



Royally Fit: Steady Burn

Heart Rate Boost

This guy has a longer intro as I go through all the moves first. So there's 3/5 minute intro and then we get into the fun stuff for about 29 minutes. You're gonna burn and feel like a friggen warrior at the end!

What you will need:

- Just yo' sexy self + 2 weights I used 12 lb weights and they were heavy

Warm-Up:

- Hip Opening Pulses Forward Back Swing and Side + Squat with Arm Circles + Marching Twist

Workout: 3 minutes each moves with 20-30 second rest 2x thru then 1x thru for 1 minute about 10 second rest.

- **Plank Walk Outs** – Start with your feet shoulder width apart and hinge through your hips until your hands hit the ground. You can squat down here or do a hamstring dead lift to get to the floor, whichever you prefer. Once your hands hit the ground walk them out to plank. Hold that plank for a moment then walk your hands back lifting your hips up then come to standing. Squeeze your bum at the top.

Modification: Marching High Knee Twist

- **Alternating Runners Lunge Hops** – With your right foot planted step your left foot back so it is straight behind you. Make sure your right leg is bent as close to 90 degrees as possible and then hop or explode straight up to standing driving your left knee in towards your chest. As you land down be soft through those knees and bring your left leg back into a lunge of any sort as long as it's soft. Some people like to extend their back leg out far behind them, and I like to land in more of a narrow lunge. Switch legs after each hop.

Modification: Squat slow down and then stand up quickly but don't lock your knees. You can hold a weight if you want to up the intensity if your knees can handle it

- **Alternating Single Arm Chest Press with Single Leg Drop** – Laying on your back with a weight in each hand bend your elbows 90 degrees and make sure your elbows and wrists are in line with each other. Your elbows should be about 45 degrees between your shoulders and hips. You don't want your elbows and shoulders in line. Press your right arm straight up to the sky then lower it back down. Once you are back in the starting position lower your right leg towards the ground however far down you can while keeping your back solid to the ground and core engaged. This may be a 2 inch movement or all the way to the ground. Know your body. Press your left arm and then drop your left leg. Repeat.

NOTE: Be sure to grab your weights while sitting and then lean back into your supine position. You don't want to grab them while you are already on your back as the weight will be too much for your shoulders/rotators to handle. It is much safer this way. When you are finished bring the weight towards your hips and then ground and leave them there. Don't drop them to the side.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.