



Abe's Focus on Fitness

Pick 8 Workout Builder



Instructions: For each workout, pick a total of 8 of these exercises. Maybe one day you just want to work on conditioning and arms. Maybe one day you want to do back and legs. You decide. Try not to do the same thing every time you work out. Start with no weight and if it feels easy, add weight. You do not need to have weights at home. You can use water bottles, or cans of food, or books, or rocks, or bricks, or milk jugs that you fill with sand or water. Start with one set and work your way up to doing 3 to 4 sets of each. Do at least 3 of these workouts a week. On the days you do not do these workouts, do a warm up and then at least 30 minutes of cardio at a good pace. How do you know it is a good pace? You should be sweating and it should be a little bit hard to get your breath to talk. You should not be able to sing while you are doing it. If you can, you are not working hard enough.

Warm up: Before every workout do 5 minutes of dynamic warm up (walk or jog, ride a bike, use elliptical) at a good pace then 5 minutes of dynamic stretching

Arms:

- hammer curls (10 each set)
- bicep curls (10 each set)
- push ups (regular or modified) (10 each set)
- skull crushers (10 each set)
- overhead tricep extension (8-10 each set)

- upright rows (10 each set)
- lateral plank walk (5 each direction)
- dips (10 each set)
- reverse curls (10 each set)
- tricep extensions on wall (10 each set)

Legs:

- squats (10 each set)
- lunges (5 each leg)
- step ups (10 each leg)
- calf raises (20 each set)
- frog jumps (10 each set)

- leg curls (10 each set)
- wall sit (start at 20 seconds)
- donkey kicks (10 each leg)
- glute bridge (15 each set)
- kettle bell swings (10 each set)

Shoulders:

- shoulder shrugs (12 on each side)
- overhead press (8 each set)
- Arnold press (8 each set)
- front raise (15 each set)

- bent over fly (10 each set)
- arm circles (20 each set)
- overhead claps (20 each leg)

Chest & Pecs:

- push ups (regular or modified) (10 each set)
- flat press (12 each set)
- fly (10 each set)

- dips (10 each set)
- chest squeeze (10 each set)
- close grip push ups (10 each set)
- glute bridge (15 each set)
- front claps (20 each set)

Back:

- supermans (10 each set)
- bent over rows (10 each set)
- pull ups (3-5 each set)
- single arm rows (10 each arm)

- side leg lifts (10 each side)
- bridge (20 each set)
- dips (10 each set)
- cat stretch & arch (hold 10 seconds, 5 each set)
- kettle bell swings (10 each set)

Core:

- crunches (10 each set)
- leg raises (10 each leg)
- bird dogs (10 each set)
- ball twist (10 each set)
- leg circles (10 each set)

- reverse crunch (10 each set)
- flutter kicks (10 each set)
- sit ups (10 each set)
- bicycle crunch (10 each set)

Conditioning:

- 400 meter run
- 20 meter skip (walk back to start) (4 each set)
- mountain climbers (20 each set)
- run intervals (run as fast as you can for 30 seconds then slow jog for 90 seconds) (4 cycles)
- slams (you can use an old pillow) (10 each set)

- burpees (10 each set)
- 20 meter farmers walk (you can use a bag filled with books for weight) (3 each set)
- 20 meter farmers walks shuttle (add more weight each time) (3 each set)
- 20 meter overhead farmers walk (3 each set)

Balance:

- SIT in a chair with no arms bend your knee & raise one leg off the floor, hold it up for 20 sec each leg. Make it harder by closing your eyes. (5 times each side)
- STAND & bend one knee, lift your leg off of the floor & hold it up for 20 sec. Do not use your hands. Make it harder by closing your eyes.(5 times each side)

- SIT on a core ball, bend one knee & lift your leg off of the floor, hold it for 20 sec. Then do your other knee. Do not use your hands. Make it harder by closing your eyes (5 times each side)
- STAND on one leg on a cushion or pillow for 20 sec. Switch legs & do it again. Do not use your hands. Make it harder and close your eyes. (5 times each)

Cool Down: After every workout do 5 minutes of dynamic cool down (walk, jog, cycle or elliptical) at a slow pace then 5 minutes of static stretching