

# Rebecca's Training

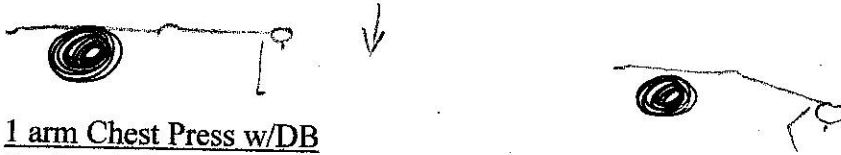
## Warm Up

5-10 minutes cardio (treadmill, bike, elliptical, etc.)  
shoulder circles, gentle torso rotations, lunges site to site

## Chest + Biceps

### Push Up w/ Ball

Keep the ball stable, body in line (don't arch), lower chest down and push w/exhale up



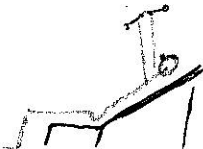
### 1 arm Chest Press w/DB

flat bench, legs in table top position  
press up w/ exhale, slowly; focus on the muscles



### Incline bench - Chest Press

Press up w/exhale, keep your chest up, slowly, focus on the muscles



### Alternate Biceps Curl w/ DB, standing on 1 leg

Underhand grip, SLOWLY



### Biceps Curl on Cable w/rope

Slowly down

### Biceps Curl w/ Tube

Elastic tube (blue=light, red=medium)

Put 1 foot or both feet in the center of the tube



### **Back + Triceps**

#### Lat. Pull down, CX

Keep straight long back, shoulder relaxed. Start the motion pulling shoulder blades down and together.

#### Seated Row on the ball, using the tube

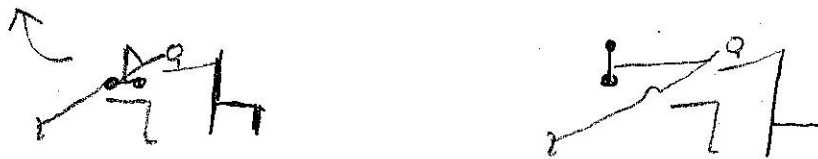
Sit on the ball, secure the tube, slowly, keep shoulders down



#### Pull down, CX – hands together

Keep your chest up, shoulders down, pull arms down to the chest

### Triceps Kick Back w/ DB



### Triceps overhead extension w/ tube

Keep elbow close to the head (secure with the other arm), blue tube



### Triceps pull down w/ rope, cable

Keep elbows locked to the body, pull down and open arms

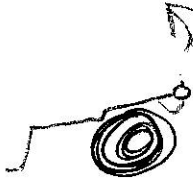
## Core

### Plank on elbows

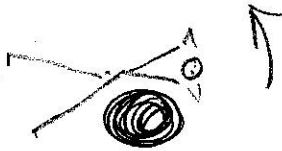
Keep body in line, hold 30 s. – 1 minute, breath



Crunches on the ball, 1 leg up  
SLOWLY, go up w/exhale, slowly down.  
Pull belly in on your way up.



Side crunches on the ball



Reverse crunch on flat bench  
Keep legs up, don't lower it too down



HIPS UP AND OF THE BENCH