

Body Conditioning Workout #50



Level: 3

Body Emphasis: Full Body

Equipment: None

Approx. Workout Length: 30 mins

This is a self-resistance exercise method: 'dynamic' means dealing with motion, and tension is simply contraction. Therefore, true dynamic tension involves flexing the muscles hard while also moving. The performer tenses the muscles of a body part and then moves the body part against the tension in the form of bodyweight, just as though lifting a heavy weight.

Dynamic Tension Training : 3 Circuits

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

The important thing to remember is to flex each muscle group hard while performing each exercise flex. For example, perform your press-ups slowly whilst simultaneously flexing hard your pectorals, shoulders, triceps, biceps and even your lats and forearms. Keep the tension hard and steady — it takes some practice doing all of this at the same time but the awesome pump and muscle growth you will get from it will be well worth your time and effort.

1 minute each exercise and repeat for 2 rounds before moving on to the next circuit

<u>Circuit 1</u>	<u>Circuit 2</u>	<u>Circuit 3</u>
<u>60 secs / 15 rest</u>	<u>60 secs / 15 rest</u>	<u>60 secs / 15 rest</u>
1 Squat	1 Press Up	1 Side Plank – Left
2 Lunge Left	2 Triceps Dip	2 Side Plank – Right
3 Lunge Right	3 Plank Pike Lowers	3 Windshields
4 Dead Lift Squat	4 Shoulder Press	4 Sit Up



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