



SIMPLY PEG

Simple 6 Workout

# SIMPLE 6 WORKOUT

## MONDAY - FRIDAY

### Routine ONE

-  3 Min Jump Rope
-  3 Sets: Dumbbells
-  3 Sets: Balance Ball
-  3 Sets: Battle Rope
-  3 Sets: Resistance Bands

### Routine TWO

-  3 Min Jump Rope

-  3 Mile Reservoir Walk (or outdoor hike)

-  20 Minute Yoga

### Notes

Weekly Row 18000 meters

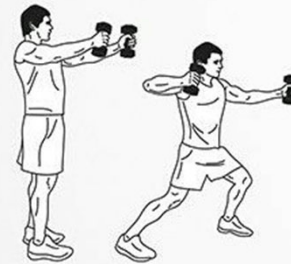
Alternate days between routines

# 3 SETS: DUMBBELLS

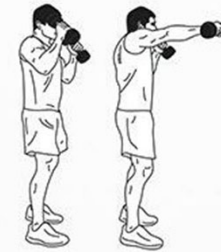
3 Sets of Each

15 Seconds Each

Rest 2 min Between Each Set



**20** archers



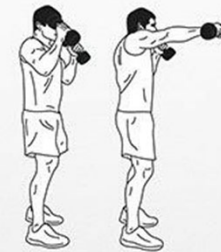
**10** punches



**10** overhead punches



**20** alt hammer curls



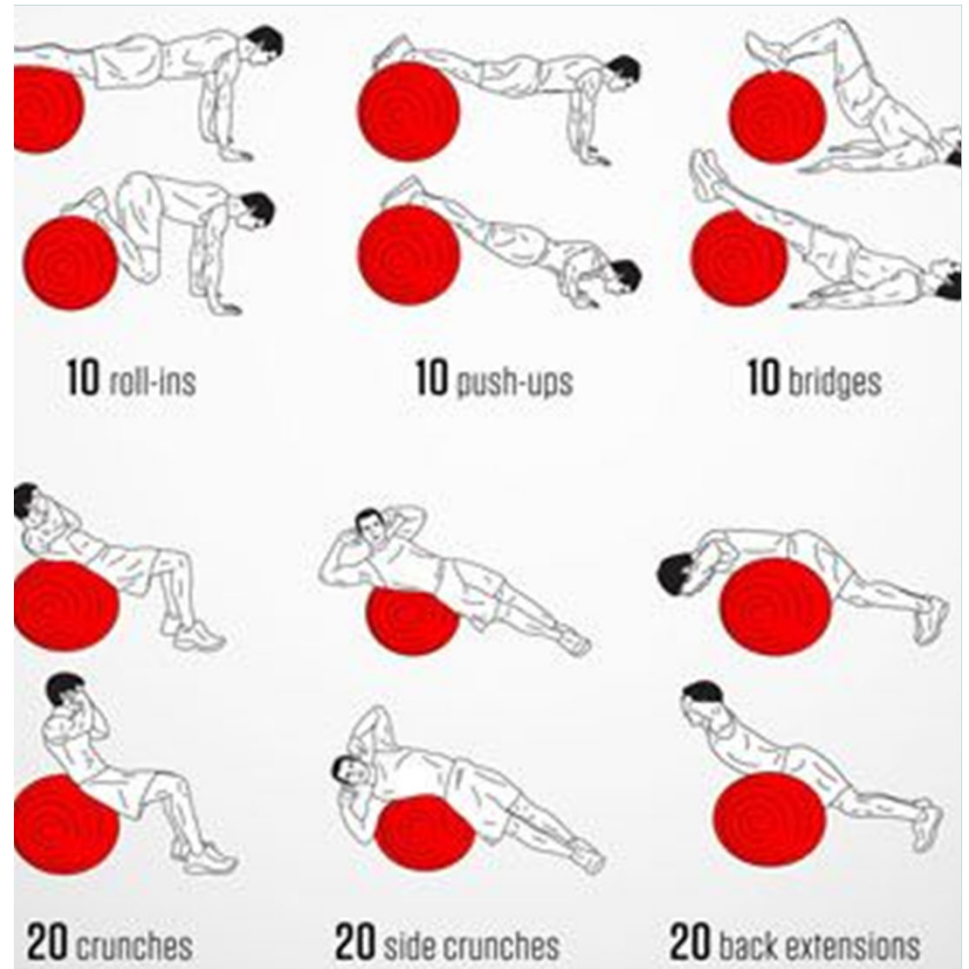
**10** punches



**10** overhead punches

# 3 SETS: BALANCE BALL

3 Sets Each  
Rest 2 min Between Each Set



# 3 SETS: BATTLE ROPE

3 Sets of Each

Rest 2 min Between Each Set



## 1 BICEPS WAVE

Keeping the rest of your body still, wave the ropes as fast as possible, focusing on high reps and high amplitude. It'll prime your muscles for what's to come.



## 2 LATERAL WHIP

With a slight bend in your elbows, bring the ropes up as if you're doing a lateral raise, keeping your thumbs pointing slightly forward. Then whip them downwards. Continue to do your raises at speed.



## 3 OUTSIDE SPIRAL

With alternate arms, make outward circles so that the rope moves like a corkscrew, working your shoulders and rotator cuffs.



## 4 LYING T

Lie face down with your arms forming a T-shape, then move them up and down as if you're preparing for liftoff. It'll work your lower back and shoulders.



## 5 RUSSIAN TWIST

A variation on a classic. Sit with your legs straight and hands together with a rope in each. Brace your core, then twist to touch the ropes on one side of your body, then the other.



## 6 JUMPING SMASH

The grand finale. Jump up and bring both ropes down together, aiming for high amplitude. Repeat with as much height and velocity as you can manage – it's only 20 seconds.

# 3 SETS: RESISTANCE BANDS

3 Sets of Each

Rest 2 min Between Each Set

