



## Royally Fit: Lift Like a Girl...Because We ROCK!

### **Lift Like a Girl.....Because We Rock!**

Felt like doing something a little different today. Not only did I grab 25lb dumbbells to kick my own ass, but I counted reps and sets, no timer, no drop sets, no pyramids, just a couple of exercises and some heavy lifting. Let's do this!

NOTE: If you don't have super heavy weights I ask that you make this a little more intense by either doing an extra 2 sets (total of 6), jumping your squats, or adding in extra reps.

### **What you will need:**

- The heaviest dumbbells you have on hand

### **Warm-Up:**

- A couple minutes of mixed jumping jacks, burpees and jogging on the spot

**Workout:** Complete the exercises below for 20 reps each, 4 sets through.

- **Slow squats** – With your feet a little further than hip distance apart, really watch your form with the heavy weights while you go down slow and up slow in and out of your squat. Keep your back flat, your head up, and your knees pointing straight.  
*Modification:* Jump these babies if you want to intensify them or do extra reps if you only have light weights.
- **Straight leg deadlifts** - With your feet hip distance apart, keep your legs and back perfectly straight while you hinge at the hips and drop your upper body down until you're close to a 90 degree bend at your hips.  
*Modification:* If this bothers your lower back in any way, put the weights down and come on to your back instead for some hamstring curls off a stability ball OR some bridges with hip lifts. A demo is on the video for you!
- **Donkey Jumps** – Start in a table top position with your hands under your shoulders and knees under your hips. From this position, lift your knees off the ground and jump both legs up into the air at the same time like you're a donkey having a blasty blast.  
*Modification:* Same position but alternate lifting your legs up towards the ceiling while remaining bent 90 degrees.
- **AB BONUS!!!** Countdown bicycle abs – Hold your body in an ab bicycle position and pulse your way down from 10 reps to 1, on each side, down by 1's. I hope you're as excited about this as I was when I decided on the spot!

### **Cool Down/Stretching**

- Complete 5-10 minutes of nice gentle stretching.

Get sweaxy!  
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