

WARM UP:

Go to: familylifefitness.com/warm-up-cool-down for a 5 minute warm up.

REMEMBER - Listen to your body. If you feel dizzy or faint stop the workout. Know your limitations.

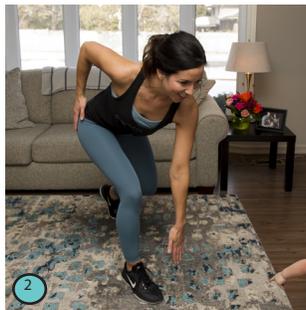
CIRCUIT #1

REVERSE LAT FLYS 15 REPS- (1)
Stand with knees slightly bent. Keeping your back flat, bend forward at the hip joint. Exhale and lift both arms to the side, maintaining a slight bend in the elbows and squeezing your shoulder blades together. Then with control, lower the arm back toward the ground.

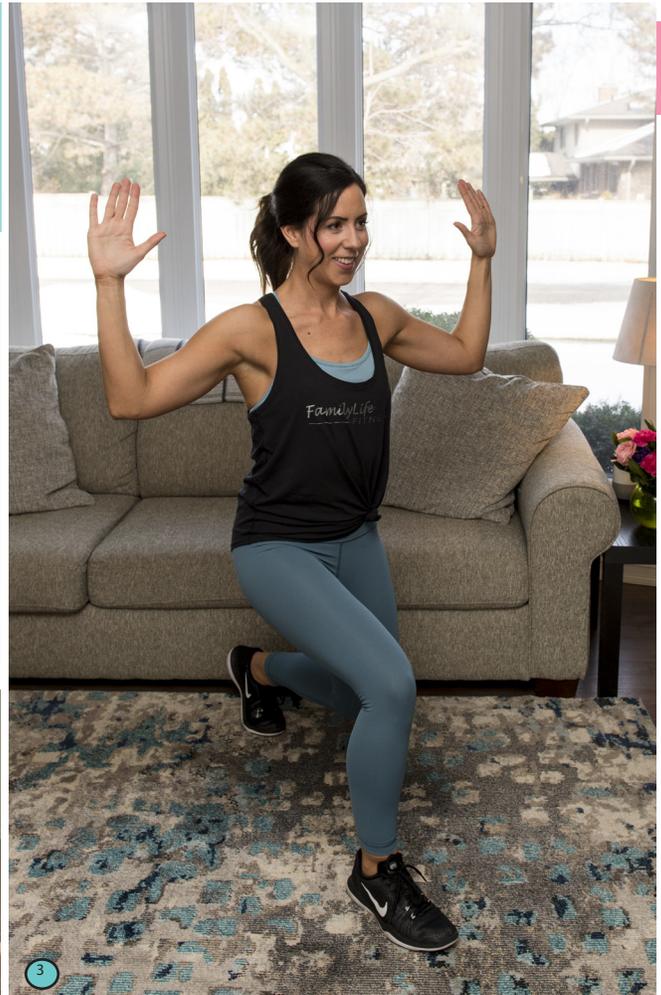


BENT OVER ROWS 15 REPS - Lean forward and bend both knees, remembering to keep a flat back. Extend your arms so they are straight. Lift hands to chest level, squeezing your shoulder blades together at the same time. Be

sure to keep your elbows in and pointed upward. Don't arch your back. Slowly lower back to the start ing position to complete one rep.



SINGLE ARM CURL AND PRESS 15 REPS EACH ARM - Standing with feet pelvis width apart leave one arm down and bend the opposite arm up (your hand should be at your shoulder). Do a bicep curl with the arm that is down. While holding the bicep curl, press the opposite arm into a shoulder press. Bring arm back down to shoulder and release bicep curl. Repeat movement for 15 reps then switch arms.



CIRCUIT #2

SQUAT 15 REPS - Start by standing with your feet facing forward, legs a little over pelvis width apart and your weight mostly in your heels. Hands should be at your side, bent at the elbow (about 45 degrees) and your shoulders should be in line with your hips. Start the squat by hinging at the hips until you feel a stretch in your hamstrings. Once you feel that stretch start bending at the knees (your knees should be the last to bend in a squat). Focus on engaging your glute muscles. Keep your body tight, and push through your heels to bring yourself back to the starting position.

SKATERS 15 REPS (2) - Lets get that heart rate up. Start in a small squat. Jump sideways to the right, landing on your right leg. Bring your left leg behind you and reach your left arm across the body to reach for your right foot. Keeping your chest up, deepen the bend in your right knee to work your glute muscles even more.

Reverse direction by jumping to the left leading with your left leg, allowing your right arm to swing across your body as your jump sideways, landing on your left foot and your right leg behind you, reach your right arm to your left foot. That our completes one rep.

ALTERNATING FORWARD LUNGE PRESS 15 REP EACH LEG (3) - Stand tall with your feet hip's width distance apart. Bend the elbows bringing hands up as if you are going to do a shoulder press. Step forward with the right foot, lowering your hips until both knees are bent at about a 90-degree angle. Keep the front knee directly above the ankle and lower the left knee to just above the floor. Keep the weight in your heels as you push back to the starting position raise your arms above your head doing a shoulder press, completing one rep.

Repeat stepping with the left foot this time, completing a second rep.

SIDE LUNGE (Right) 15 REPS EACH LEG - Start by standing with your feet and knees together, hands in front clasping your hands together.

Take a large step with your right foot to the right side, and lunge toward the floor.



Make sure your right knee does not extend past your toes and keep your left leg relatively straight. Push off through your right foot to return to the start to complete one side lunge.

CIRCUIT #3

SIDE PLANK 15 REPS EACH SIDE - Begin by lying on your side. Bring your right elbow directly under your right shoulder. Engage your core, press your right elbow into the floor, and rise into side elbow plank. Stagger your feet so your left foot is just in front your right, or stack the heels. Reach your left arm up toward the ceiling, which will help you lift your waist. Lower that same arm in front of your tapping the floor with your hand this will count as one rep. Continue for 15 reps on your right side and switch for 15 reps on your left side.

RUSSIAN TWIST 15 REPS EACH SIDE FOR 30 REPS TOTAL - Sit on the ground with your knees bent and your heels about a foot from your butt. Slowly recline backward until you feel your lower abs engage. It is really important, and difficult, to keep your back straight, but don't let it curve. Place your arms out in front of you with your hands one on top of the other. Your hands should be level with the bottom of your ribcage. *To make it more challenging use your child as the weight as pictured* Pull your navel to your spine and twist slowly to the right. The movement is not large and comes from the ribs rotating, not from your arms swinging. Inhale through center and rotate to the left. This completes one rep.

PELVIC FLOOR BRIDGE 15 REPS - On your mat, lie on your back with your knees bent and feet flat on the floor. Be sure and keep your feet underneath your knees, not in front. Plant your palms by each side, face down. Start with an inhale. On the exhale raise your hips up to the ceiling, tensing your abs, squeezing your butt, and engaging your pelvic floor as you raise your hips. You should be making a long diagonal line with your body, from shoulders to knees. Hold for a few seconds, making sure your spine doesn't round and your hips don't sag. Keep your abs and butt muscles engaged. Lower down to the ground.

STRETCH - Go to: familylifefitness.com/warm-up-cool-down for a 5 minute stretch routine.

Great Work! Try and get 3 home workouts in a week for a happy, healthy active lifestyle.

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