

Body Conditioning Workout #49

Body Emphasis: Full Body

Equipment: Dumbbells

Approx. Workout Length: 30 mins

MyConditioningZone workouts are designed to provide total fitness and overall toning through working every major muscle group in one workout. You will be burning serious fat and tightening your body from head to toe through a range of cardiovascular, toning, strengthening and flexibility movements.

10 – 10 – 10

Always warm up, cool down and stretch before and after doing a MyFitZone workout

You will be performing 30 reps of each exercise – 10 reps slow – 10 reps of pulses and 10 reps slow – before moving onto the ‘Pulse Raiser’ exercise – each exercise is only done once, but go for 2 rounds if you think you can do it!

<u>10 – 10 – 10 – Strength</u>	<u>Pulse Raiser</u>
1 Squat	1 Skipping
2 Lunge Left – Lunge Right	2 Squat Jumps
3 Rows	3 Jumping Twists
4 Bent Over Flyes	4 Skipping
5 Squat To Press	5 Mountain Climbers
6 Bicep Curls	6 Squat Thrusts
7 Tricep Push Backs	7 Skipping
8 Chest Press	8 Lying Knee Loweres
9 Chest Flyes	9 Reverse Curl
10 Overhead Press	10 Bicycle Crunches



Don't Forget To Do A Warm Up And Cool Down



Information Zone:-

1. We are always keen to know how you got on - you can post your results through on our Facebook page
2. Remember to always work on technique
3. If you choose to do an easier variation, try progressing from there - but make sure you keep your form at all times
4. Don't forget you can contact us through our website, Facebook or email if you have any questions
5. Always consult your doctor before beginning any new exercise program
6. Don't forget to warm up, cool down and stretch with every MyFitZone workout

Check out our website for more workouts at www.myfitzone.co.uk