

DAY 1 LEGS/SHOULDERS



Giant Set - 3 sets of 10 reps using Moderate/Heavy weight. So you will do Exercise A for 10 reps, Exercise B for 10 reps, Exercise C for 10 reps = 1 Set. Perform these exercises with NO rest in between. Repeat for a total of 3 sets.

WORLDS GREATEST WARM UP

- This is a three-part stretch. Begin by lunging forward, with your front foot flat on the ground and on the toes of your back foot. With your knees bent, squat down until your knee is almost touching the ground. Keep your torso erect, and hold this position for 10-20 seconds
- Now, place the arm on the same side as your front leg on the ground, with the elbow next to the foot. Your other hand should be placed on the ground, parallel to your lead leg, to help support you during this portion of the stretch.
- Next Rotate opposite arm one on ground upward opening up chest, pause for 3 seconds then repeat with other arm (placing opposite arm on ground outside of knee to help support.
- After 10-20 seconds, place your hands on either side of your front foot. Raise the toes of the front foot off of the ground, and straighten your leg. You may need to reposition your rear leg to do so.
- Hold for 10-20 seconds, and then repeat the entire sequence for the other side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

GOBLET SQUAT

GOBLET SQUAT



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- Position feet shoulder width apart with toes pointed out slightly. Hold the dumbbell against the chest by holding one of the "heads" vertically between your palms
- Squat down by sitting back and down between the knees, keeping your chest up the whole time. Make sure you DO NOT fall forward or round your back.
- Go down as low as you can while keeping your feet flat on the floor. You are at least aiming for your upper leg to be parallel to the ground.
- At the bottom your elbows should be inside of your legs and pushing your knees outward. Reverse movement to stand up and return back to starting position
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DUMBBELLS HAMMER SHOULDER PRESS

DB HAMMER SHOULDER PRESS



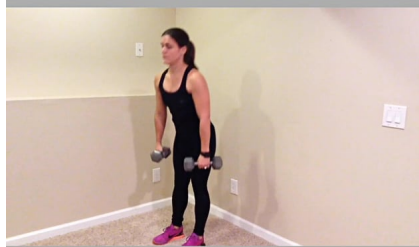
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- Begin with dumbbells next to your shoulders
- Knuckles will face away from your body during the entire movement
- Press dumbbells directly above your head until elbows are extended
- Lower back to the starting position
- Repeat for the desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DUMBBELL STIFF LEG DEAD LIFT

DB STIFF LEG DEADLIFT



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- Stand with feet shoulder width apart, torso upright and core engaged.
- Hold a dumbbell in each hand, with arms straight down in front of you.
- Keep knees stationary, exhale and lower the dumbbells to over the top of your feet by bending at the waist and keeping back straight. (Keep going as if you are picking something up from floor until you feel stretch in hamstrings).
- Inhale and return to starting position by straightening torso and extending hips and waist.
- Repeat for total number of reps.
- Tips: Not recommended for people with low back problems. Pay attention to not round your back (back should always be straight)

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB UNILATERAL FRONT TO LATERAL RAISE

DB UNIFRONT TO LATERAL RAISE



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- In a standing position, with your core engaged, hold a dumbbell in one hand in front of your thigh, palm facing body.
- Keep your elbow slightly bent and raise the dumbbell directly in front of you to shoulder height (avoid swinging or cheating).
- At the top of the exercise, move the dumbbell out to the side, keeping your arm extended, then lower to your side with your arm straight.
- Reverse the movement - raise up to the side, then move the dumbbell out in front of you and lower to starting position.
- Repeat for desired reps, then switch sides.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

HOLLOW BODY (5 secs = 1 rep)

HOLLOW BODY



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- Belly button is pulled in towards your spine, glutes are engaged, neck is relaxed
- Arms will remain next to your ears at all times
- Upper body is away from the floor lengthening out through your fingertips
- Find the lowest position you can extend your legs out without your low back arching off of the ground
- Squeeze and engage all core muscles while holding for 5 seconds
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DAY 2 BACK/CHEST



VIRTUAL FITNESS TRAINING

Giant Set - 3 sets of 10 reps using Moderate/Heavy weight. So you will do Exercise A for 10 reps, Exercise B for 10 reps, Exercise C for 10 reps = 1 Set. Perform these exercises with NO rest in between. Repeat for a total of 3 sets.

WORLDS GREATEST WARM UP

- This is a three-part stretch. Begin by lunging forward, with your front foot flat on the ground and on the toes of your back foot. With your knees bent, squat down until your knee is almost touching the ground. Keep your torso erect, and hold this position for 10-20 seconds
- Now, place the arm on the same side as your front leg on the ground, with the elbow next to the foot. Your other hand should be placed on the ground, parallel to your lead leg, to help support you during this portion of the stretch.
- Next Rotate opposite arm one on ground upward opening up chest, pause for 3 seconds then repeat with other arm (placing opposite arm on ground outside of knee to help support.
- After 10-20 seconds, place your hands on either side of your front foot. Raise the toes of the front foot off of the ground, and straighten your leg. You may need to reposition your rear leg to do so.
- Hold for 10-20 seconds, and then repeat the entire sequence for the other side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB FLOOR DECLINE PRESS

DB FLOOR DECLINE PRESS



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- Lay on your back with knees bent feet flat on the ground
- Push through your heels and lift your hips towards the ceiling until body creates a straight line
- Hold this hip bridge throughout the entire movement
- Arms extend out to the side with elbows bent at 90 degrees
- Press dumbbells in unison up towards the ceiling
- Slowly lower the weight but maintain the hip bridge
- Repeat for desired number or reps

Sets	Reps	Weight	Notes
1			
2			
3			
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5			
6			

UNDER HAND BENT OVER ROW

UNDER HAND BENT-OVER ROW



- With bent knees, hinge at the hip and lean forward with a flat back
- Head is in a neutral position, spine is long, and neck is relaxed
- Holding dumbbells extend arms out towards the floor, palms facing up
- Lift weights towards your chest with elbows bending wide
- Weights should be near your arm pits at the top range of motion
- Return to the start position
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB FLY TO PRESS

DB FLY PRESS



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- Begin lying on your back with knees bent feet flat on the floor
- Extend dumbbells towards the ceiling perpendicular to the floor
- With straight arms, lower the weight out to your sides until it almost touches the ground
- Bend your elbows bringing weights to touch in front of your chest
- Moving as one unit, push the weights towards the ceiling back to the start position
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB SINGLE ARM ROW

DB SINGLE ARM ROW



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- Using a bench, hinge at the hip and place one hand on it to stabilize
- Holding a dumbbell in the other hand slowly begin to lift the weight
- Lead with the elbow and keep the weight close to your body
- Knuckles will be facing out and weight touching your side at the top range of motion
- Return the dumbbell to the starting position
- Repeat for the desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

HOLLOW BODY (5 secs = 1 rep)

HOLLOW BODY



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- Belly button is pulled in towards your spine, glutes are engaged, neck is relaxed
- Arms will remain next to your ears at all times
- Upper body is away from the floor lengthening out through your fingertips
- Find the lowest position you can extend your legs out without your low back arching off of the ground
- Squeeze and engage all core muscles while holding for 5 seconds
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DAY 3 BICEPS/TRICEPS



Giant Set - 3 sets of 10 reps using Moderate/Heavy weight. So you will do Exercise A for 10 reps, Exercise B for 10 reps, Exercise C for 10 reps = 1 Set. Perform these exercises with NO rest in between. Repeat for a total of 3 sets.

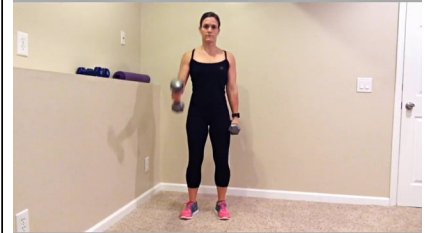
WORLDS GREATEST WARM UP

- This is a three-part stretch. Begin by lunging forward, with your front foot flat on the ground and on the toes of your back foot. With your knees bent, squat down until your knee is almost touching the ground. Keep your torso erect, and hold this position for 10-20 seconds
- Now, place the arm on the same side as your front leg on the ground, with the elbow next to the foot. Your other hand should be placed on the ground, parallel to your lead leg, to help support you during this portion of the stretch.
- Next Rotate opposite arm one on ground upward opening up chest, pause for 3 seconds then repeat with other arm (placing opposite arm on ground outside of knee to help support.
- After 10-20 seconds, place your hands on either side of your front foot. Raise the toes of the front foot off of the ground, and straighten your leg. You may need to reposition your rear leg to do so.
- Hold for 10-20 seconds, and then repeat the entire sequence for the other side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB ALT HAMMER CURLS

DB ALTERNATING HAMMER CURL



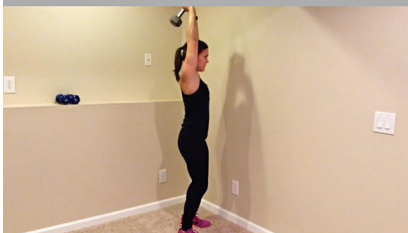
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- Stand with torso upright and core engaged, holding a dumbbell in both hands straight down by your side (keep your elbows close to your torso)
- Exhale and curl one weight towards your shoulder while contracting the biceps.
- Pause at the top of the movement and squeeze the bicep.
- Inhale and slowly lower to starting position.
- Alternate between both sides. Repeat for total number of reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
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6			

DB TRICEP PRESS

DB TRICEP PRESS



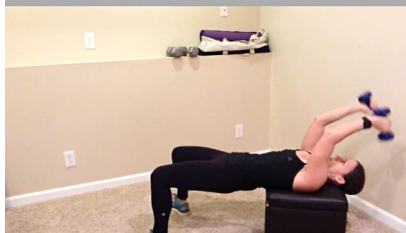
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- Stand with feet shoulder width apart and dumbbell in both hands. Fully extend the arms with the dumbbell overhead (tip: palm of your hand is facing forward)
- Keep your arm close to your head and lower dumbbell behind your head until your forearm touches your bicep (only your forearm is moving)
- Use your triceps to raise the dumbbell. Breathe out as you lift the dumbbell.
- Repeat for desired number of reps.

Sets	Reps	Weight	Notes
1			
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DUMBBELL LYING TRICEP EXTENSIONS

DB LYING TRICEP EXTENSION



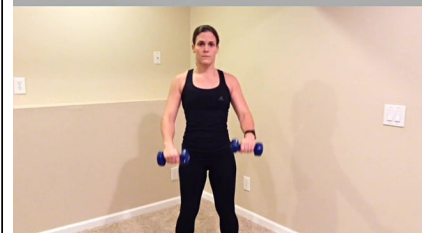
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- Lie on your back with two dumbbells directly overhead, palms facing in.
- Inhale and slowly lower the dumbbells towards your ears.
- Exhale and use the tricep to extend the arm and bring the dumbbells back to starting position.
- Repeat for desired number of reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

ZOTTMAN CURL

DB ZOTTMAN CURL



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- Stand with feet shoulder width apart and palms facing away from body holding dumbbells
- Curl dumbbells up to shoulders keeping elbows close to body
- At top, rotate dumbbells so palms are facing ground and let down slowly
- When at the bottom rotate palms to face up and back to starting position
- Repeat for the desired Reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

HOLLOW BODY (5 secs = 1 rep)

HOLLOW BODY



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- Belly button is pulled in towards your spine, glutes are engaged, neck is relaxed
- Arms will remain next to your ears at all times
- Upper body is away from the floor lengthening out through your fingertips
- Find the lowest position you can extend your legs out without your low back arching off of the ground
- Squeeze and engage all core muscles while holding for 5 seconds
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DAY 4 LEGS/SHOULDERS



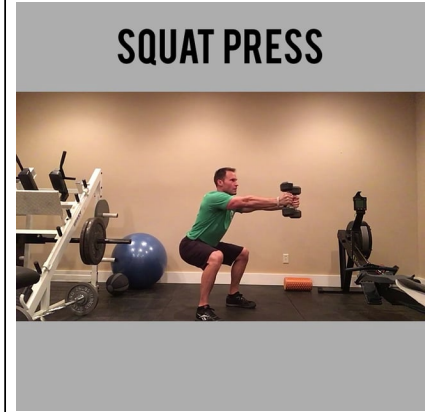
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WORLDS GREATEST WARM UP

- This is a three-part stretch. Begin by lunging forward, with your front foot flat on the ground and on the toes of your back foot. With your knees bent, squat down until your knee is almost touching the ground. Keep your torso erect, and hold this position for 10-20 seconds
- Now, place the arm on the same side as your front leg on the ground, with the elbow next to the foot. Your other hand should be placed on the ground, parallel to your lead leg, to help support you during this portion of the stretch.
- Next Rotate opposite arm one on ground upward opening up chest, pause for 3 seconds then repeat with other arm (placing opposite arm on ground outside of knee to help support.
- After 10-20 seconds, place your hands on either side of your front foot. Raise the toes of the front foot off of the ground, and straighten your leg. You may need to reposition your rear leg to do so.
- Hold for 10-20 seconds, and then repeat the entire sequence for the other side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB SQUAT PRESS



- Begin by lowering into a squat
- You will hold this position for the entire exercise
- Dumbbells are held against your torso with knuckles facing out
- Moving as one unit extend arms directly out in front of you
- After reaching full extension, bend elbows and bring weights back to your torso
- Neck and shoulders must stay relaxed in this movement
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
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DB OVERHEAD PRESS



- Begin standing with tall posture dumbbell directly overhead grasping with one hand
- Keeping your elbows fixed and pointing straight towards the ceiling
- Slowly lower the weight behind your head as low as comfortable
- Pause and then slowly bring weight back to the starting position
- Repeat for the desired number of repetitions

Sets	Reps	Weight	Notes
1			
2			
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5			
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DUMBBELLS WEIGHTED RAISED LEG SPLIT SQUAT



- Stand with torso straight and core engaged, dumbbells in each side down by your side.
- Put the top of one foot behind you on a bench.
- Inhale and begin by bending your knees and lowering your back knee down towards the ground while maintaining a straight posture with your head up.
- Exhale as you push through your feet and straighten your legs to starting position.
- Repeat for desired reps, then switch sides.
- Tip: your front knee should never go past your toes - this places undue stress on the knee. Move your front foot away from the bench for a wider stance if you are having a problem.

Sets	Reps	Weight	Notes
1			
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DUMBBELL UNILATERAL DEADLIFT



- Stand up straight with your core engaged and holding a dumbbell at arm's length by your side.
- Feet shoulder width apart and knees slightly bent.
- Exhale, bend at the waist and keep your back straight, lowering the dumbbell over the top of your foot.
- Keep moving forward as if you were picking something up from floor until you feel a hamstring stretch.
- Inhale, start bringing your torso up straight by extending your hips and waist until you are back at the starting position.
- Repeat for desired reps, then switch sides.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

HOLLOW BODY (5 secs = 1 rep)

HOLLOW BODY



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- Belly button is pulled in towards your spine, glutes are engaged, neck is relaxed
- Arms will remain next to your ears at all times
- Upper body is away from the floor lengthening out through your fingertips
- Find the lowest position you can extend your legs out without your low back arching off of the ground
- Squeeze and engage all core muscles while holding for 5 seconds
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DAY 5 BACK/ARMS



Giant Set - 3 sets of 10 reps using Moderate/Heavy weight. So you will do Exercise A for 10 reps, Exercise B for 10 reps, Exercise C for 10 reps = 1 Set. Perform these exercises with NO rest in between. Repeat for a total of 3 sets.

WORLDS GREATEST WARM UP

- This is a three-part stretch. Begin by lunging forward, with your front foot flat on the ground and on the toes of your back foot. With your knees bent, squat down until your knee is almost touching the ground. Keep your torso erect, and hold this position for 10-20 seconds
- Now, place the arm on the same side as your front leg on the ground, with the elbow next to the foot. Your other hand should be placed on the ground, parallel to your lead leg, to help support you during this portion of the stretch.
- Next Rotate opposite arm one on ground upward opening up chest, pause for 3 seconds then repeat with other arm (placing opposite arm on ground outside of knee to help support.
- After 10-20 seconds, place your hands on either side of your front foot. Raise the toes of the front foot off of the ground, and straighten your leg. You may need to reposition your rear leg to do so.
- Hold for 10-20 seconds, and then repeat the entire sequence for the other side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB SINGLE ARM WIDE ROW

DB SINGLE ARM WIDE ROW



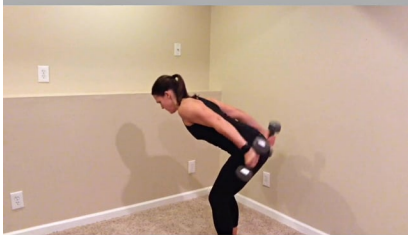
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- Using a bench, hinge at the hip and place one hand on it to stabilize
- Holding a dumbbell in the other hand slowly begin to lift the weight
- Lead with the elbow and move away from the body to create a 90 degree angle
- Knuckles will be facing forward at the top range of motion
- Return the dumbbell to the starting position
- Repeat for the desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB TRICEP KICKBACKS

DB TRICEP KICKBACK



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- Start with dumbbells in your hands, palms facing your body. Keep your back straight with a slight bend in knees and bend forward at the waist with your torso almost parallel to the floor. Arms at 90 degree angle between forearm and upper arm.
- Keep your elbow by your side and exhale while you use your triceps to lift the dumbbell until the arm is fully extended behind you.
- Pause at the top of the contraction, inhale and slowly lower the dumbbell.
- Repeat for total number of reps.

Sets	Reps	Weight	Notes
1			
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DUMBBELL MODIFIED RENEGADE FLY

DB MODIFIED RENEGADE FLY



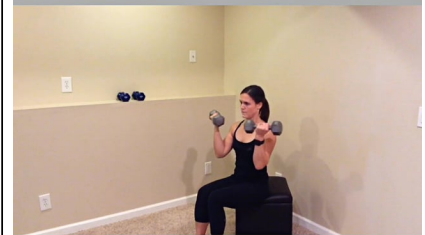
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- Get on knees in plank position on the floor with dumbbells in your hands directly under your shoulders.
- Perform a reverse fly with one arm, keeping your hips and core stable and return to starting position.
- Alternate arms until desired reps are completed.
- Tip: drop to a lower weight if your hips/lower back are twisting a lot.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB TWIST CURL

DB SEATED BICEP CURL WITH TWIST



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- Begin with dumbbells next to your hips knuckles facing out
- Moving one arm at a time, slowly begin to lift the weight by bending at the elbow
- Your palm will rotate towards the ceiling as you lift
- At the top range of motion knuckles will be facing away from you
- Reverse the action lowering the weight back by your hip
- Switch arms and repeat the movement
- Repeat for the desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

HOLLOW BODY (5 secs = 1 rep)

HOLLOW BODY



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- Belly button is pulled in towards your spine, glutes are engaged, neck is relaxed
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- Find the lowest position you can extend your legs out without your low back arching off of the ground
- Squeeze and engage all core muscles while holding for 5 seconds
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			