



Cardio
Elliptical

- Stand upright and push your feet forward, avoid leaning forward with your weight on the handlebars or console.
- If your machine has movable handles, use them to give you more of a total body workout.

SET 1
 TIME: 0:05:00 Warmup

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



Chest
Push Up

- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat.
- Keep your back flat and your hips in line with your shoulders throughout.

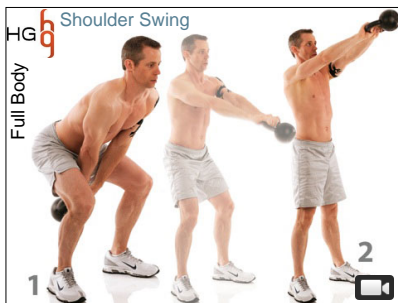
Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



Back
Close Row

- 1 - Lean back holding the handles with your arms fully extended, your feet flat and your palms facing in.
- 2 - Pull your chest up to the handles, bending your elbows.

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



Full Body
Shoulder Swing

- 1 - Squat holding a kettlebell in both hands between your legs with your arms straight.
- 2 - Thrust your hips forward swinging the kettlebell out and up to just over shoulder height with your arms straight.

- Allow the kettlebell to fall forward, guiding it back down along the same path and repeat.

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



Abs
Sit Up Reach

- 1 - Lie on your back with your knees bent, feet flat and your arms by your sides with your palms down.
- 2 - Lift your head and shoulders off the floor and reach your hands out in front to pass your knees, keeping your feet flat and arms straight.

- Lower your head and shoulders and repeat.

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



Cardio
Jumping Jacks

- 1 - Stand upright with your feet together and your arms by your sides.
- 2 - Jump up, splitting your feet out to the sides.
- 3 - Simultaneously swing your arms up to the sides in an arc over your head.

- Reverse the direction of the movement.

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



Shoulders
Push Press

- 1 - Stand upright holding dumbbells at shoulder height with your elbows bent and palms forward.
- 2 - Bend your hips and knees slightly.
- 3 - Quickly thrust the dumbbells overhead, extending your arms and legs.

- Keep your back flat throughout the movement.

Equipment Sub: Barbell

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



Abs
Reverse Crunch

- 1 - Lie on your back with your legs straight and your hands at your sides.
- 2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.

- Keep your upper body stable throughout.
- Slowly lower your legs back to a straight position to tap your heels on the floor and

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



Legs
Squat

- 1 - Stand upright with your arms by your sides and your feet about shoulder width apart.
- 2 - Bend at the hips and knees, lowering your body down towards the floor, raising your arms up in front and keeping your back flat.
- 3 - Return upright and lower your arms to the start position.

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



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The 1000 @ HG Fitness Rev 10/5/12



Ken Hughes



Biceps Curl

1 - Hold a barbell underhanded with your hands shoulder-width apart and your arms straight.

2 - Raise the barbell up to shoulder height, keeping your elbows at your sides.

- Lower the barbell back to a straight arm position.
- Do not rock your upper body back and forth as you lift and lower the barbell.

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			



Jump Rope

• Stand upright holding the handles with your arms by your sides and the rope behind you.

1 - Swing your arms straight back and up overhead, then down in front in a big circle.

- As the rope comes down in front, jump to allow it to clear your feet.

Sets	Reps	Weight	Notes
1	25		
2	25		
3	25		
4	25		
5			
6			