

SIMON COHEN'S ULTIMATE TRAINING SYSTEM



By Simon Cohen, Author of the #1 Best-selling Fitness E-Book,
Simon Cohen's Ultimate Training System

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1. BOOST YOUR METABOLISM

Burn calories faster with these top 5 fat burning tips.

Eat

When you skip a meal or lose weight too quickly for a few days your body thinks it is threatened with starvation and goes into survival mode, slowing down your metabolism to conserve your energy. Starvation diets are therefore the worst thing you can do to your metabolism. When the body thinks it's a food-scarcity crisis; it conserves energy and any weight loss comes mostly from water and muscle. You burn calories more slowly to compensate for eating less. The net effect: You suffer for nothing. Remember 5-6 small meals a day is the way to go.

By eating frequent meals you will stabilize your blood sugar levels and help to avoid dips in energy, which cause you to head for the nearest vending machine. Eat small frequent meals will also increase your metabolism.

Add chili and water to your diet

Studies suggest that these all make your body burn extra calories. There are a few theories around the two main being: the chili peppers briefly spike temperature and raise heart rate, both of which require energy. The other being: Capsaicin (a chemical found in jalapeno and cayenne peppers) temporarily stimulates your body to release more stress hormones, which speeds up your metabolism and causes you to burn more calories. Either way your metabolism definitely gets a boost.

And the cold water makes your digestive system work harder to bring the liquid up to body temperature.

Drink up

Many experts believe that caffeine is a metabolic stimulant. So have a latte. Or brew some green tea, but never forget water, water, water...!

In a recent Swiss study, a green tea extract raised metabolism by the equivalent of 78 calories a day, though the researchers weren't sure why. The extract (called epigallocatechin gallate) is available in pill or liquid form from most health stores.

You've heard it before, but drink those 8 8-ounce glasses of water every day. Make sure you drink the appropriate amount of water as more than ninety percent of the chemical reactions in your body occur in water, including allowing the energy burning process of metabolism to work effectively

Pound the pavement

Studies show that regular heart rate - raising exercise, such as a high-paced half hour run several times a week, will increase your body's daily burn by as much as 100 calories thereby increasing your metabolism temporarily.

You should however be training in your target heart rate, which can be calculated as follows:

220 minus your age, multiplied by 0.6 = lower limit
220 minus your age, multiplied by 0.8 = upper limit

By staying within these limits you will be utilizing the most fat while sparing muscle.

Different activities burn different quantities of calories, but the important thing is to raise your heart rate and sustain the activity for approximately thirty minutes. For something slightly different, here's how you can quickly and easily get over 160 results driven boot camp workouts put together by over 40 world class trainers...guaranteed to keep your fitness camps fun, packed and profitable – fitness boot camp workout (<http://fitnessbootcampworkout.com>).

Pump it up

Unlike fat, muscles burn calories (73 more calories per kilogram per day, to be exact) even when you are not using them. Using my Ultimate Training System deliver a routine that provides a full body muscle tune-up and help keep your metabolism elevated 24 hours a day.

Start with the highest weight you can manage at each machine (or for each exercise if you prefer free weights). Up it when you can complete 15 reps.

Every muscle cell that you gain is like a little factory that constantly burns calories for you, even while you sleep, and revs up when you exercise.

This is the only way to increase RMR, which accounts for 60 to 70 percent of the calories you burn daily

2. THE BEST WARM-UP

Pre-vent injury and get more out of your workout. Performance may be improved, as an appropriate warm up will result in an:

- Increased speed of contraction and relaxation of warmed muscles
- Dynamic exercises reduce muscle stiffness
- Greater economy of movement because of lowered viscous resistance within warmed muscles

- Facilitated oxygen utilization by warmed muscles because hemoglobin releases oxygen more readily at higher muscle temperatures
- Facilitated nerve transmission and muscle metabolism at higher temperatures; a specific warm up can facilitate motor unit recruitment required in subsequent all out activity
- Increased blood flow through active tissues as local vascular beds dilate, increasing metabolism and muscle temperatures
- Allows the heart rate get to a workable rate for beginning exercise
- Mentally focused on the training or competition

Keep in mind that the perfect warm up is a very individual process that can only come with practice, experimentation and experience. Try warming up in various ways, at various intensities until you find what works best for you. In the mean time here's a great starting point:

Warm-up: 3 minutes

Before you start your workout, you need to do some prep. Dive straight in and you'll risk injury as well as be able to make fewer demands of your body – and so get less out. But stretch before you're warm and you can do even more damage. So you need to get blood pumping through the muscles you want to work.

Main workout = Mostly upper body

Three minutes on the rower or Nordic ski machine, working at 50-60% of your maximum effort level. You should finish slightly out of breath, but nothing more than that. Then do the dynamic stretches below.

Main workout = All body

As above, the rower or Nordic ski machine is perfect for warming up the whole body.

Main workout = Mostly lower body

Three minutes on the running or step machine working at 50-60% of your maximum effort level. You should finish slightly out of breath, but nothing more than that. Then do the dynamic stretches below.

Main workout = Outside

If you're miles from any cardio equipment, go for a 2-minute jog and then do the dynamic stretches below.

Dynamic stretches

Dynamic stretches are more appropriate to the warm up as they help reduce muscle stiffness. Static stretching exercises do not reduce muscle stiffness. Here are my top 3 dynamic stretches.

Walking Lunge with Twist

Stand with your hands clasped against your chest. Step forward with your right foot into a lunge and twist your head and shoulders to the right. (Your hips should face forward throughout the move.) Reverse the movement to push back to the starting position, then lunge with your left foot and twist to the left. Perform 10 lunges with each leg.

Overhead Squat to Calf Raise

Stand with your feet shoulder-width apart and your arms straightened overhead. Lower your body until your thighs are parallel to the floor, then push back up and rise onto the balls of your feet at the top of the move. Do 10 repetitions.

Upper Body Trunk Rotation

With your feet shoulder-distance apart, stand with your back straight and knees slightly bent. Start swinging your arms across your body at waist height - you should feel this mostly in your lower back. Move your arms higher to around shoulder-level to feel a stretch through your middle back. Now raise your arms to above head-height to feel the stretch in your upper back. Repeat each 10 times, 'squeezing' slightly further each time to really feel the stretch.

3. A TREASURED CHEST

A five-minute workout to upgrade your chest.

How to do it

Fixing your attention on a chest for 5 minutes may not sound like hard work – the catch is we're talking about yours, not Jennifer Aniston's. By maintaining tension on your chest muscles for a full 300 seconds, this workout triggers the shirt-filling growth spurt that will get you noticed by Jennifer lookalikes. Set an incline bench at 30 degrees and grab a pair of dumb-bells with which you can manage 10 reps of flys. Use this weight for both exercises A and B, then move onto exercise C.

Dumb-bell Incline Fly

1. Hold the weights above your chest, arms slightly bent.
2. Keeping the same, slight bend in your elbows, lower the weights out to your sides. Reverse the motion to return to the start and complete 8 reps.
3. Don't release the weights. Hold them straight above your chest for 15 seconds, then do as many more reps as you can. Rest for 15 seconds, and then move to exercise B.

Dumb-bell Incline Bench Press

1. Hold the weights above your chest, arms straight.

2. Bend your elbows to lower the weights to the sides of your chest. Pause, and then push them up. Complete as many reps as you can.
3. Rest 15 seconds holding the weights above you, then do as many more reps as you can. Rest another 15 seconds, and then move to exercise C.

Wide-grip press-up

1. Get into press-up position, but with your hands about twice shoulder-width apart.
2. Do as many press-ups as you can. Rest for 15 seconds and keep repeating until your 5 minutes are up.

4. THE 15-MINUTE ABS WORKOUT

Strengthen your core muscles with these easy to follow exercises. Check out the easy to follow Six week Six-pack in my Ultimate Training System.

Wide-grip press-up

Targets: Deltoids, Trapezius, Obliques

1. Hold dumbbells outside your shoulders at jaw level, palms facing in. Press the dumbbells overhead as you twist your torso to the left.
2. Lower the dumbbells as you twist back to the centre, then press upwards again while twisting to the right. Do six repetitions in each direction.

Dumbbell Swing

Targets: Gluteals, Hamstrings, Lower Back, Deltoids

1. Stand holding a dumbbell with a hand-over-hand grip at arm's length in front of your waist. Bend at your knees and waist (keep your back flat) until your upper body is about 45 degrees from vertical and the dumbbell is between your knees.
2. Swing the dumbbell up and directly over your head (as if you were lifting an axe) as you straighten your knees and back and push your hips forwards.
3. Pause, then lower the dumbbell back to the starting position and repeat. Do eight repetitions.

Overhead Lunge

Targets: Whole Lower Body, Shoulders, Obliques

1. Hold a medicine ball at arm's length over your head, your feet hip-width apart and your knees slightly bent.
2. Step forwards with your left foot and lower your body so that your left lower leg is perpendicular to the floor and your left thigh is parallel to the floor. At the same time, keep your arms straight and lower the medicine ball to your right until it's even with your left thigh.

3. Return to the starting position by pushing off your left leg and raising the medicine ball back over your head. Repeat, stepping forwards with your right leg. Do a total of 12 repetitions, six for each leg, alternating legs each time.

Perform this workout 2 or 3 days a week, resting for at least 1 day between sessions. Do the exercises one after another in circuit fashion, resting 15 seconds after each exercise. When you've completed one set of each, rest 1 minute, then repeat the sequence two more times.

5. BIGGER GAINS

Fuel fast muscle growth, all muscle is not created equal.

Type I muscle fibers, also called slow-twitch fibers, offer endurance;

Type II, or fast-twitch fibers, and provide strength and power. Within the latter category are muscle fibers called II-B, which have great growth potential because typical routines don't engage them. When you activate your II-B fibers with this explosive medicine-ball workout, you'll see big gains in strength, size, and speed.

Start with a light, 4- to 6-pound ball to hone your form, and then increase weight.

Perform three sets of six to eight reps of each exercise, and rest for 60 seconds after each set.

Do this workout three times a week, resting at least 1 day after each workout.

Rebound jump

Medicine-ball drop under

Medicine-ball slam

Medicine-ball lunge strike

6. BIGGER LEGS

15-minute workout to build bigger and strong pins.

These variations on the classic Romanian dead lift will improve hamstring strength and endurance and strengthen your core. Before the dead lifts, perform the waiter's bow to loosen your hamstrings and lower back-two areas often tight for men. Athlete's bonus: This stretch helps golfers, soccer and tennis players, and other athletes by building lower-back strength and increasing balance and single-leg stability.

Waiter's bow

Hold the stretch for 20 seconds, then return to a standing position. Repeat the stretch two more times.

Core Romanian dead lift

Perform 12 repetitions on each side.

7. BURN OFF THE BELLY

Guard against weight gain and protect yourself from the unsightly belly fat.

The routine below challenges your largest muscle groups to burn calories and stokes your metabolism. Perform these exercises as a circuit, moving from one to the next without rest. Do two or three circuits, resting 60 seconds after each. Do this routine 3 days a week, and rest a day between sessions.

Dumbbell clean and press

Do six to eight repetitions.

T push-up

Do eight to 10 reps.

Reverse lunge and curl

Do six to eight reps with each leg.

Seated dumbbell rotation

Do eight to 10 rotations in each direction.

8. FLATTEN YOUR BELLY

Cut to the core in 15 minutes.

Every move in this workout strengthens the muscles of your abs, back, and hips. But this core routine also loosens your hamstrings, lower back, calves, hip flexors, and other areas, so you'll finish feeling stronger and stretched. Perform the workout as a circuit, moving from one exercise to the next without rest. Pause 60 to 90 seconds after each circuit, and do three circuits in all. Do the workout 3 days a week, taking at least a day off between workouts.

Pike walk

Repeat the movement for a set of five repetitions.

Straight arm side bridge

Do six repetitions per side.

Glute bridge with abduction

Do six repetitions to each side.

Hindu pushup

Do eight to 10 repetitions.

9. RIPPED AND READY

Just a quarter of an hour three times a week for the body you want

Most "Get huge" training plans develop big guns that fire blanks. You need useful muscle. This plan yields bulk and core strength. You'll build an injury-resistant platform and hoist heavier weights than usual, leading to big gains in size. Perform these exercises back-to-back in three circuits, resting for 2 minutes after each cycle.

Dumbbell dead lift

Floor press

Negative sit-up

10. SEE A V IN 15

Get upper-body shape in just 15 minutes.

This upper body routine merely puts a few twists in classics lifts to deliver impressive results. And it's a nice departure from working your chest, shoulders, back and arms piecemeal. For the best results, perform the exercises 3 days a week, resting at least a day between workouts. Do two or three sets of each move, with 60 seconds of rest between sets.

Incline twisting row

Repeat for eight to 10 repetitions.

Dumbbell twisting bench press

Perform eight to 10 repetitions.

Alternating upright row

Do six to eight reps

Alternating overhead triceps extension/biceps curl

Repeat for six to eight reps.

11. BEST STRETCH FOR EVERY BODY

After your workout, spend a few minutes stretching. If a muscle or joint consistently feels tight, stop and see your GP to rule out an injury.

An appropriate cool down will:

- aid in the dissipation of waste products - including lactic acid
- reduce the potential for DOMS
- reduce the chances of dizziness or fainting caused by the pooling of venous blood at the extremities
- reduce the level of adrenaline in the blood
- allows the heart rate to return to its resting rate

Upper body

Upper back:

To stretch the muscles between the shoulder blades, start by standing with your feet shoulder-width apart. Bend over at the waist about 90 degrees, knees slightly bent. Wrap your right hand around your left knee and grab it so that the palm and fingers are behind the knee. Keeping your right knee bent, slowly straighten your left leg while lifting your right shoulder straight up toward the ceiling. You should feel a powerful stretch in the rhomboid muscles between your shoulder blades. Hold for 30 seconds. Now reverse the movement to stretch your left side.

Lower back:

Lie on your back, and draw your right knee up to your chest. Hold for 30 seconds.

Repeat with your left knee, then with both knees at the same time.

Shoulders:

Stand with your back to an open doorway, about 18 inches in front of and slightly to the left of, the door frame, with your feet shoulder-width apart. Reach back with your right arm and grab the door frame at waist level. Lean forward until there is light tension on the arm, then rotate your torso away from that arm and hold that position for 10 to 20 seconds. Straighten up, walk your fingers 6 inches up the frame and do the stretch again. Repeat five times, increasing the height about 6 inches each time. Move to the right side of the door frame and repeat with the left arm.

Chest:

Standing slightly in front of a doorway, hold your arms out to your sides at shoulder height. Bend your elbows and place your inner forearms against the door frame. Keeping your arms in this position, take a small step forward so you feel the stretch in your chest muscles. Hold for 20 to 30 seconds. Now step back into the starting position, keeping your forearms pressed against the door frame. Press both your elbows against the door frame as if you're trying to bring them together in front of you. You should feel a contraction in your chest muscles. Hold for 6 to 10 seconds, then relax.

Biceps:

Stand with your back to an open doorway, arms at your sides, palms facing forward. Swing your right hand behind you, reaching through the door frame and placing your palm against the wall on the other side. To accentuate the stretch, turn your body slightly to the left. You should feel the stretch in your right arm and shoulder. Hold for 6 to 10 seconds. Repeat this sequence 1 or 2 times, then repeat with your left arm.

Triceps:

Sitting in a chair with your back straight, bend your right elbow and try to touch your right palm to your right shoulder blade. Your elbow should be near your head and pointed straight up at the ceiling. With your arm in that position, bring your left hand up over your head and wrap it around your right elbow. Now push your right elbow downward, providing resistance with your left hand. Hold for 6 to 10 seconds. Do this three times with your right arm, then three times with the left.

Forearms:

Get down on all fours. Turn your hands out to the sides 180 degrees, until your fingertips are pointing toward your knees. Hold for 10 to 20 seconds, leaning back slightly to increase the stretch.

Abdominals:

Lie on your stomach, arms extended in front of you with your hands shoulder-width apart, palms down. Now slowly lift your shoulders off the ground by pushing yourself up with your arms, arching your back and keeping your pelvis flat on the floor as you rise. If you can, come all the way up until your elbows are locked. Hold at the top as you slowly exhale, then go back down. Do 10 repetitions. If this is too difficult, try doing the exercise with your forearms flat on the floor.

Lower body**Quadriceps:**

Standing in front of a chair, bend your left leg behind you and rest the top of your foot on the seat of the chair. Tightening your stomach and your butt, and keeping your leg relaxed, push your stomach forward slightly. To increase the stretch, put your foot on something higher.

Hamstrings:

This stretch uses a leg extension machine. One leg at a time, using a very light weight, raise your leg until it's fully extended. Now flex your foot and try to pull your big toe back toward you. Do 10 repetitions with each leg. If you're miles away from a leg-extension machine, try this. Stand 3 to 4 feet away from a wall with your legs together. Lift your right leg and touch your toe to a point about 3 feet up the wall. Hold for just a second. Repeat this movement, each time raising your touch point on the wall about 6 inches, or as high as is comfortable. Stop when the supporting leg is tired and repeat with the other leg.

Glutes:

Sitting in a chair, take your right ankle and put it on top of your left knee. Put your right hand over your ankle and rest your right forearm on your right calf so that your elbow is resting on the right knee. Keeping your back flat and your right knee down, gently lean forward, bringing your chest toward your knees until you feel a mild stretch in your glutes. Hold for 15 to 20 seconds, then do the other side.

Calves:

For the gastrocnemius muscle, stand about a foot away from a wall. Place your hands against the wall for balance and step back with your left foot so that your left toe is just behind you, with the toe turned slightly inward. Keeping your left leg straight and your left heel on the floor, lean forward until you feel the stretch in your left calf.

Hold for 30 seconds. Do the stretch twice with each leg. For the soleus, begin in the same starting position and step back with your left foot so that your left toe is about 2 1/2 feet from the wall, the foot pointed slightly in. Instead of leaning forward, squat down slightly until you feel the stretch in the lower calf, keeping both feet flat on the floor and both hands on the wall for balance. Hold for 30 seconds, and repeat with the same leg. Then switch legs.

12. EXERCISE DESCRIPTIONS

Twisting Shoulder Press:

Perform the twisting shoulder press like this for best results

1. Hold dumbbells outside your shoulders at jaw level, palms facing in. Press the dumbbells overhead as you twist your torso to the left.
2. Lower the dumbbells as you twist back to the centre, then press upwards again while twisting to the right. Do six repetitions in each direction.

Dumbbell Swing:

Perform the dumbbell swing like this for the best results

1. Stand holding a dumbbell with a hand-over-hand grip at arm's length in front of your waist. Bend at your knees and waist (keep your back flat) until your upper body is about 45 degrees from vertical and the dumbbell is between your knees.
2. Swing the dumbbell up and directly over your head (as if you were lifting an axe) as you straighten your knees and back and push your hips forwards.
3. Pause, then lower the dumbbell back to the starting position and repeat.

Overhead Lunge:

Perform the overhead lunge like this for best results

1. Hold a medicine ball at arm's length over your head, your feet hip-width apart and your knees slightly bent.
2. Step forwards with your left foot and lower your body so that your left lower leg is perpendicular to the floor and your left thigh is parallel to the floor. At the same time, keep your arms straight and lower the medicine ball to your right until it's even with your left thigh.
3. Return to the starting position by pushing off your left leg and raising the medicine ball back over your head. Repeat, stepping forwards with

your right leg. Do a total of 12 repetitions, six for each leg, alternating legs each time.

Rebound jump:

To start

Hold a ball

Hold a medicine ball just under your chin, with your arms tucked in to your sides.

The move

Squat halfway

Quickly squat halfway down, so your thighs are at 45 degrees. Straighten your arms overhead as you explode upward off the floor. Land with your knees soft, lower the ball, and immediately sink into your next repetition.

Medicine-ball drop under:

To start

Hold a medicine ball just under your chin, with your arms tucked in to your sides. Quickly squat halfway down, so your thighs are at 45 degrees.

The move

Quickly lower your body until your thighs are parallel to the floor as you simultaneously straighten your arms overhead. Then push yourself back up to the starting position and lower the ball to a point just under your chin.

Medicine-ball slam:

To start

Bend your knees

Stand with your knees slightly bent and hold a medicine ball overhead, with your arms extended.

The move

Slam the ball

Bend forward at the waist and use your core muscles to slam the ball against the floor about a foot in front of you. Let your arms follow through so you don't fall forward.

Medicine-ball lunge strike:

To start

Grab a ball

Stand holding a medicine ball with your arms straight and over your left shoulder.

The move

Step it up

Step forward with your left leg as you bring the ball down and across your body. Pause when both legs are bent 90 degrees and the ball is to the inside of your left knee. Reverse the move to the starting position. Do six to eight reps lunging forward with your left leg, then six to eight with your right leg.

Waiter's bow:

To start

Get your back up
Hold a broomstick vertically against your back.

The move

Bend forward
Keep your knees slightly bent and your back arched naturally as you bend forward at the hips. The stick should stay in contact with your head, back, and butt. Pause just before the stick lifts off your buttocks.

Core Romanian dead lift:

To start

Lift your right leg
Stand on your right leg holding a medicine ball over your right shoulder.

The move

Up and over
Start with the ball over your left shoulder and chop down and across your body with the ball as you bend over. Pause when your torso is as close to parallel to the floor as possible, making sure it's not too rounded or flattened.

Dumbbell clean and press:

To start

Bend your knees
Stand with your knees slightly bent and hold a pair of dumbbells at knee level.

Move one

Chest up
Keeping your chest up and your back arched, straighten yourself in an explosive movement, pulling the weights to chest height. Continue to rise onto the balls of your feet, then quickly drop underneath the weights and "catch" them on your shoulders with your elbows high.

Move two

Go overhead
Press the weights overhead, then lower them and return to the starting position.

T push-up:

To start

Grab some dumbbells
Hold a light pair of dumbbells with your palms facing each other and get into the down position of a push up.

The move

Lift one dumbbell
Perform a basic push up. At the top, lift one dumbbell toward the ceiling while rotating your torso in the same direction so you face to the side. (Your body should resemble the letter T.) Return to the starting position

Reverse lunge and curl:

To start

Get your dumbbells

Stand holding a pair of dumbbells at arm's length.

The move

Step back

Take a step backward as you bend your knee until it forms a 90-degree angle at the bottom. As you step back, curl the weights to your shoulders. Lower them as you push yourself back to the starting position.

Seated dumbbell rotation:

To start

Get on the floor

Sit on the floor with your knees bent and hold a dumbbell at its ends, in front of your chest

The move

Feet off floor

Lift your feet off the floor and cross your ankles so you balance on your butt while leaning back slightly. Next, rapidly rotate from side to side as you attempt to touch the weight to the floor. Do eight to 10 rotations in each direction.

Pike walk:

To start

Flatten your hands

Stand with your legs straight and your hands flat on the floor. (You'll probably need to begin with your hands a couple of feet in front of you).

The move

Walk your hands

Keeping your legs straight, walk your hands forward as far as possible.

Concentrate on keeping your stomach tight, with your navel pulled in toward your pelvis. Then take tiny steps to walk your feet forward to your hands, ending in the starting position.

Straight arm side bridge:

To start

Lie on your side

Lie on your left hip with the outer side of your left leg flat on the floor and your upper body propped up on your left arm. (The arm should be straight, palm on the floor.)

The move

Raise your hips

Pushing against the floor with your left arm, raise your hips and legs off the floor and simultaneously lift your right arm straight up in the air so your body forms a T. Hold for a second, then lower your hips and right arm.

Glute bridge with abduction:

To start

Lie down

Lie on your back with your knees bent, feet flat on the floor.

The move

Raise up

Raise your hips so your lower back is off the floor. Then, holding this bridge position, straighten your right leg and move it out to the side as far as possible. (Don't let your hips drop.) Slowly bring the leg back in, lower your foot to its starting position, and slowly lower your hips to the floor.

Hindu pushup:

To start

Heel

Start with your feet shoulder-width apart and your bum high in the air. Look back at your heels.

The move

Legs straight

Bend your arms at the elbows, moving your head toward the ground while keeping your legs straight. Then lower your hips (but don't allow them to touch the floor) as you push up with your arms. Finish with your head up and your back arched.

Dumbbell dead lift:

To start

Stand with a heavy dumbbell on the floor beside each foot.

The move

Bend your knees and grab the weights with your palms facing in. Keeping your head and chest up, your back arched naturally, and your torso leaning forward no more than 45 degrees, push your feet against the floor and stand up. Then lower yourself, maintaining the arch in your back.

Floor press:

To start

Get some dumbbells

Grab a pair of heavy dumbbells and sit on the floor with your knees bent, feet on the floor.

The move

Get ready to press

Lie down with your upper arms in contact with the floor and hold the dumbbells next to your shoulders, as if you were about to perform a bench press. Press the weights up over your chest, then lower them.

Negative sit-up:

To start

Get on the floor

Sit on the floor with your knees bent 90 degrees and hold a dumbbell with both hands close to your chest.

The move

Lower yourself

Take 5 or 6 seconds to lower your back toward the floor, one vertebra at a time. (Try not to increase speed as you get closer to the floor.)

Sit back up using as little momentum as possible.

Incline twisting row:

To start

Lie down

Lie facedown on a bench set at a 45-degree angle. Hold a pair of dumbbells at arm's length with your palms facing each other.

The move

Flare your arms

Pull the weights up so your elbows pass your torso. Flare your upper arms out to the sides and lower the weights, palms facing behind you. Switch back to the original hand position at the bottom.

Dumbbell twisting bench press:

To start

Stand holding a dumb-bell in your right hand.

The move

As you squat, rotate your torso to the left and reach behind your left leg with your right hand. Push back up; twisting your torso to the right and bending your right arm 90 degrees. Leading with your elbow, lift your arm until you're standing and your elbow is in line with your shoulder. Now rotate the weight up until your forearm is vertical, then press the weight overhead. Return to the starting position.

Alternating upright row:

To start

Hold dumbbells

Hold dumbbells at arm's length in front of your thighs, palms facing you.

The move

Pull the weights

Pull the weights up to your chest. Hold one arm up there, lower the other arm until it's straight, and row it back up.

Alternating overhead triceps extension/biceps curl:

To start

Hold one dumbbell

Hold one dumbbell in front of your thigh (palm forward) and the other new to your head, with the weight behind your head and lower than your elbow.

The move

Curl it

Curl the lower dumbbell up as you contract the triceps of the other arm to extend it overhead. Pause then lower the weights.

13. BOOTCAMP – CONSIDER YOUR BUSINESS OPTIONS

As a fitness professional, if you've spent any time researching ways to increase the profits you generate from your business, you know that bootcamps (<http://thefitnessbootcampinnercircle.com>) are an excellent way to do just that. And since you can perform them at local parks, playgrounds, or even in your own backyard, there's no need for a gym membership for your clients – or any overhead fees for you. Check out www.thefitnessbootcamp.com

Here's how you can get your hands on powerful marketing tools customized to get your fitness boot camp launched quickly and painlessly (www.fitnessbootcampmarketing.com)

Got everything up and running, but need some additional advice – The Fitness Boot Camp Inner Circle (<http://thefitnessbootcampinnercircle.com>) is your answer - explode your fitness boot camp success today with exclusive access to the world's top fitness boot camp professionals.