs.



Plank Jacks / Extended Leg

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Lower Back

Get into a pushup position with hands under shoulders and body straight from head to toes.

Engage your core and bend your elbows, keeping them in towards the body.

Lower your body towards the floor.

Straighten your arms and quickly jump the feet forward to outside of the hands.

Jump back to starting position.

