

FAT BLASTER WORKOUT 1

Warm-up

1. 5-10 minutes of calisthenics or full-body cardio like skipping rope
2. Perform 10 minutes of joint mobility and specific dynamic exercises
3. Perform 2-3 sets of 3 reps with the intended weight for this exercise, increasing your depth of the squat and velocity on the “up” phase over the reps and sets

Workout

1. It is simple, yet VERY effective and takes only 4 minutes! ALWAYS do this work-out when you are well-rested, at the beginning of your training session.
2. Women should start with 15-20lbs/per side and men 25-45 pounds per side.
3. Perform 6 reps of the Front squat to push press (description to follow), put the weights down for ONLY 10 seconds
4. Repeat 6 reps on: 10 seconds off 8 times
5. Perform this only twice per week and follow with 15 minutes of active recovery or your regular strength training routine.

FRONT SQUAT TO PUSH PRESS exercise description

Step 1

Starting Position: Stand with your feet slighter wider than hip-width, facing outward or turned slightly outwards while holding a dumbbell in each hand by your sides, with palms facing inwards. Depress and retract your scapulae (pull shoulders down and back).

Step 2

Stiffen your core and abdominal muscles (“bracing”) to stabilize your spine. Curl the dumbbells to a starting position where they rest on the front edge of your shoulders or just in front of your shoulders. Hold your chest up and out, tilt your head slightly up, and shift your weight over your heels.

CARMENBOTT

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Step 3

Downward Phase: Start the downward phase by first shifting your hips backwards then downwards to create a hinge-like movement at your knees. As you lower your hips the knees will then start to shift forward slowly, but try to control the amount of forward translation (movement) of the tibia (shinbone). Attempt to keep your back flat.

Step 4

Continue to lower yourself until your thighs are PAST parallel with the floor, (or until your heels begin to lift off the floor, or until your torso begins to round or flex forward). Monitor your feet, ankles and knees, ensuring that the feet don't move, the ankles do not collapse in or out and the knees remain aligned over the second toe.

Step 5

Upward Phase: While maintaining your back, chest and head-up position, exhale and extend the hips and knees by pushing your feet into the floor through your heels. The hips and torso need to rise together while keeping the heels flat on the floor and knees aligned over the second toe. Continue extending until you reach your starting position.



Happy training! For more information go to www.humanmotion.com where you can pick from over 100 downloadable training programs with real-time, HOW-TO VIDEO CLIPS for each and every exercise.

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