

Fit Life 30/30's High Five Workout! (Sample Program)



Instructions: This circuit program is all about YOU and only you! No equipment required. All exercises are strictly body weight, so how much you weigh is the resistance you'll use. This program seriously puts you on the path to greater health. It'll get your heart pumping, strengthen your muscles, ramp up your metabolism and lean you out **BIG TIME!** Trust me. Follow this program and you will reap generous benefit.

Get ready to **MOVE!** This program is built around *five* great exercises performed in (up to) *five* cycles. Each exercise should immediately follow the other with little or no rest in between. It is intended to be performed vigorously so be sure you have the physical capabilities to do such exercises at *high intensity*. Now remember, it's always **SAFETY FIRST**. Injury is not an option. So start out easy and pace yourself. If you are presently at a low level of physical fitness this program can still work for you. It will need to be modified to a lower intensity. Consider doing a portion of an exercise, reducing the number of cycles and/or repetitions and take longer rest periods between each exercise and after each cycle. As you get stronger and begin to feel more confident pump up the intensity!

Complete up to 5 cycles with a one minute rest between each cycles.

Very Special Tip: Before starting each exercise, brace your abdominals by drawing in your navel. Your shoulders should be in neutral position (not rounded). Also, keep your feet and knees straight forward.

This program should be performed with 48 hours rest in between. So get to it every other day.

Above all else, take great care and **HAVE FUN!**

Warm Up

Before performing F/L 30/30's High Five Workout, take five minutes for a light stretch. You'll want to get your body prepared for what's to come. Consider stretching your calves, hip flexors, adductors, pecs and lats. Follow this with an easy five minute cardio warm up. Try a combination of jogging/running/marching in place, jumping jacks, high knees, split jacks, leaps and hops.

Cool Down

Once you have completed the full program and you're standing in a puddle of sweat, take five minutes to cool down by going back to the stretches you did at the beginning.

Here's the break down:

5 minute - warm up stretch

5 minute - warm up cardio

15 minute - High Five Workout

5 minute - cool down stretch =

30 minutes...DONE!

Let's MOVE!

1) Squat Thrust



Start

1. Get in push-up position with feet together and hands wider than shoulder-width apart; shoulders, hips and knees in straight line.

Movement

2. Draw in belly button and squeeze butt muscles.

3. Quickly, pull knees to chest; jump straight into air, driving arms overhead.

4. Land softly; place hands back in start position; extend legs until hips and knees are in straight line.

5. Repeat quickly. **Complete 12 repetitions.**

(Light jog or march in place. Move to exercise 2.)

2) Ice Skater



Start

1. Stand with feet straight and shoulder-width apart.

Movement

2. Squeeze butt muscles.
3. Quickly bound from side to side, switching legs quickly; keep foot straight. **Complete 20 reps (Left & Right = 1)**

(Light jog or march in place. Move to exercise 3.)

3) Push-Up with Rotation



(Note: This exercise can also be performed on knees or against a wall.)

Start

1. Begin in push-up position with feet together and toes on floor; hands slightly wider than shoulder-width apart.
2. Draw-in belly button and squeeze butt muscles.

Movement

3. With flat back, slowly lower body toward floor, lowering and squeezing shoulder blades.
4. Push up to starting position, rotate body 90 degrees from floor, fully extending both arms - one in air and one stabilizing on floor.
5. Reverse movement of rotation to return to start position; repeat, alternating direction of rotation. **Complete 12 reps. (R = 1, L = 2).**

(Move to exercise 4.)

4) Floor Cobra: 2 Arm



Start

1. Lie on your stomach with your arms extended alongside your body, palms facing the floor.
2. Draw-in your navel, contract your glutes and pinch your shoulder blades together.

Movement

3. Next, lift your chest and hands off the floor at the same time, keeping your arms straight.
4. Hold the top position for two seconds. Slowly lower yourself down to the starting position. **Complete 12 reps.**

(Light jog or march in place. Move to exercise 5.)

5) Power Step-Up



(Note: This exercise can be performed without a step.)

Start

1. Stand in front of a box with your feet pointed straight ahead and placed shoulder-width apart.
2. Lift your chest and tuck in your chin. Contract your glutes and place one foot on top of the box.

Movement

3. Forcefully push off that foot into the air and land softly with the opposite foot on the box.
4. Forcefully push off the foot into the air and repeat, alternating legs with each step-up. **Complete 20 reps (Left & Right = 1).**

Rest 60 seconds and REPEAT!

Interested in a customized fitness program designed especially for you? Contact me at (520) 932-4353 or at damon@afitsecondhalf.com.

Fit Life 30/30_High Five Workout

The Small Print - Disclaimer

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