

Full Body Weight Sculpt Class Notes (Dumbbells)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Wheelbarrow with Extension	1 minute	1 medium		
Wheelbarrow	1 minute			Lift feet up
Circles	10 each way			Hands come into the straps
Chest Press	10			
Frontal Raise	10			
Lunge and Plank Press Out	1 minute	1 medium, 1 light		R. Foot on the floor, L. Foot against shoulder block
Push Ups	45 seconds			
Lunge and Plank Press Out Side 2				
Arm Lowers Crunch and Leg Lowers	45 seconds	1 heavy, 1 medium, 1 light		Legs in tabletop, then as you crunch bring them under the footbar
Tricep Press with Leg Extension	10			

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Deadlift with Shoulder Press	90 seconds	1 light	Dumbbells	Footbar down, L. Foot on the platform, R. Foot on the carriage
Side Lunge and Squat	90 seconds			Toes turn out
Lunge and Bicep Curl or Frontal Raise and Row	45 seconds			L. Foot on the floor heel lifted, R. Foot against shoulder block

Exercise	Reps	Springs	Props	Direction
Tricep Kickback with Shoulder Press	45 seconds			Strap comes over R. Knee
Single Leg Deadlift	1 minute			
Cat Cow with Leg Lift	45 seconds			Hands come on the shoulder blocks
Single Leg Circles	10 each way			L. Elbow down, R. Hand on the headrest
Tricep Press	1 minute	1 medium		Kneeling on carriage, feet on platform
Plank Press Out	10			
Frontal Raise and Lateral Raise	1 minute			
Plank Press Out	10			
W Arms	1 minute			
Plank Press Out	10			
<i>Repeat on the other side</i>				

Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Tricep Press and Lift	10	1 medium		Lay on your stomach, hold high on the straps
Swimming Legs	30 seconds			
Cobra and Downward Dog	1 minute			
Thread the Needle	5 each side			4 point kneeling
<i>Stretch</i>				