



## TOTAL BODY WORKOUT

Here's a total body workout you will be able to do in a hotel gym with dumbbells.

30 minutes of exercise is recommended per day. \* Certain activities should only be done 3 times per week. \*\*

Complete 3-4 sets of 10-12 reps before moving to the next exercise on the list. When it comes to choosing the weight for a 10-12 rep set, the last 2 reps of each set should feel challenging.

1. Treadmill Warmup – very important to loosen up your muscles and prep your body for what's about to come. To start, walk or run for about 3 to 5 minutes at a brisk pace, 3.5 mph to 4.5 mph, and at your desired incline. You can slowly increase the speed to 5.5 mph every one to two minutes. Continue for 10-15 minutes.



2. Single Arm Row - lean over a bench with one knee and hand on the bench. Chest should be parallel to the bench. Hold a dumbbell in the other hand. Pull the dumbbell up to the side of your chest, then return to the starting position.





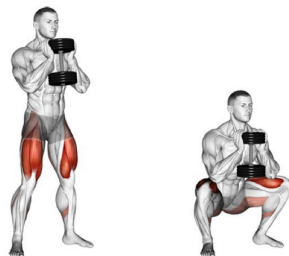
3. Dumbbell Chest Press - begin with dumbbells out to the side of your chest and your elbows out from the body at a 45-degree angle. Press dumbbells up, directly above your chest (not over your head).



4. Lat Pulldown - grip the wide handles and sit down. Hinge slightly back at the hips so the bar doesn't come down right over your head. Drive the bar down until it is in front of your chest. Your elbows should be down at the sides of your body at the end (don't let them pull behind you)

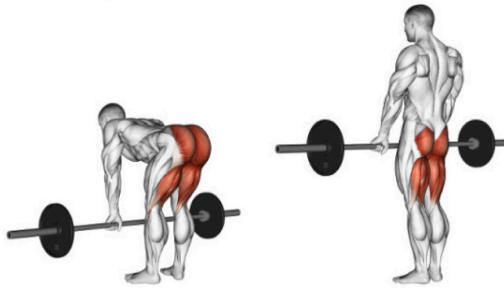


5. Goblet Squat - hold one dumbbell or a kettlebell in front of your chest and sit into a deep squat or until your knees are at a 90-degree angle. If you have knee pain during squats, you can do this as a sit-to-stand squat by putting a bench or chair behind you. Make sure you keep your core engaged throughout, and you're emphasizing the press through your heels on the way up.





6. Stiff Leg Deadlift - hold two dumbbells an inch in front of your legs, with palms facing your body. Hinge back at your hips and keep your knees just slightly bent. Push your hips back as you lower the dumbbells until your chest is parallel to the ground. Your body weight should be pushed back on your heels. On the way up, bring your hips forward again.



7. Reverse Lunge - hold one dumbbell on each side of your body and take a big step back for a lunge, then alternate legs.



8. Overhead Triceps Extension - grab one dumbbell and sit down on a bench. Hold the dumbbell directly overhead with palms facing the ceiling. Slowly lower the dumbbell behind your head (elbows should be close to your ears entire time) and then return the dumbbell back to the top.

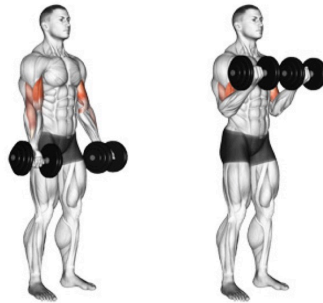




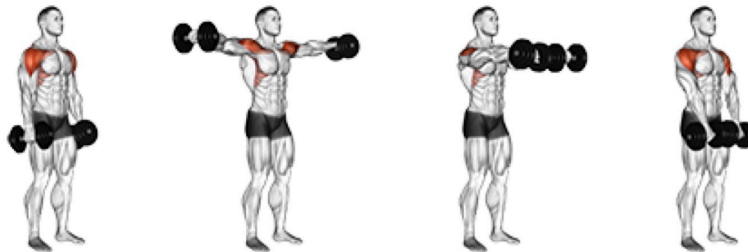
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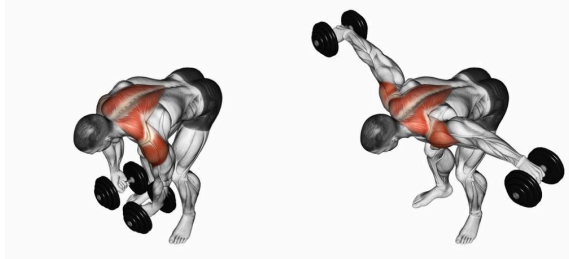
9. Biceps Curls - begin standing or seated with palms facing the body. On the way up to the shoulders, rotate the dumbbell so that it is facing your shoulder by the time it reaches the shoulder. You can curl one at a time or both, just try to only move your arms (don't use your body for momentum).



10. Front and Side Shoulder Raise - lift dumbbells straight out in front of you to shoulder-height (palms facing down). Return the dumbbells to your body, then raise them directly out to your sides at shoulder-height.



11. Reverse Fly - bend over so your chest is parallel to ground. Begin with dumbbells in each hand and palms facing each other with arms hanging straight down to the floor (keep a slight bend in the elbows). Fly the dumbbells out to the side of your body at back-height (maintaining the same bend in elbows), then return to the starting position.



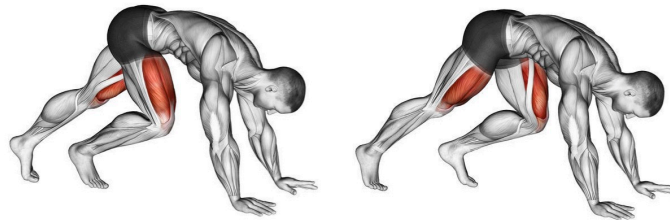


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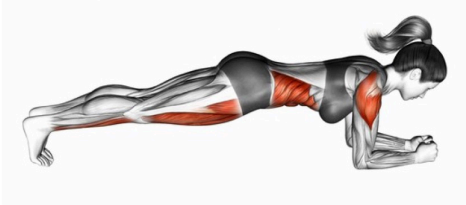
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For core, 3-4 rounds of 30-60 seconds for each:

1. Mountain Climbers - perform these slowly and try to only move your legs (use core strength to keep body stationary).



2. Plank - make it more difficult by reaching one arm straight out at a time.



3. Leg Lifts - begin on your back and raise both legs straight up in the air. Slowly lower them back down to the floor.





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<b>EXERCISE</b>	<b>SUN.</b>	<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THUR.</b>	<b>FRI.</b>	<b>SAT.</b>
Date: _____ Weight: _____ lbs.							
Treadmill (Time/Speed/Incline)							
Single Arm Row (Weight)							
Dumbbell Chest Press (Weight)							
Lat Pulldown (Weight)							
Goblet Squat (Weight)							
Stiff Leg Deadlift (Weight)							
Reverse Lunge (Weight)							
Overhead Triceps Extension (Weight)							
Biceps Curls (Weight)							
Front and Side Shoulder Raise (Weight)							
Reverse Fly (Weight)							
Mountain Climbers (Reps Each Round)							
Plank (Number of Arm Extensions Per Round)							
Leg Lifts (Reps Each Round)							

\* MEDICAL DISCLAIMER – Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

\*\*WHEN TO CONTACT YOUR PHYSICIAN – If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath. Mild soreness after exercise may be experienced after beginning a new exercise. Contact your physician if the soreness does not improve after 2-3 days.