

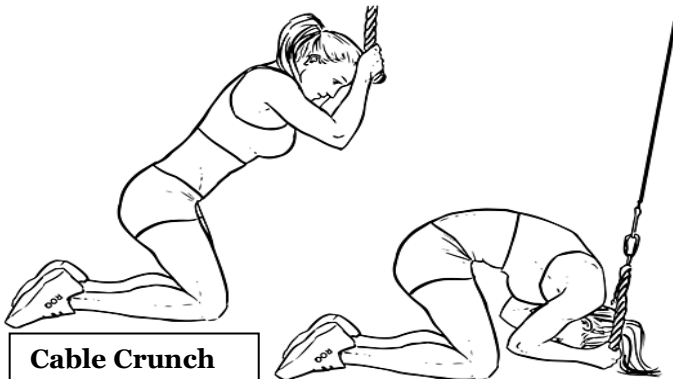
The Gut & Butt Fat Blasting

Workout Guide

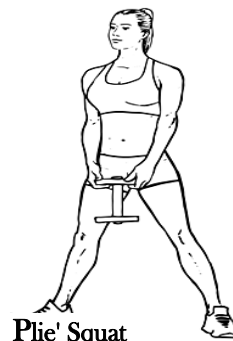
BODY TRANSFORMATIONS



By Trina



Cable Crunch



Plie' Squat



Introducing the Gut & Butt Workout Guide

This workout program is designed to target the lower body: hips, thighs, glutes (*butt*) and abs. The maximum time, number of sets and reps built into the program are merely a suggestion. It is important for you to start according to your fitness level, and work your way up as your lactic acid tolerance, muscle and cardio conditioning improves. Although the exercises included are designed to target the most stubborn body fat by producing lactic acid build-up, you will experience fat loss throughout your entire body. In order to create the hormonal environment to force your body to burn stubborn “Beta” fat cells on the hips, butt and thighs, the following rules/guidelines **MUST** be followed:

1. The daily dietary guide **MUST** be followed at 100%, and not up for negotiation.
2. The workout is best done in a fasted state: 1st thing in the morning on an empty stomach or at least 1.5 to 2 hours after your last meal; especially for those that can only workout in the evenings.
3. **NEVER**, work/stretch a cold muscle; you must heat up your core **BEFORE** starting the workouts (including the cardio-only days).
4. To access the targeted muscle properly, it is vitally important to focus on accessing that muscle with your mind. Remember maintaining proper form is the key. If you have a mirror, use it to make sure you are executing all moves using the proper form.
5. The lactic training format is a 3 tiered supersets (no rest) starting with glutes → abs → glutes followed by 1 minute of medium intensity cardio with a 30 second rest between sets. Repeated 2 more times or make it a goal to complete 2 more sets as your conditioning improves. (One set = glutes + abs + glutes + 1 min cardio + 15-60 sec rest)
6. Consume your favorite Zero-Carb whey isolate protein (15 to 25 grams) within 30 minutes after each workout.
7. Drink at least ½ gallon (64 oz.) above the water consumption formula (½ your bodyweight in ounces); more is better. (This will help remove the metabolized fat from your body through your urine.)

The chart below is provided to give you options for the workout schedule provided by this program. Please note on cardio-only days, the stationary bike, stair climber and treadmill are the top 3 pieces of equipment (in that order) best used for this specialized training. **If you do not have access to these machines, outdoor biking, climbing stairs at home, at a school, or at a park at various speeds for 30 to 45 minutes will produce similar results.**

Pick Your Poison Workout Choice 😊

5 to 10 Minutes Core Warm-up Options	1 Minute Medium Intensity Cardio	Cardio-Only Days (Low Impact Fat Burn Mode)
Treadmill, elliptical machine, High Intensity Interval Training (HIIT) using your body weight combination exercise.	Run in Place, treadmill run, suicide runs, Jumping Jacks, butt kicks, side-side jump ropes, high kicks, burpees	30-45 minutes stationary bike 30-45 minutes StairClimber (the beast) 30-45 minutes treadmill incline
Notes	Notes	Notes
Start slow and increase intensity within 5 to 10 minutes so that your core is fully heated BEFORE starting the training. How to know you are fully heated: 1. You're sweating, 2. You feel Very winded, 3. Your body feels more loose and flexible.	These spurts of cardio at the end of each superset are designed to keep the core heated to efficiently burn beta fat cells throughout the entire workout.	Remember to heat your core BEFORE starting this workout. The cadence and resistance are to be performed in a slow sizzle fat burn mode to prevent muscle depletion, but intense enough to build up lactic acid burn almost immediately. See guidelines for each machine below.

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Cardio-Only Days - Machine Guidelines & Tips

STATIONERY BIKE

All stationery bikes are not designed equally, but regardless of the design, it is the best piece of equipment to accomplish the goal of resistance + cardio to produce continuous lactic acid. The bike to the right is designed for a sitting or standing ride; which are found in most spin/cycling classes across the country. This bike is designed to adjust the handle bar and the seat in two directions: up & down and back & forth. These adjustments will accommodate various body types: long legs, short leg, long torso or short torso. Other stationery bikes found on the gym floor or in most people homes have very limited adjustment capability, but still effective in producing lactic acid by adjusting the resistance level and your speed/cadence.



The Stair Climber aka "The Beast"

This machine is excellent for targeting the lower body in that it uses your bodyweight and gravity to create the resistance and by controlling the cadence/speed for a slow cardio burn. I must warn you that this machine is not forgiving; therefore, it's imperative to hold onto the handle throughout the entire time and pay attention to your foot positioning with each step. With that said, changing the positioning of your feet will dictate which muscles are being worked: quads, glutes, inner/outer thigh and calf. Positioning your feet in a tip toe fashion works the calf and quads. Stepping flat footed with slightly raised toes AND shifting your weight from side-to-side in a slight squat fashion accesses the glutes and inner thigh. With a couple more advanced moves, criss-crossing the feet with each step OR stepping side-to-side with a wide gape per step in a tip toe or flat footed fashion will access the inner & outer thigh and glutes.



Treadmill (*Incline Glute Training*)

To see the demonstration using the treadmill to isolate the glutes, see the video by pasting this link in your browser: <https://youtu.be/cZ5f9VfR1uA> Using the treadmill for the purpose of this program comes with three non-negotiable rules:

1. In a fasted state, you **MUST** heat your core **BEFORE** getting on this machine.
2. The speed **MUST** remain at 3.5 the entire time.
3. **NEVER** hold on to the handle bar unless you feel faint or feeling dizzy.

The ultimate goal is to attain a 15 degree incline at 3.5 speed for about 30 to 45 minutes, but start according to your current fitness level to progress to the ultimate goal of a 15 degree incline for 30 to 45 minutes.



How to do a Proper Glute Focused Squat

Any and all glute focused exercises takes mental concentration and proper form to isolate the glutes. Because the proper glute focused squat positioning is not a normal every day position, most people mindlessly perform the squat and never work the glutes; as a result they never see any changes. Glute focused squats done incorrectly tend to work the quads instead of the glutes. This program is not quad focused; therefore, it's important to position the body to isolate the glutes. Below is a proper demonstration of dropping into a proper glute focused squat. The key rules are: **1.** Position the feet just a little beyond shoulder width apart, or wide enough to be able to initially lift from your heel. **2.** Facing the feet straight on or at an angle is strictly up to you as it depends on your bone structure; just determine which position is most comfortable. **3.** As you start to drop into position (exaggeratedly sticking your butt out), make note that your legs are in a perfect L shape. The L shape is **EXTREMELY** important as it will allow you to push up from the heel, and immediately transfer that energy to the glutes to perform 25 to 50 fast to slow pulses. **4.** Keeping the front part of your feet slightly raised will help keep the focus on the glutes and avoid firing with your quads. You should not feel any stress in the quads; if you do your form is not correct. **5.** If you have a mirror use it to help you maintain the perfect form throughout the move, and rest about 30 seconds when your form is compromised due to fatigue.



Notes:

1. Being flexible in your hip flexors and ham strings can help isolate the glutes for a deeper squat. A flexible hip flexors will also allow better abs contraction when bringing the upper thigh to the abdominal area in a crunch motion. Yoga is a great solution to increase flexibility.
2. The results of this program will vary based on: your level of commitment of following the program 100%☺, the intensity you bring to the workouts, medications you're taking that impacts the ability to lose fat, and your genetics.

As you progress through this program and weight loss occurs, it's important to know which elements were involved: fat, muscle or bone. A smart scale will provide that information and you can gain access to a smart scale at:

<http://amzn.to/2cdIbdx>

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The Gut & Butt Workout Format

Note: The flexibility of this workout format is designed to give you control based on your time allotment, and fitness level. Although the workout format shows a stated resting time, number of rounds, supersets and maximum reps, please make adjustments according to your “*changing*” fitness level. You decide which days to perform the workouts, and remember; these workouts are best done in a fasted state (empty stomach)!

(A superset is a group of exercises performed back-to-back without resting between exercises.)

1. Every lactic acid training day will have the following format (4) days out of the week:
 - a. 3 different supersets, and a superset will consist of:
 - i. 3 rounds of Glutes→Abs→Glutes exercises resting 15 to 60 sec between rounds
 - ii. After the 3rd round, immediately do 1 minute of medium cardio
 - iii. Followed by 1 minute rest
 - b. Move to the next superset in the same fashion above until you have completed up to 3 different supersets.
 - c. After the final superset, it's **OPTIONAL** to do 20 to 30 minutes of low-impact Cardio-Only
Take your 15 to 25 grams of zero-carb whey isolate protein within 30 minutes after workouts.

Remember: Warm-up 5 to 10 minutes before workouts (*see warm-up options on page 1*)

	Day 1		Day 2		Day 3		Day 4
Set 1	Round 1:	Set 1	Round 1:	Set 1	Round 1	Set 1	Round 1
	Deep Walking Lunges (50)		Walking Lunge Kick Back		Squat Walks (50)		Deep Walking Lunges (50)
	Walking High Kicks (50)		Side Knee Lifts (50/side)		Hanging Leg Raises (25)		Seated Leg Raises (50)
	Goblet Squats (50)		Side-Side Lunge (50/side)		Scissor/Warrior Lunge (50)		Glute/Leg Press (50)
	<i>30 sec Rest/water</i>		<i>30 sec Rest/water</i>		<i>30 sec Rest/water</i>		<i>30 sec Rest/water</i>
	Round 2: Repeat Above		Round 2: Repeat Above		Round 2: Repeat Above		Round 2: Repeat Above
	Round 3: Repeat Above		Round 3: Repeat Above		Round 3: Repeat Above		Round 3: Repeat Above
	1 minute Jumping Jacks		1 minute Butt Kicks		1 min No Box/Box Jump		1 minute Squat Jacks
	One Minute REST		One Minute REST		One Minute REST		One Minute REST
Set 2	Round 1:	Set 2	Round 1:	Set 2	Round 1:	Set 2	Round 1:
	Glute/Leg Press (50)		Smith Machine Squats (50)		Ski Squats (50)		Squat Walks (50)
	Weighted Side Bends (50)		Seated Knee Raises (50)		Squat Side Bends (50)		Weighted Side Bends (50)
	Alt Bench Step-up (50)		One Legged Squat (50/leg)		Plie' Squats (50)		Alt Bench Step-up (50)
	<i>30 sec Rest/water</i>		<i>30 sec Rest/water</i>		<i>30 sec Rest/water</i>		<i>30 sec Rest/water</i>
	Round 2: Repeat Above		Round 2: Repeat Above		Round 2: Repeat Above		Round 2: Repeat Above
	Round 3: Repeat Above		Round 3: Repeat Above		Round 3: Repeat Above		Round 3: Repeat Above
	1 minute Suicide Runs		1 minute Burpees		1 minute Jump Squats		1 minute Football Runs
	One Minute REST		One Minute REST		One Minute REST		One Minute REST
Set 3	Round 1:	Set 3	Round 1:	Set 3	Round 1:	Set 3	Round 1
	Abductor Butt Thrust (50)		Stiff Legged Lifts (50)		Abductor Butt Thrust (50)		Walking Lunge Kick Back
	Horizontal Mountain Climbers (50)		Seated Leg Raises (50)		Cable Pull Down Crunch (50)		Leg Climber Crunch (15/Leg)
	Abductor Glute Press (50)		Cable Kick Backs (50)		Abductor Glute Press (50)		Smith Machine Squats
	<i>30 sec Rest/water</i>		<i>30 sec Rest/water</i>		<i>30 sec Rest/water</i>		<i>30 sec Rest/water</i>
	Round 2: Repeat Above		Round 2: Repeat Above		Round 2: Repeat Above		Round 2: Repeat Above
	Round 3: Repeat Above		Round 3: Repeat Above		Round 3: Repeat Above		Round 3: Repeat Above
	1 minute Jump Ropes		1 minute Vertical Mountain Climber		1 minute Jumping Jack		1 minute Frog Jumps
	Cool Down		Cool Down		Cool Down		Cool Down
Optional: 20 Min Cardio-Only		Optional: 20 Min Cardio-Only		Optional: 20 Min Cardio-Only		Optional: 20 Min Cardio-Only	
TAKE 20 TO 25 GRAMS OF ZERO-CARB WHEY ISOLATE PROTEIN SHAKE W/WATER WITHIN 30 MINUTES!							

2. Two (2) days consist of Cardio-Only Days using the 30 - 40 Minutes Cardio-Only
Take your 15 to 25 grams of zero-carb whey isolate protein within 30 minutes after workout.

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Executing the Moves Properly

Abductor Butt Thrust

Also see the video executing this move at: <https://youtu.be/UZ5DoeXh4-k> This exercise is executed on the abductor/adductor (inner/outer thigh) machine. Set the machine up normally and sit with your back against the back pad. As you start to execute the move by separating or pressing with your knees against the leg pad, raise your hips by contacting the glute muscle simultaneously as you press outward. Execute the move by using your glute muscle through a pelvic thrust.

Abductor Glute Press

See the video above to execute this move too. This exercise is also executed on the abductor/adductor (inner/outer thigh) machine. Set the machine up normally, but sit towards the front of the seat pad and lean slightly forward. As you start to execute the move by separating your knees outward against the pad, transfer the energy to the glutes and keep it there to use it as the sole source of energy to execute repeated pulses to build the lactic acid in the glutes. (Butt will be on fire!)

Alternate Bench Step-up

This exercise focus on the glutes, quads and inner thigh. Place one foot on the bench at a time and lift up by pressing the heel of your feet against the bench and immediately transfer that energy to the glutes by squeezing it all the way to the top with a slight hold. Keep squeezing the glutes as you lower your leg to the floor. For the purpose of this program, complete all reps one leg at a time to build the lactic acid to burn those stubborn beta fat cells and repeat with the other leg. (Feel the burn!)

Box Jumps/No Box Jumps

In a standing position with legs shoulder width apart, bending at the knees in a squat position, leap forward landing softly in a squat and immediately leap to the left or right landing softly on the ball of your feet. Repeat this movement in the form of a box until you've reached your desired time or reps. The illustration on the right is another form of this exercise; which includes having an actual box to jump on. The body position is the same, but you'll need to jump high enough to clear the box to land safely on the box. If you feel you can execute the **Box Jump** instead of the no box/box jump, do as many reps as your heart desire with perfect form.

Burpees

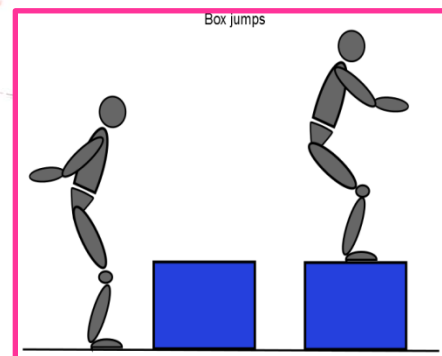
1. Abductor Glute Press



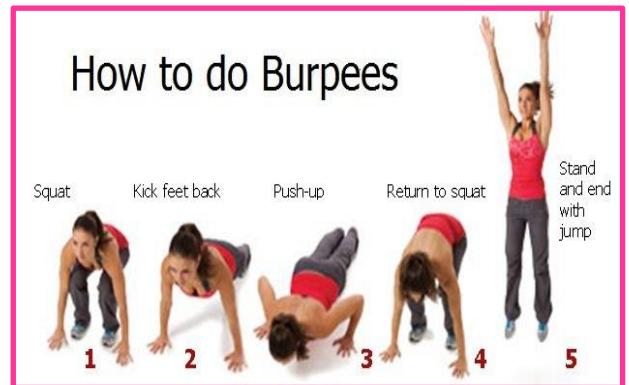
2. Abductor Glute Press



-Alternate Bench Step-up



America's favorite exercise...**NOT!** There are many versions of burpees that can shred fat fast. If you are familiar and can execute a more advanced version, by all means continue to push yourself. The illustration on the right includes a push-up. Depending upon your fitness level, you can keep the push-up in the exercise or go from the kick feet back (plank position) back to the squat and then stand with a jump. Remember to stay in your fitness zone, but push a little past your comfort zone.



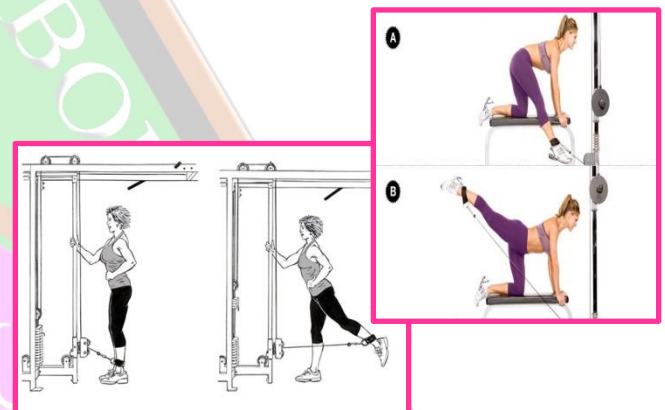
Butt Kicks

In a standing position with feet together or shoulder width apart, bring one foot at a time towards the back of the body by contracting the hamstrings. The objective is to get the heel of your feet as close to the glutes as possible, and as fast as possible. This move is all about speed to burn as much fat as possible in one minute. If your fitness level allows you to stay in the move longer than a minute and with perfect form, then keep going.



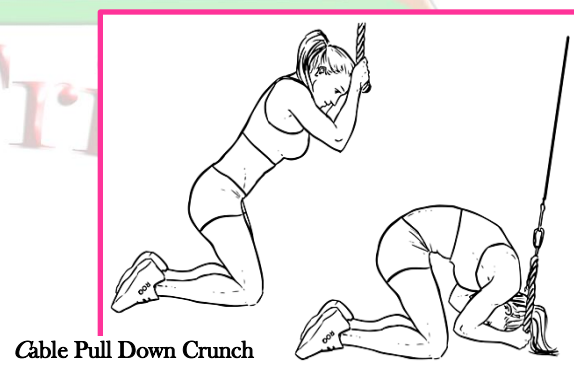
Cable Kick Backs

This exercise use slight resistance to lift the leg and squeezing the glutes. If you don't have access to a cable machine, light ankle weights will produce the same affect. This exercise can be executed standing or on a bench as illustrated to the right. The objective is to squeeze the glutes throughout the entire execution of raising your leg. For the purpose of this program, building the lactic acid in the glute is the ultimate goal. Pick the position that you feel is most effective for your body or you can always switch it up the next time you perform this exercise.



Cable Pull Down Crunches

To perform this exercise, grab the rope/bar and kneel down in front of the machine far away enough to allow for the crunch motion and to feel the tension of the weights. Positioning the rope/bar at the frontal lobe, leaning slightly forward, bend at the hip flexors by contracting the abdominal muscle and keep them contracted. Notice in the illustration to the right the butt is stationary as the hip flexors are the only pivotal points with major abs contracting.



Deep Walking Lunges

Getting in the proper form to execute this move is key. To access and isolate the glute muscle; keeping the bent leg in an "L" shape will allow you to lift from the heel, and immediately transfer that power to the glutes as you continue to rise. Extend the other leg out with a very exaggerated gait to get into a very deep squat, and repeat for 50 per leg.

Foot Ball Runs

This exercise is like jogging in place on steroids. In a stationery position, lifting the knee past the hip flexors and landing on the ball of your feet; alternate with the other leg in the same fashion at an extremely fast pace, and leaning slightly forward to contract the abdominal muscles. See the illustration to the right. The faster you execute this move, the more fat/calories you will burn. Remember to keep the abs contracted throughout the entire move for 1 minute and control your breathing.

Frog Jumps

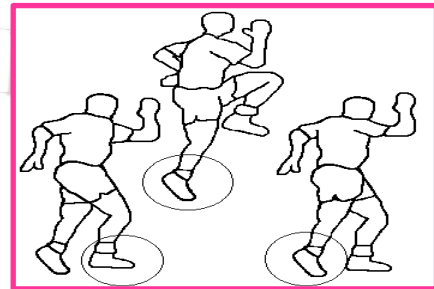
This move is similar to Box Jumps, but you are simply getting into a proper glute focused squat and leaping forward and back to the starting position repeatedly. Continue in this fashion for 1 minute or based on your fitness level. Remember to keep the abs contracted throughout the move and control your breathing.

Glute/Leg Press

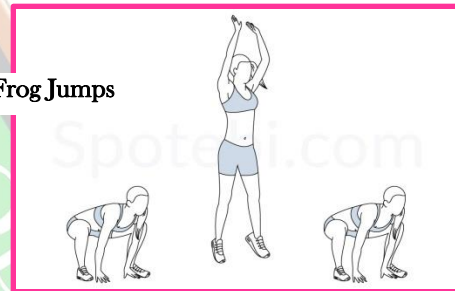
The video demonstrating this exercise can be access at: <http://bit.ly/2c46evN> (password required, see your welcome email) This exercise utilize the leg press machine in a different fashion. After setting the machine up according to your body ergonomics, place the heel of your feet towards the top end of the plate. This will allow you to push up from the heel and immediately transfer the lifting energy to the glutes by squeezing the glutes continuously to execute the move. The more flexibility in the hip flexors will allow a deeper glute access by bringing the knee as close to the chest as possible. Lifting the arms above the head also allow a better ab contraction as you bring your knees close to the chest.

Goblet Squat

Execute the squat with the top of a dumbbell coupled with both hands under the chin., and feet shoulder width apart. As you drop into the glute focused squat, keep you back straight, pushing back up with your heel and repeat up to 50 reps building lactic acid in the glutes.



Foot Ball Runs



Frog Jumps



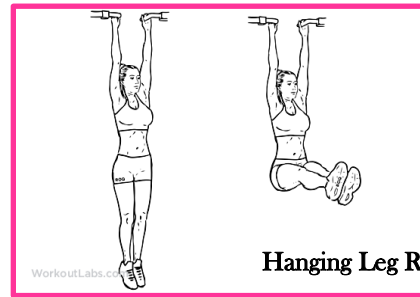
Glute/Leg Press



Goblet Squat

***Hangin*g Leg Raises**

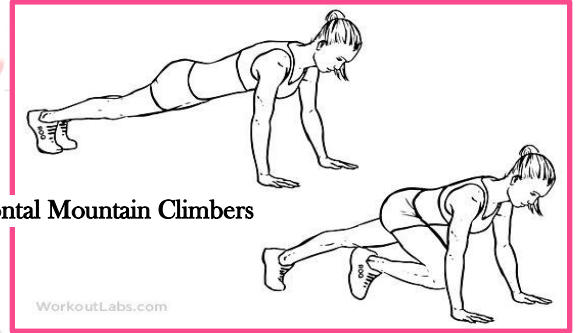
This move can be executed on horizontal bar as illustrated on the right or a vertical leg raising equipment where you rest your arms as you execute the move. The key to this exercise is to contract the abdominal muscle to raise the leg without the use of momentum. Using momentum takes the stress away from the abs and defeats the purpose.



Hanging Leg Raises

Horizontal Mountain Climbers

This exercise is executed on the floor in a plank position. (See the illustration on the right) The objection is to bring the knee up towards the chest without lifting the glutes in order to keep the abdominal muscles engaged. Alternating legs at a fast pace for one minute or according to your fitness level. Remember to control your breathing, keep the abs engaged



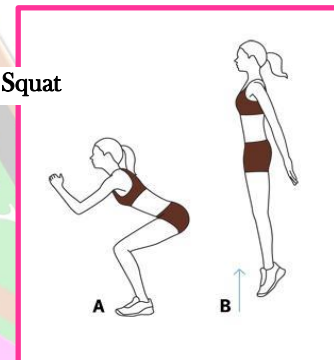
Horizontal Mountain Climbers

Jump Rope (side-to-side)

The key to jump roping is keeping the knees together throughout the move, landing softly on the ball of your feet. FYI, you don't need a jump rope to do this exercise, use your imagination if you don't have one. 😊

Jump Squat

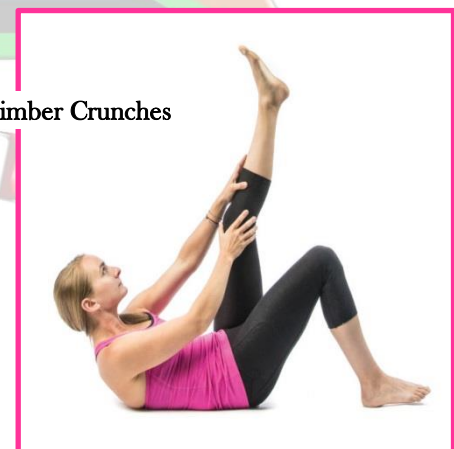
Jump squats are similar to frog jumps, but instead of leaping forward, you explode upward from a squat position and landing softly on the ball of the foot. You can execute this move with the feet close together working the inner thigh or with the feet shoulder width apart; which will transfer energy to the glutes with a lower squat.



Jump Squat

Leg Climber Crunches

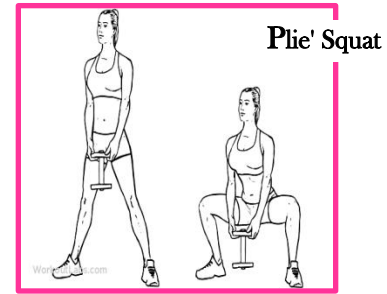
Lying flat on your back with one leg bent and the other leg raised. Slowly grab the raised leg with both hands climbing up the leg by contracting the abdominal muscles. Slowly return to the starting position my keeping the abs contracted and repeat on the same leg about 15 reps and switch legs to repeat the process. The bent leg determines the level of complexity. Bending the leg as shown in the illustration to the right makes the move more difficult. Extending the leg gives leverage and make executing this mover easier. Remember to control your breathing and keep the abs contracted.



Leg Climber Crunches

Plie' Squat

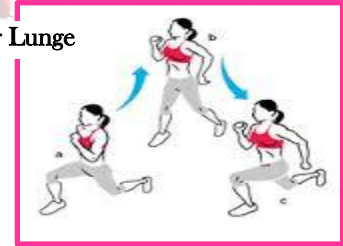
This exercise is fashioned after a ballerina dance move the Plie'. To execute this move properly, the feet are facing away from the body spread far past shoulder width. Remember to keep the "L" shape in the leg to get a deeper squat. This exercise can be performed with or without weights on the floor or between two benches for a deeper squat. Squeeze the glutes throughout the move, keep the back straight, and breathe.



Scissor/Warrior Lunge

This move is executed by exploding up from the floor; switching the feet and landing in a lunge. Remember landing with the "L" shaped leg will allow you to explode upward by keeping the glutes involved in the move. Raising the hands above the head will help keep the abdominal engaged. If this move is a little too advanced for your fitness level, take out the explosive jump and step in the lunge.

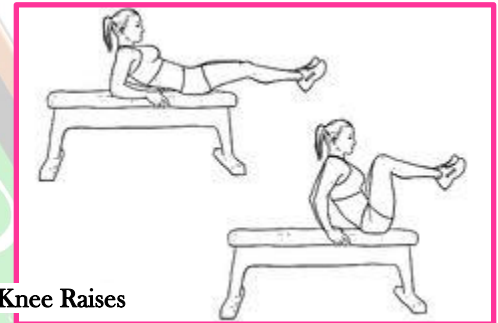
Scissor/Warrior Lunge



Seated Knee Raises

The exercise is executed by sitting on the end of a bench and leaning slightly backward for support. Raise both knees by contracting the abdominal muscle. The rise and lowering motions are very small moves and should keep the abs engaged throughout the move without release until the last rep. Keep the knees close together to help target the lower abs. The hip flexors are also involved in this move. Once you start to lose your form, take a rest.

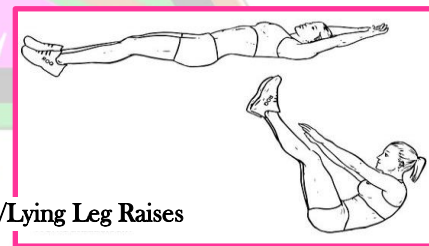
Seated Knee Raises



Seated/Lying Leg Raises

This exercise can be executed on the floor lying flat on your back or on the end of a bench with a slight lean backward. Raise both feet by contracting the abdominal muscle throughout the move. Keep the toes pointed and knees together throughout the move. The rise and lowering motion is a larger move and should keep the abdominal muscles engaged. Repeat the move without touching the floor until the last rep is completed.

Seated/Lying Leg Raises



Side Knee Lifts

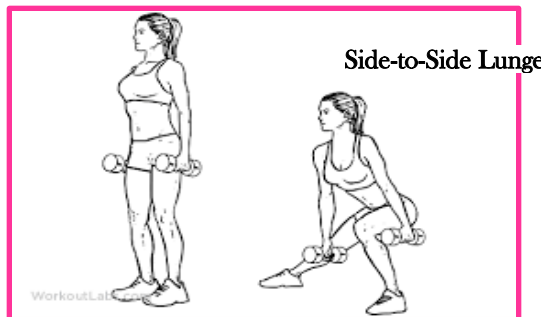
Standing with feet shoulder width apart; place your hands behind the head and lift the knee at a side angle. (See the illustration on the right.) The objective is to engage the oblique muscle by contracting the muscle as the knee touches the elbow. Alternate this move from side-to-side until all reps are completed. Remember to breathe throughout the move.

Side Knee Lifts



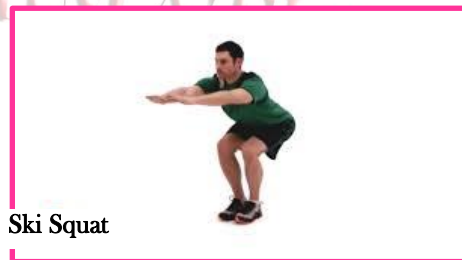
Side-Side Lunges

This exercise can be executed with or without weights. Standing with feet shoulder width apart, extends one foot out to the side wide enough to lunge stressing the glutes and outer thigh. Lift up by pushing off with the heel, bring the feet back together and repeat up to 50 reps on one leg and switch legs to repeat. This exercise can be executed switching from side to side, but for the purpose of this program we want lactic acid build up; therefore, execute the move one leg at a time.



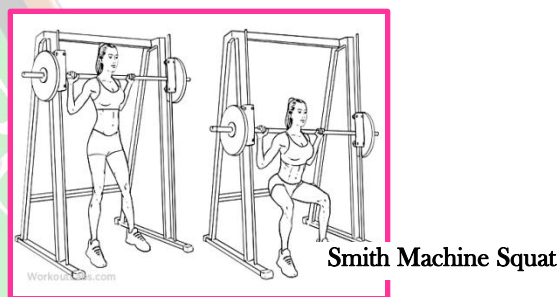
Ski Squats

This exercise can be executed with or without weights. In a standing position with feet close together, start bending at the knee and extend the glutes outward. Start the lift by squeezing the glutes. This squat targets the glute and inner thigh.



Smith Machine Squats

This exercise is to be performed with light weights for the purpose of this program building lactic acid. Feet are shoulder width apart, squat deep and lift off with the heel and immediately transfer the energy to the glutes. Remember to keep the "L" shape in the squat as shown in the illustration on the right.



Squat Jacks

This exercise starts in the squat position, explode upward but remain in the squat position and separate the feet landing on the ball of your feet. Repeat this movement for up to 50 reps or based on your fitness level. If you start to lose your form, discontinue the move and rest. See the illustration on the right, the glutes are extended outward throughout the entire move at a fast pace.



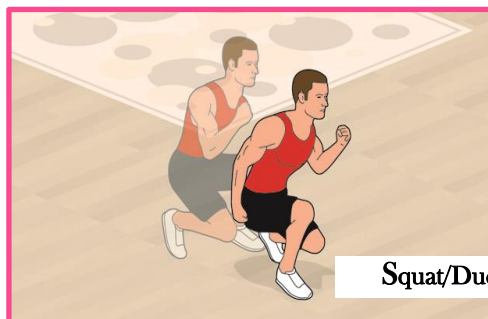
Squat Side Bends

This exercise is executed in a very deep squat with the feet angled away from the body and the legs forming the "L" shape as shown in the illustration on the right. Place the hands on the back of the head, and bend to one side until the elbow touch the knee alternating from side to side. This exercise is working the oblique muscle (side abdominals) and glutes. Although some people are not flexible enough to touch the knee with the elbow, but if you continue to do this exercise a go just a very little past your comfort zone, you'll see your flexibility start to improve.



Squat/Duck Walks

This exercise is done in a very low exaggerated squat. See the illustration on the right. If you have knee problems, you don't need to squat as low. The objective of this move is to keep the glutes engaged and stress out the quads and outer thigh muscles. Remember to keep your abdominals contracted and breathe.

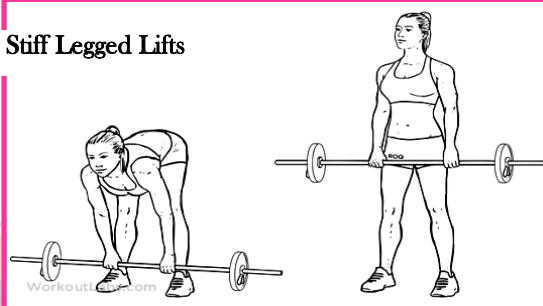


Squat/Duck Walks

Stiff Legged Lifts

This exercise is done with a barbell and feet shoulder width apart. Adding weights to the barbell depends upon your fitness level. If you decide to add weights, add just enough to keep proper form and building lactic acid for the purpose of this program. Bending at the hip, lift the bar by squeezing the glutes without bending the legs. Repeat this move for up to 50 reps or based upon your fitness level. If you start to lose your form, discontinue and rest.

Stiff Legged Lifts



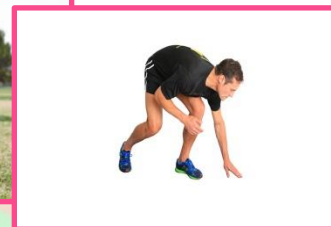
Workout.com

Suicide Runs

This exercise if performed in a continuous low squat like position running at a fast pace between two points. You can visually set your distance or you can use a cone, towel or some object to focus on. After you've reached the pre-set point, bending at the waist, reach out and touch the floor stressing the oblique muscles. Repeat this process from one pre-set point to the other pre-set point for 1 minute at a fast pace or according to your fitness level. See the illustrations on the right.



Suicide Runs



Vertical Mountain Climber

In a standing position, (with or without lite weights) raise one knee above the hip flexors and raise the opposite hand above the head at a fast pace alternating from side to side, and land softly on the ball of your feet. Remember to keep the abdominal muscle contracted throughout the move and control your breathing. Continue the move for one minute or according to your fitness level.

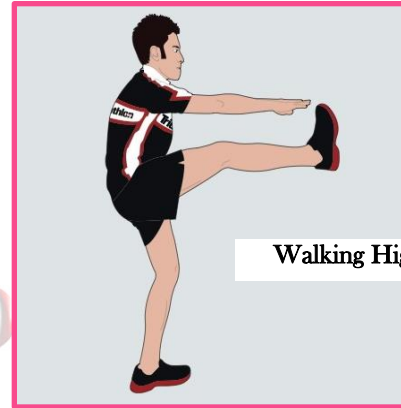


Vertical Mountain Climber



Walking High Kicks

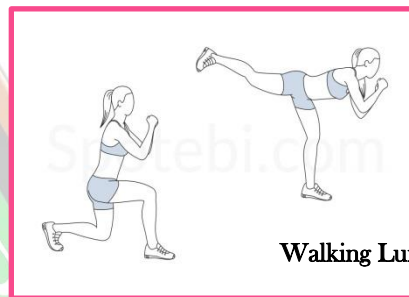
In a standing position, extend one arm out using it as a target as you kick upward it with your feet. Keep the back rounded to engage the abdominal muscle throughout the move. Alternate between legs for 50 reps at a fast pace or according to your fitness level. This move can be performed as shown in the illustration on the right or you can kick with the opposite leg of the extended arm allowing more stress on the abdominal muscle. Remember to breathe!



Walking High Kicks

Walking Lunge Kick Backs

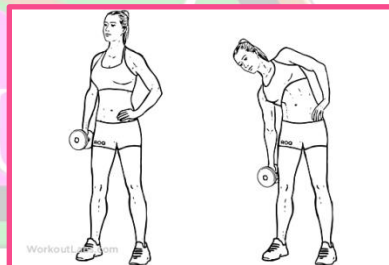
This exercise is similar to deep walking squats with the exception of kicking backwards on the rise by squeezing the glutes and hold. For beginners, I suggest you start slow and focus on your form. See the illustration on the right; during the kick back, lean forward and use the glutes to get the leg up and squeeze for a few seconds before switching to the other side. Continue this exercise for 50 reps per leg or according to your fitness level. If your stabilization muscles are not developed and you keep losing your balance, perform this exercise next to a wall or couch if you are exercising at home. You must stay focused when performing this move.



Walking Lunge Kick Backs

Weighted Side Bends

As you can see in the illustrations on the right, this exercise can be executed standing with weights, on the hyperextension equipment, with a barbell place behind the neck. You can get very creative with this exercise. The objective of this exercise is to work the oblique muscle with a stretch keeping the back straight at all times. When standing, keep the feet shoulder width apart.



Weighted Side Bends

