

## Full Body Routine Program

The following routine will be performed in a sequence of 2 exercises immediately after each other, with rest of 1 minute after each upper body-lower body combo you will take your pulse and your heart rate must not reach 220 minus your age (example  $220-35=185$ ).

Repetition range will be 15-20 per set

1 full round will be performed of all exercises before repeating the exercises again.

You will aim to perform 1 round initially, if you feel you have enough energy to start another round you can, if you can't finish the next full round it will be ok! This is a very challenging type of workout and you must gauge how your body is reacting to the high intensity and tempo of this workout.

### 1. Single Leg Single Arm Shoulder Press

**Start**



**Final**



**Raise the leg in the air, grab a dumbbell that you can carry and do a high number of reps 15-20 reps, start with the arm at shoulder height( start position) and press it( raise the dumbbell to almost full extension) as shown in final picture.**

**Notes:** Make sure to keep your body upright and to not move around while doing the exercise, keep the core muscles engaged thru the exercise.

## 2. Side to Side Single Leg Jump Squats( Ice Skaters)



You will stand on one leg and you will do a partial single leg squat, then you will jump to the other side and land on the other leg, when landing you will place all your weight towards your butt to engage the eccentric contraction of the gluteus, this movement must be done in one single motion.

At the beginning you can use the other leg to balance when you land or some type of pole or wall, but this only must be done at the beginning to get a feel for the exercise. This exercise resembles and ice speed skater and must do done in a high intensity manner.

### Rest/Pulse

## 3. Single Leg Front Shoulder Raise

Start



Final



## Single Leg Front Shoulder Raise Continued:

You will stand on one leg once again, you will grab a dumbbell that you can bring up in front of for 15-20 reps controlled from in front of your thigh to shoulder height, make sure to not rock back and forth, also the wrist make sure it is gripping the weight tightly.

### 4. Long Lunge Stationary

Start



Final



This exercise is like the regular lunge, but the step will be a little longer in order to feel the pull on the back leg more, as well as the gluteus on the back leg on the pushing up motion.

This exercise will be done with a partial movement, as you will go down as low as possible and only come up to a little than your front leg being parallel with the ground.

**Rest/ Pulse**

### 5. Single Leg One Arm Row

Start



Final



## Single Leg One Arm Row continued....

With this exercise you will stand on one leg and balance your body as you raise the other leg back, then you will bend over the closest you can to reaching parallel between your upper body and the floor before your lower back wants to arch. At this point your arm will have fallen forward( start position), you will bring the weight towards your body with the elbow pulling the movement, think as if you had something pulling your elbow back towards your waist, as you bring the arm back try to tighten your back towards your midline of your body( end position).

### 6. Single leg Dead lift

**Start**



**Final**



With this exercise the start position will be identical to the single leg one arm row, except the time your bringing your upper body down as well as far as you can go until your back wants to arch, you stop there and as your coming back up you contract the backside of your body as much as you can.

Make sure to stop at the top to readjust your position so you don't end up all twisted and in bad position.

**Rest/Take Pulse**

## 7. Prone Bench Reverse Kickbacks (Mule Kicks)

Start



Final



This exercise performed on a bench will work your gluteus muscles as well as the hamstrings and lower, try to start at the bottom very slow (start position) and slowly extend the legs back (final position), if you have a tendency to have lower back pain you may keep the knees bent as to not compress the back so much. As you lower the legs make sure to do it slow and deliberate.

## 8. Squat Jumps

Start



Final



This exercise is great to help activate those fibers in your butt that just don't seem to activate to much and leave some of those results to be desired.

In the Start position you will go down, and from there you will push up with force as to create a jump, as you land make sure to land in one motion as the start position so your butt absorbs the impact (maximum eccentric contraction of the gluteus).

## Rest/Take Pulse

### 9. Floor Supine Single Arm Lat Pullovers

Start



Final



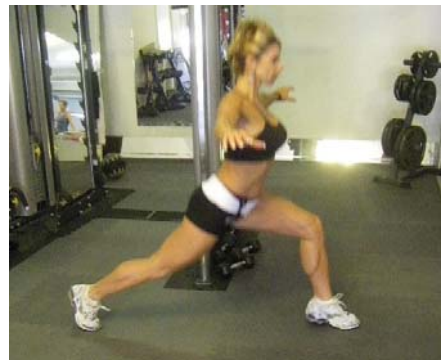
Lie on your back and bring your arm back (start position), raise the legs to engage your core muscles more. As you bring the weight back do it in a slow controlled manner at first, bring the arm back in a slight angle away from the midline, only go back to where your body allows as a natural motion (final position), if you have tight lats yours ribs will be pushing up as you bring the arm back. This exercise will require a lot less weight than you would think.

### 10. Jumping Long Lunges

Start



Final



This exercise is exactly the same as the stationary long lunge, but in this exercise you will create a slight momentum as you go up as to create a small jump, you will land in the bottom position.

This exercise will help work those muscles that have a tendency to be tight on the back leg, as the landing will create an eccentric contraction on your hip flexors and quadriceps, these muscles mostly are activated in a concentric manner( shortening of muscle fibers). Make sure to keep your balance and to not stand next to anything that can help you balance.

Rest/Take Pulse rest more if needed!

## 11. Standing Single Leg Single Arm Bicep Curls

Start



Final



This is a bicep curls that is performed while balancing on one leg to activate the core muscles more! You start the exercise with weights next to your lap (start position) and you slowly raise the to 90 degrees (final pic) as you go up you tighten your bicep (front part of your arm) and you hold for 1 second and then you slowly bring the weight down without rocking your elbows back, make sure to keep your shoulders back and elbows slightly forward. If you don't do this exercise correctly you will limit your results.

## 12. Bench Prone Triceps Kickbacks

Start



Final



Finally this is the last exercise of this round and this is a great exercise to get a nice contraction the triceps muscle (back of the arm). Most people make the mistake of carrying to much weight on the exercise as they would either like less body fat or more muscle. Either way you bring your arms back and keep them against your body (start) then you extend your arms back as you tighten the arms (final), as you bring the weights to start position make sure to keep those arms tight and the position perfect.

You are done with round 1! **Stop here if you are a beginner!**

Ready for round 2? **If you are extremely conditioned you may do 3 rounds max!**