

Program for:

None

Summer Challenge 2015

Endurance/Strength

Weight Loss and Toning

none

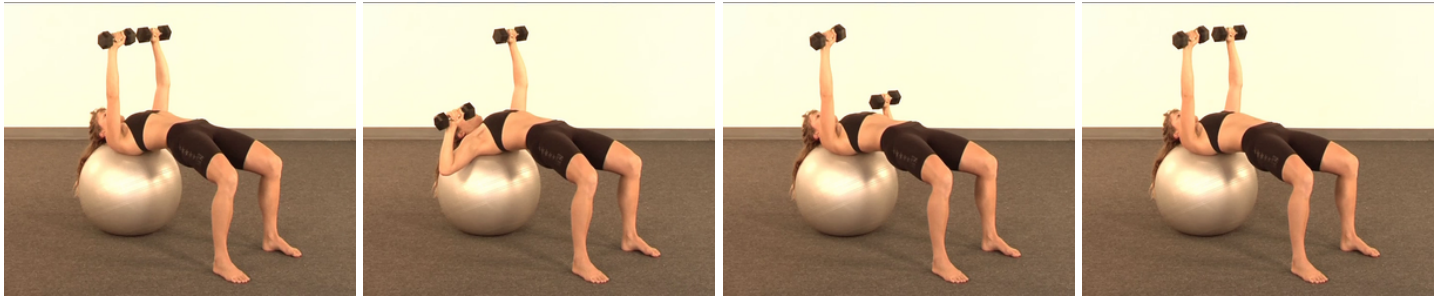


Created by: Cody Robinson

Home Fit Consulting, LLC.

205-675-7412

Swiss Ball Alternating Flat Dumbbell Press



Sets: 1 Rest: Reps: 16 Tempo: Relative Intensity: Weight: 8-10

Notes:

none

Instructions:

1. Lying on a swiss ball so that your head shoulders and upper back are supported by the ball.
2. With the hips up holding two dumbbells press one dumbbell to arms length above you.
3. As you lower the weight down press the other dumbbell up in an alternating fashion.

Additional Instructions:

none

Program for:

None

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Weight Loss and Toning

none



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Swiss Ball Dumbbell Prone Cobra



Sets: 1 Rest: Reps: 15 Tempo: Relative Intensity: Weight: 8

Notes:

none

Instructions:

1. Lying face down over a swiss ball holding dumbbells off the floor.
2. Drawing your belly button in and squeezing your glutes lift your chest and raise your arms to form a stop sign position.
3. Lower back to the start position then repeat.

Additional Instructions:

none

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None

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Standing Dumbbell Lateral Raise



Sets: 1 Rest: Reps: 12 Tempo: Relative Intensity: Weight: 8-10

Notes:

none

Instructions:

1. Standing upright with good posture holding dumbbells by your sides.
2. Drawing your belly button inwards raise the dumbbells outwards in an arc to just above shoulder height.
3. Lower under control and repeat.

Additional Instructions:

none

Program for:

None

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Seated Forward Lean Two Dumbbell Triceps Kickback



Sets: 1 Rest: Reps: 12 Tempo: Relative Intensity: Weight: 8-10

Notes:

none

Instructions:

1. Seated on a Swiss ball bent forward at the waist holding two dumbbells by your sides with palms facing your body.
2. Straighten your elbows to raise the dumbbells upwards behind you.
3. Lower under control and repeat.

Additional Instructions:

none

Program for:

None

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none



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205-675-7412

Dumbbell Biceps Curl Kneeling On Swiss Ball



Sets: 1 Rest: Reps: 12 Tempo: Relative Intensity: Weight: 8-10

Notes:

none

Instructions:

1. Kneeling upright on a Swiss Ball holding dumbbells by your sides palms inwards.
2. Drawing your belly button inwards bend your elbows to curl the dumbbells to shoulder height whilst simultaneously rotating the dumbbells to finish palms up.
3. Lower under control and repeat.

Additional Instructions:

none