

Shine Strength Workout

Warm Up

30 jumping jacks

Knees to Hands – 30 sec

Dumb Bell Squats 15x

- dumb bell in each hand, hands extended above head

Lateral raises 10x

- light weights. Standing position, weights at side
- slowly raise arms out to side and up, slowly back down to side

Vertical Leg Crunch 15x

- legs crossed and raised to ceiling, hands behind head

Arm Curls 10x each arm

Mountain Climber 10x

- push-up position, slowly lift foot off ground and bring knee to chest, alternate

Long Arm Crunch 15x

- like a traditional crunch, but extend hands above heads

Body dips 10x

- bring arms to 90 degrees

Plank (30 seconds) **Rest** Plank (30 seconds)

Push-Up 10x

T-Stabilization w/ weights

- start in push up position, keep arms straight
- shift weight onto one arm and rotate torso so your hand you took off the ground

is now pointing up – keep core engaged and body straight

REPEAT