



Total Body Blast

****1 minute each exercise****

Warm Up

(5-8 minutes to prepare your body for the workout)

Biceps (All Curls): Standard, Hammer, Pronating, Flex

Triceps: Overhead Extensions, Kickbacks, Dips

Shoulders: Shrugs, Side Raises, Front Raises, Overhead Presses

Back: Rows, Stiff Leg Deadlifts, Wide Row, Good Mornings (Dumbbells on shoulders, bend forward at hips)

Chest: Press, Flies, Straight Arm Pull Overs, Push Ups

Legs: Standard Squats, Sumo Squats, Static Lunges (1 minute per side), Calf Raises (Toes In, Forward, Out – 1 minute each)

Core: Sit Ups, Flutter Kicks, Leg Raises, Crunches, Plank

Cool Down & Stretch