

SMART Exercise 2

Week 1 Circuit 1 – 20 Mins

Start by warming up for two minutes as per the “cool down” stretches. Perform the following 5 exercises in order. Do each exercise for one minute (or as long as you can manage) before moving straight on to the next with 15 seconds in between. Once you’ve finished ONE round REST for 30-60 seconds and REPEAT.

Beginners start with NO weights.

Intermediate 1 – 2kg. Advanced 2kg – 4kg

More advanced can add on heavier weights as you progress. Listen to your body.

If you are using weights listen to your body, work hard but don’t strain or put load on your back!! If you don’t have weights, fill up some empty water bottles with sand or use TINS out of your pantry. IMPROVISE!! Always ensure your form is good, your feet are positioned hip width (unless otherwise indicated) and your support/core muscles are switched ‘on’!! SMILE and stay hydrated. Remember MUSCLE is your SECRET WEAPON for Metabolic Fat Burning ... even when you’re sleeping! J

Exercise 1. Dead Lift/Shoulder Combo

Targets: Hamstrings, glutes, back, abs and shoulders

Exercise 2. Squat/Curl

Targets: Lower body and biceps

Exercise 3: Lunge/Fly

Targets: Lower body and back

Exercise 4. Plie/Tricep Dumbbell Raise

Targets: Inner thighs, glutes and triceps

Exercise 5. Abdominals – Plank

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Circuit 1	Cardio 1	Circuit 1	Cardio 1	Circuit 1	Cardio 1	Off

Exercise 1. Dead Lift/Shoulder Combo

1. Stand holding dumbbells at the front of your body, with your feet hip width apart.
2. Slide the dumbbells down the front of the legs towards the ground, maintaining a flat back.
3. Slowly slide back up with soft knees and press the dumbbells over your head (slightly front of head so that you can see the weights, not behind).
4. Lower dumbbells to start position (one repetition).

Exercise 2. Squat/Bicep Curl

1. Stand with feet hip width apart, holding dumbbells with palms facing up.
2. Squat down like you are sitting onto a chair, ensuring you can see your knees over your toes.
3. Sink right back into the imaginary chair. Keep your torso still (don't bring your chest to knees ... it's your legs only that are moving). Push up through your heels.
4. Start to squeeze your butt to rise up to start position & at the same time keep your elbows pinned into your waist and curl the weight up towards your bicep. (one repetition).
5. Repeat the steps without swinging the weights. Control the upward and downward movement.

Exercise 3. Alternating Lunge/Flies

1. Stand with your feet hip width apart, holding light dumbbells at your sides.
2. Lunge forward with your left leg, and lower your body until your left thigh is parallel to the floor and your right knee nearly touches the floor behind you. Keep your torso upright and ensure you can see your big toe over your knee.
3. Squeeze your butt to lift straight up and at the same time raise your arms out to the side, like you are carrying two water buckets. (Try not to lift your arms higher than your shoulders and lift through your elbows)
4. Control your arms as you lower them to the start position and lower both legs back into a lunge.
5. Repeat this on the other leg. This is ONE REPETITION.
6. If you prefer you can do all repetitions on the one leg (this is your option if you have a knee injury) and then repeat on the other leg. (easier option)

Exercise 4. Plie/Tricep dips

1. Stand with your feet shoulder width apart, with feet out turned into a 'plie' position, so that you can still see your toes when you bend your knees outwards.
2. Take your arms straight up and outstretched overhead holding one end dumbbell/s with both hands.
3. Do not sway your back, keep your core muscles 'switched on' and tuck your pelvis slightly under.
4. Bend knees into a wide squat and at the same time bend from your elbows and lower the weight (controlled) behind your head. (be careful not to knock yourself out). Try to keep your elbows pointing skyward like they are punching a hole in the sky.
5. Maintain control as you slowly raise the weights straight overhead and pull up out of the wide squat to start position.

6. This is ONE REPETITION.

ABDOMINALS – ‘Walk the Plank’: This will be ‘your’ all time favourite – tough but a SMART core and abdominal workout! See three options above. Ensure shoulders are tucked into your back, hands are under shoulders, head is long and no ‘vulture necks’!! Look out about 30 cms from your hands and straight down and HOLD for 1 minute. Build up to 2 Minutes. YOU CAN DO IT! Baby Steps!

Stretch – your muscles have memory...hold each stretch for 15 seconds minimum!