



Royally Fit: 27 Slow & Controlled Workout

27 Minute Slow & Controlled Workout

One of those workouts that should leave your muscles a good sore, and you feeling super strong.

What you will need:

- Weights

Warm-Up:

- 3 minutes of various things

Workout: Complete the exercises below for 10 reps each slow and controlled, for a total of 3 sets.

- **Weighted Squat** – Keep your abs engaged, your back flat, and the weights beside your body (not in front), while you come down for 2 slow reps and up for 2 slow reps. Really focussing on putting the weight in your heels, and coming up slowly. This is where the good work comes in ;)
- **Bicep curls** – With your feet separated hip distance apart, your knees slightly bent, and your abs pulled in nice and tight with a pelvic tilt, bring the weights up like a hammer curl, and then at the last second turn your palms towards your armpits. Come down and up for 2 counts each. Nice and slow is the name of the game here ;)
- **Single leg squats, right** – Picking a focal point, lift your left leg up so you're balancing on your right leg. From here you're going to drop your leg by bending at the knee, but keep your back flat!! Look forward and drop your chest as much as you can down towards your thigh.
- **Single leg squats, left** – Same as above on the opposite side.
- **Chest flies** – In a bridge position, which means you're lying on your back, with your hips up in the air, start with the weights above your chest – elbows slightly bent – and then open them as you bring the weights down towards the ground for two counts, and then back up again nice and controlled.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant