

Friday, March 20, 2020

Workout #3

#1 Using a backpack (Usual weight is from 15-25 lbs.) Strap it on and look for a step to elevate your right foot on. Static or stationary lunges. Remember knees don't go over the toes of the forward elevated foot. Most steps are 8 inches high, sets of 12-15 reps per leg and then switch legs and repeat for a total of three sets.

#2 Body squats with back pack and do sets of 25-30 reps for three sets

#3 Grab backpack and hold in front like a goblet squat. Push press the pack over head after coming out of semi squat. Sets of 15-20 for three sets.

#4 Standing core work/cross lateral raises. Hold backpack on one side of body next to thigh and then move it in a diagonal direction to the opposite shoulder keeping tension and the backpack away from being too close to the torso. Sets of 10-12 reps each side for three sets total.

#5 Strap on the backpack and now get in a push up position. Killer time! Spiderman push ups with the back pack on!! Alternating legs when going down for the push up, knee comes to outside and near the armpit!! Three sets to failure people!!!

#6 Supine pullovers. Lying on your back and firmly grab the backpack. Extend the pack straight over chest with arms slightly bent, extend over head towards the floor and return the pack to above the face/chest. Repeat for a set of 12-20 reps for three sets.

#7 Weighted crunches with a arm push to the ceiling. Legs are bent with feet on floor. Crunch up to a position where the pack is pushed to the ceiling. Three sets of 15-20 reps.

#8 Russian twists again using the pack. Three sets of 30 reps (if you can).