July Workout: Week # 3

Stay Strong Workout – Weighted Workout with 50/10

This is the kind of workout that will leave you feeling strong and a little sore after. I used 15lb dumbbells for this workout, but you can use any weight you're comfortable with ranging from 3lbs-30lbs. It really is individual, so if you only have some lighter weights on hand, than maybe you'll want to go through this sequence more than 3 times!

Warm-Up

- Boxing + alternating front kicks
  1 minute each - 2x through

Workout

- Squat and squeeze – Hanging onto one dumbbell in each hand, do a controlled squat and then an upper back squeeze when you're standing up again. To do the squeeze, allow your arms to hang, and have the shoulder blades pinch together to do the work. Be sure not to lift your shoulders up towards your ears during this!
- Bent over back row, right side – Bend your left knee 90 degrees and then rest your left elbow on top of your thigh. Extend your right leg straight out while keeping your heels in line. From here, use one dumbbell in your right hand to complete the row as many times as you can in a slow and controlled manner for 50 seconds. Be sure to keep your back straight and really squeeze those shoulder blades together!
- Bent over back row, left side – Repeat above on the opposite side.
- Alternating backwards lunges with straight arm lift – Start in a standing position with a weight resting comfortably in front of your body, then do a backwards lunge with the left leg, and lift the weight using straight arms in front of your body until it's above your head and you feel the upper back contract. Complete the same thing stepping your right leg back, and continue alternating back and forth for the full 50 seconds.
  NOTE: I use one weight in both hands because it is heavier, but if you're going light, you can lift both hands up individually with the dumbbells in each hand.
  Do these 3x through with no break!

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching

Get sweaty and feel sexy!
ashley dale roy