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Tone it Up as You Work it Out!

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So, time was pressing hard and I needed to release some steam! Have you ever been there? I'm not sure if you can relate but for me, after too much of this wintry inactivity, my muscles start aching to move more and my mind needs some stress mending. I need a good old-fashioned exercise session but father time simply isn't giving enough away!

That's where this one comes in. And it made me happy! After 30 minutes of movement, I was HAPPY! Try and see what happens for you....let me know.

This is a fun and functional fitness routine that should take you about 30 minutes. Perform each of the following exercises once until you have completed each one. Then return to the top of the list and repeat them all again. Yep, I said it: do it all over again! First time for practice and second time for the challenge.

Follow the directions for sets and reps. Be sure to breathe through each exercise. We don't want anyone keeling over from lack of oxygen now do we?

You will need: Your mat, a set or two of dumbells (maybe 5 and 10 pounds or more if you are stronger, stability ball),



Ball Push-up Step 1



Ball Push-up Step 2


Happily Whole
Living well from the inside out
Dumbbell Row Step 1

Dumbbell Row Step 1


Happily Whole
Living well from the inside out
Dumbbell Row Step 2

Dumbbell Row Step 2


Happily
Living well from the inside out
Walking Lunge
Overhead Press Step 1

Walking Lunge w/overhead Press Step 1


Happily Whole
Walking Lunge Overhead Press
Step 2

Walking Lunge w/overhead Press Step 2



Drop and Catch Step 1



Drop and Catch Step 2



Side Crawls Step 1



Side Crawls Step 2

Warm-Up

Just get it moving! Do 5 minutes of a cardiovascular exercise-- your choice. Can't think of anything? Try the treadmill, elliptical, bicycle, walking, jogging, bouncing up and down on your couch (er, uh...your living room floor), or go up and down your stairs a few times. Just get that body warmed up and prepped to take on a bit of a bigger challenge.

Workout Set

Exercise	Description	Sets	Reps	Tempo
Ball Push Up	Roll out onto the ball prone. Hands are on the floor and feet are on the ball.	2	12	3 counts up, 3 counts down
Dumbbell Row	Leaning forward with flat back, extend arms to floor. Draw weights up to arm pits.	2	12	2 counts up, 2 counts down
Walking Lunge with Overhead press	Lunge forward and lower back knee to floor. As you lower into lunge, raise weights up into bicep curl and then overhead into overhead press. Step back foot forward as if walking. Lower into lunge.	2	12	3 counts up, 3 counts down
Squat with front raise	Stand with feet a bit wider than hip width. Keeping weight in heels, lower to a squat.	2	12	slow er down..4 counts each direction
Drop and Catch	Lay on back with stability ball held between feet. Drop ball and catch it between feet. Keep low back pressed into floor.	2	12	a natural tempo
Side Crawl	Begin in push-up position, move to the right by moving rt. Arm and leg together. Alternate directions	2	12	nice and slow and controlled
Biceps Curl with leg raise	Hold dumbbells and raise one knee up. Hold leg up and raise weights. Keep elbows in tight	2	12	3 counts up, 3 counts down
Sitting Dips	With hands on seat of chair, lower hips to floor.	2	12	2 counts up and 2 counts down
Plank	Lay on floor in the prone position. Push up onto toes and elbows. Hold position. Don’t arch your back	2	30 to 60 seconds	Just hold!

Cool Down

Take about 5 minutes (or more if you have it and it feels good) to stretch. A few suggestions:

- Start standing and give your quads (the large mucles in the top, front of your legs) but hanging on to your right foot in your right hand, pull your foot towards your bottom keeping your kness close. Repeat on the other side.
- Stand with feet hips distance apart and simply fold forward from hips. Hang out and breath.

- Sit. Spread your legs and tip forward from your hips for an inner thigh stretch. Try to keep your back straight and lengthen your chest forward.
- Shoulder stretch by reaching one arm straight across your body and using the other to pull it in tighter. Do the other side.
- Triceps stretch by reaching one arm straight up, bend at the elbow so your fingers are reaching towards floor. Use other arm to press that elbow down gently.

Tip to Progress

To progress in this workout after you have done it a few times and feel comfy, you can repeat the cycle three times instead of two. Easy peasy! You can also do more reps or increase your dumbbell weight.

If you would like workouts with more details, consider joining the Happily Whole Community as a member to gain access to our full site of member articles, recipes and workouts.

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