

Healthy Healing Week #8

DAY 1



Perform 3 Rounds of 8-12 reps using moderate weight. So you will do the First Exercise for 8-12 reps, rest 1 min, perform the Second exercise for 8-12 reps, rest 1 min, perform the Third exercise for 8-12 reps, rest 1 min, perform the Fourth exercise for 8-12 reps, rest 1 minute. Once you have completed one "round" or one set of each exercise you will go back to the beginning and start with Exercise 1 again and repeat in that fashion for a total of 3 rounds.

WORLDS GREATEST WARM UP

"WORLD'S GREATEST" STRETCH



WWW.MY1FITLIFE.COM

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB SQUAT PRESS

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			
6			

DB CHEST FLY W/ AB ROTATION

DB CHEST FLY W/ AB ROTATION

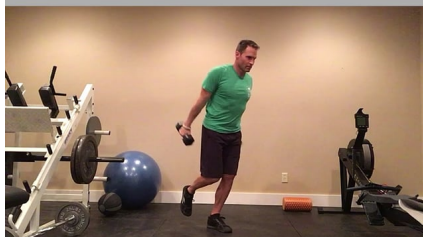


WWW.MY1FITLIFE.COM

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

SINGLE LEG SKIER SWING

SINGLE LEG SKIER-SWING



- Begin by standing tall, holding dumbbells in your hands next to your thighs
- Shift your weight to one foot and with a slightly soft knee pick up the other foot to hold balance
- Begin to swing your arms, with control, next to your sides in unison almost as if you were doing a bicep curl
- Engage your core and maintain balance on your standing leg
- Repeat for desired number of reps and switch sides

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

BOW & ARROW LUNGES

BOW & ARROW LUNGES



WWW.MY1FITLIFE.COM

- Begin in a staggered stance, right foot in front of left, feet hip width apart as is you were standing on railroad tracks
- Bend the left knee behind you to lower into a lunge
- Using light or no weights, reach left arm forward, elbow back with the right arm
- Push off with your left foot to return back upright, arms following in opposition
- Maintain shoulder height but no higher with arms as you focus on relaxing your neck
- Repeat for desired number of reps and switch lunging leg and do again

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

HOLLOW BODY (5 secs = 1 rep)

HOLLOW BODY



WWW.MY1FITLIFE.COM

- 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



Perform 3 Rounds of 8-12 reps using moderate weight. So you will do the First Exercise for 8-12 reps, rest 1 min, perform the Second exercise for 8-12 reps, rest 1 min, perform the Third exercise for 8-12 reps, rest 1 min, perform the Fourth exercise for 8-12 reps, rest 1 minute. Once you have completed one "round" or one set of each exercise you will go back to the beginning and start with Exercise 1 again and repeat in that fashion for a total of 3 rounds.

WORLDS GREATEST WARM UP

"WORLD'S GREATEST" STRETCH



WWW.MY1FITLIFE.COM

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB SQUAT FRONT SWING

DB SQUAT FRONT SWING



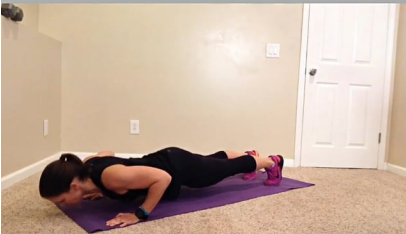
WWW.MY1FITLIFE.COM

- Begin by standing tall, feet slightly wider than hip width apart, grasping one weight with both hands in front of your body
- Lower into a squat keeping your body weight in your heels and posture tall
- As you push to stand tall, keep arms extended, and swing the weight so that it ends above your head
- Begin to lower the weight as you lower back into a squat and repeat the movement
- Use control and make certain that core is strong throughout this movement
- Avoid arching your back when the weight is extended above your head
- Repeat for desired number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

BW EXERCISE PUSH UP

BW PUSH UP



WWW.MY1FITLIFE.COM

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

SINGLE LEG BALANCE DB SWITCH

SINGLE LEG BALANCE DB SWITCH



WWW.MY1FITLIFE.COM

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB THUMBS UP LATERAL RAISE

DB THUMBSUP LATERAL RAISE



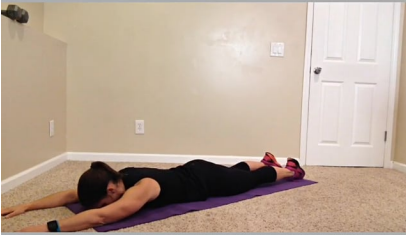
WWW.MY1FITLIFE.COM

- Hinging slightly forward at the hips, start with dumbbells near your thighs
- Moving arms in unison with knuckles facing back, palms forward, slowly lift dumbbells to the side
- When you reach shoulder height pause slightly and return to the starting position
- Core is strong and engaged and neck is relaxed
- Repeat for the desired number of repetitions

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

BW LYING ALT ARM/LEG RAISE

LYING ALT ARM/LEG RAISE



WWW.MY1FITLIFE.COM

- Begin lying on your stomach with arms and legs fully extended to make a straight line
- Moving in opposition lift the right arm and left leg away from the floor
- Squeeze you glute and your upper back while lifting
- Head stays in line with your spine
- Pause momentarily and lower back to the start position
- Lift left arm and right leg away from the floor repeating the movement
- Repeat for desired number of reps 1-R, 1-L = 1 rep

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DAY 3



Perform 3 Rounds of 8-12 reps using moderate weight. So you will do the First Exercise for 8-12 reps, rest 1 min, perform the Second exercise for 8-12 reps, rest 1 min, perform the Third exercise for 8-12 reps, rest 1 min, perform the Fourth exercise for 8-12 reps, rest 1 minute. Once you have completed one "round" or one set of each exercise you will go back to the beginning and start with Exercise 1 again and repeat in that fashion for a total of 3 rounds.

WORLDS GREATEST WARM UP

"WORLD'S GREATEST" STRETCH



WWW.MY1FITLIFE.COM

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DB SQUAT PRESS

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			
6			

DB CHEST FLY W/ AB ROTATION

DB CHEST FLY W/ AB ROTATION

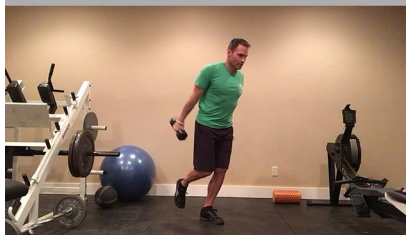


WWW.MY1FITLIFE.COM

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

SINGLE LEG SKIER SWING

SINGLE LEG SKIER-SWING

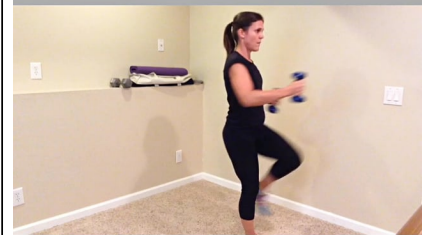


- Begin by standing tall, holding dumbbells in your hands next to your thighs
- Shift your weight to one foot and with a slightly soft knee pick up the other foot to hold balance
- Begin to swing your arms, with control, next to your sides in unison almost as if you were doing a bicep curl
- Engage your core and maintain balance on your standing leg
- Repeat for desired number of reps and switch sides

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

BOW & ARROW LUNGES

BOW & ARROW LUNGES



WWW.MY1FITLIFE.COM

- Begin in a staggered stance, right foot in front of left, feet hip width apart as is you were standing n railroad tracks
- Bend the left knee behind you to lower into a lunge
- Using light or no weights, reach left arm forward, elbow back with the right arm
- Push off with your left foot to return back upright, arms following in opposition
- Maintain shoulder height but no higher with arms as you focus on relaxing your neck
- Repeat for desired number of reps and switch lunging leg and do again

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

HOLLOW BODY (5 secs = 1 rep)

HOLLOW BODY



WWW.MY1FITLIFE.COM

- 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			