

SUCK IT UP FITNESS

**"Suck it up now so you don't
have to suck it in later"**

-Jenn DeBeers



**-CUSTOMIZED TRAINING
-NUTRITION PROGRAMS
-WEIGHT LOSS
-BALANCE, MOBILITY
& DAILY ACTIVITY
PROGRAMS FOR SENIORS**

Successful health and lifestyle professional

20 Minute Total Body Strength Training Workout

what you will need is a set of dumbbells, 5-10 lbs. If you only have access to light weights, adjust your reps, double the amount. And a stability ball.

Reverse Lunge with Rotational Curl

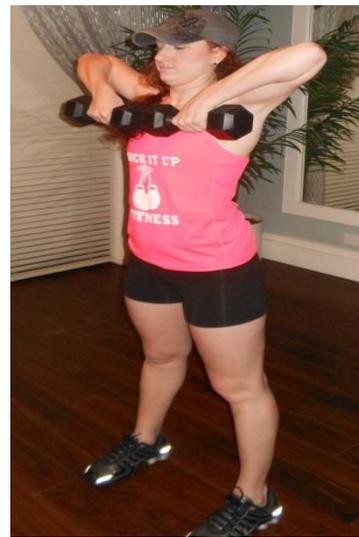


Hold dumbbells at your sides and stand with your feet hip-width apart, core engaged, inhale. Step back with your left foot, and bend both knees to lower your body (while exhaling) until your right knee is bent at least 90 degrees. At the same time, rotate your upper body toward your right leg and curl the dumbbells to your chest. Inhale and reverse the movement by lowering the weights and rotating your chest to face front, then return to standing. That's one rep. Do 15-20, then repeat on the opposite side



Dead Lift with High Row

Hold dumbbells in front of you, palms facing your thighs, and stand with your feet hip-width apart, knees slightly bent. Keeping your back slightly arched and your core engaged, hinge forward at the hips and slowly lower your torso until it's almost parallel to the floor. Pause, then squeeze your glutes and push your hips forward to return to standing, pulling the dumbbells up to your chest by bending your elbows out to the sides and raising your forearms. Return to the starting position. That's one rep. Do 15-20 reps.



Tricep Extension (aka Skull Crushers)

You can do this exercise on a flat surface or if you have access to a stability ball that is ideal (I did not however, so I did this on the floor one day and on a bench another day).



Hold a dumbbell in each hand and lie with your upper back resting on a stability ball; raise your hips so your body forms a straight line from knees to shoulders. Extend the dumbbells directly over your head with arms straight and palms facing each other. Push your weight into your heels to keep your hips lifted and glutes engaged throughout the move. This is the starting position. Without moving your upper arms, slowly bend your elbows and lower the dumbbells until your forearms are beyond parallel to the floor. Straighten your elbows to return to start. That's one rep. Do 15 to 20



Plank with Single Arm Row



Get into pushup position with your hands gripping a pair of dumbbells; your hands should be slightly wider than shoulder-width apart, and your feet slightly wider than hip-width apart. Keeping your hips parallel to the floor (you'll need to engage your core and glutes the entire time), bend your right elbow to pull the weight up toward the side of your body. Pause, then slowly return the weight to the floor and repeat with the left arm. That's one rep. Do 15-20.

Squat with Leg Abduction and Lateral Raise



Hold a pair of dumbbells at your sides and stand with your feet hip-width apart. Brace your core, inhale and lower your body into a squat. As you return to standing, exhale, lift your right leg out to the side while raising your arms until they're in line with your shoulders. Repeat with the left leg, and continue alternating for a total of 16 to 20 reps.

Hamstring Curl with Chest Press (or if no stability ball just do it on a chair without the curl)



Hold a dumbbell in each hand and lie faceup on the floor with your calves on a stability ball. Straighten your arms and hold the dumbbells above your chest, palms facing your knees, and raise your hips to form a straight line from shoulders to feet. Bend your knees to roll the ball toward your butt, while lowering the dumbbells to your chest. Reverse the movement to return to start. That's one rep. Do 15. (If you lose balance, do the exercise as two movements: First pull the ball toward you, then do the press.)

V-Sit Incline Press



Sit with your knees bent and feet flat on the floor. Hold a pair of dumbbells in front of your shoulders, as shown. Lean back so your torso is at a 45-degree angle, then lift your lower legs until they're parallel to the floor, keeping your knees bent. Engage your core and press the dumbbells up and away from your body until your arms are straight. Return to start. That's one rep. Do 15 to 20.

Side Plank with Reverse Fly



Grab a dumbbell with your right hand and lie on your left side, then prop yourself up on your left forearm and raise your hips so your body forms a straight line. Extend the weight in front of you at shoulder level. Slowly raise the weight toward the ceiling, keeping your arm straight and pulling your shoulder blades together. Return to start. That's one rep. Do 12 to 15, then switch sides.

This is a total body workout, therefore it can be done 3 times a week on nonconsecutive days. Add 30-45 minutes of cardio to your workout routine 4-5 times a week.