

## TRX AT HOME WORKOUTS

First is a TRX total body workout like we did this past month in Soft and Super. Below that is a simple at home workout for someone who doesn't have any weights or just a couple of dumbbells.

### **SOFTSHAPE TRX WORKOUT**

A/B 3 part leg curl/lunges

C/D pullups & biceps curls/TRX pushups

REPEAT A-D 2-3 times BEFORE GOING TO NEXT CIRCUIT:

A/B Mountain climbers/hamstring cycling (on your back similar to the last part of the 3-part leg curl) 1 minute timed

C/D IYTX/TRX Side plank

REPEAT A-D 2-3 times

### **SUPERSHAPE TRX WORKOUT**

A/B A/B 3 part leg curl with small ball between knees/suspended lunges pushing ball or weight overhead

C/D pullups & biceps curls/TRX atomic pushups all 3 ways, regular, with BOSU, with kettle bell

REPEAT A-D 3 times BEFORE GOING TO NEXT CIRCUIT:

A/B Mountain climbers/hamstring cycling (on your back similar to the last part of the 3-part leg curl)

C/D IYTX/TRX Side plank 1 minute timed with bow and arrow on last set of IYTX

REPEAT A-D 3 times BEFORE GOING TO NEXT CIRCUIT:

A/B Scissors (on your back similar pull legs in and out)/3-part triceps and chest work

C/D Dropping the bucket/saws 1 minute timed with squat jumps after 15 buckets while waiting on saws to finish 1 minute.

REPEAT A-D 3 times

### **Simple at home workout for someone who doesn't have any weights or just a couple of dumbbells.**

As far as your workout goes, I don't know exactly what equipment you have available to you, but if you have dumbbells, include them as noted in the workout below. If not, do 4-5 sets of everything else instead of 3. Your cardio work can be an aerobics tape, a walk or bike ride, or a briskly-paced swim. Either way, you need to get an hour of it 6 days a week (you can break it up into 30 minutes morning and evening if you are sure to be faithful to that plan.)

I strongly suggest you get a workout book for home exercises. Joyce Vedral's Fat-Burner Workout and a book by Kathy Smith are both at Hastings. The one I really prefer however, is Karen Andes' A Woman's Book of Strength. It has photos and many suggestions for variations if you don't have access to machines.

Good luck! I know you can do it, if you make the time for yourself. If your time is very limited, you have to make the choice to do this for yourself. The workout will take less than 30 minutes. If you can't fit an hour of cardio in everyday, then cut it back to the days you don't lift weights (weight-lift on MWF or T TH SAT.)

### **Workout:**

**Warm-up 5-10 minutes walking, biking or jogging in place ( or even the first part of an aerobics tape.)**

**Do the exercises below in order, 15-20 reps of each; go straight through all of them, then repeat for a total of 3x:**

**Push-ups (on your knees if you need to)**

**Chair Squats (just put a chair behind you and pretend you are going to sit in it; barely touch then stand up again.)**

**Bench dips ( you can do these on a coffee table or sturdy chair)**

**Triceps Overhead Extension ( you can use a 2-liter bottle of diet soda if you don't have weights.)**

**Bicep Curl ( use 2 heavy books if you don't have weights)**

**Lunges in place ( if you can do these without it bothering your knees)**

**Shoulder press ( with dumbbells overhead if you have them; if not, try two soup cans)**

**Abdominal Crunches (go for 1 whole minute if you can.)**

**Repeat from the top**

This may seem too short to be worthwhile, but if you can only workout at home, it will be sufficient. The repetitions are higher to make up for less weight if you don't have dumbbells available.

### **OPTIONAL EXERCISES FOR MORE EXPERIENCED EXERCISERS**

These exercises can be done after the chair squats, if you recall how they are done. They are very effective, so add them in if you can, then continue with the remainder of the workout.

**Dumbbell One-arm Row** (kneel on a bench; chest out, butt out, gut in! Don't round your back; pull the weight back toward your waist, the elbow coming up close to your side, not out to the

side; pretend you are sawing a piece of wood.)

**Dumbbell flat bench or incline bench chest press** ( weights start close to your armpits and travel upwards to make a triangle shape if you will, meeting at the top position with arms straight, but elbows not locked. Lower down through the same path. This exercise can also be done with a barbell.)

**Dumbbell upright row** (for your shoulders: keep chest out, shoulders down and back; as hands draw weights up along the front of you, your elbows stay higher than your hands, but they don't need to raise up higher than your shoulders)

**Dumbbell alternating front raise** (again, for your shoulders---each arm alternates raising the weight up so that it is in line with your nose, not higher than your forehead.)

**Dumbbell lying hamstring curl** (place between your feet---hold on tight!---squeeze thighs close together and curl it up towards your rear.)

An excellent addition to all of this for supreme fat-burning, is to add some jump-roping in to the workout. You can do 30 seconds of rope in between each exercise or two; alternately, you could just add jump-roping in after the weight-training. Go for a minute, then add 30 seconds every day. Don't lift your feet too high, and it shouldn't bother your knees.