



Royally Fit: Strong Momma

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This bad boy will leave you feeling crazy strong and powerful. It's quick, efficient and fun ☺ We'll be done in 21 minutes with warm up! The actual workout is 16 minutes with some explanation in there.

What you will need:

- Just your sexy self + heavy set of weights or Ugi Ball – I used 15lbs but dropped to 10lbs part way

Warm-Up:

- Jump Rope + Squat with Open Arms (I didn't need as long of a warm up but encourage you to warm up longer while I do my explanations if you need more time)

Workout: 50 sec on / 10 sec off 4 times through

Set 1

- **Alternating 2 Skull Crushers with Squat**– Grab one weight or the Ugi and bring it up to eye height with your right leg behind you and your left leg bent. Bring your right leg up and the weight down and a quick motion. If you're using your Ugi ball then smash that bad boy on your leg. After you do 2 crushers place your right foot wide beside your left and do 2 squat pulses. Pivot to the other side and do 2 crushers with your left leg back and your right left bent. Be sure to stay low in that bent leg and move quickly through this. You can also do this with no weight moving nice and quick.
- **Alternating Runners Lunge with Hammer Curl.** – Step your right leg back so it is straight and your bending low through your left leg. Make sure your knee stays in line with your ankle. Stand up through your left heel and then do a hammer curl. A hammer curl is a bicep curl with your wrists facing each other. This is a shoulder injury preventative measure. Make sure you also don't thrust your hips forward to curl the weight; if you do the weight is too heavy so drop in size. Alternate which leg you lunge back with each time. Make sure you keep your back nice and straight and chest up as you don't want the weight to pull your upper body down.

Set 2

- **Angled Chest Press with Hip Raise**– Hold a weight in each hand lying with your back on the floor and legs bent so your feet are flat as well. Make sure your elbows are halfway between your shoulders and your hips, you don't want your elbows and shoulders in line with each other. Dig your heels into the ground while raising your toes. Pelvic tilt your hips so your back flattens against the ground then raise your hips up as high as you can into a bridge position. Lower your hips down slowly and try and keep your back flat to the floor while you do you press your weights into the air. Straighten your arms up and as you lower them slowly make sure your elbows land on the floor half-way between your shoulders and body. Be sure to squeeze your bum and keep your abs contracted the whole time.
- **Plank Walks**– Get into high plank and then take small little steps forward and with your hands and your feet. Once you've walked forward a couple steps then walk backwards. Make sure your hips don't shake side to side you want to keep your hips and core as steady as possible.
Modification: You can do this from your knees as well and just walk your hands out slightly then back to underneath your shoulders. Can't be on your wrists? Get into dead bug with your feet flat on the floor. Extend opposite arm and opposite foot. It is imperative that your back remain flat on the floor. If you can raise both legs up and then extend your foot from this position while keeping your back on the floor – give'er!

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.