

# Express Full-Body Fitness

(adf 12/17/07)

Date: Month Day

Site:

<b>06:00</b>	<b>Alignment</b>			<p>Look for the double asterisk** if you are pressed for time and need something that's 20 minutes or less.</p> <p>Do each exercise to failure once (meaning you can't do any more reps after 15 or 20) for a high quality workout that relieves stress, realigns your body, energizes you, burns fat and helps you maintain your fitness level.</p>
	Overhead Extension March**	01:00		
	Cats And Dogs**	01:00		
	Torso Rotations**	01:00		
	Arm Circles	00:30		
	Elbow Curls	00:30		
	Standing Hip Flexor \$**	00:30		
	Hamstring \$	00:30		
	Bridges	01:00		
	Downward Dog-Elbows**	01:00		
<b>06:12</b>	<b>Core Formation/Explanation</b>			
<b>06:15</b>	<b>Free Crunch 15 Reps**</b>			Fast
	legs 90 degrees	legs slightly bent	legs straight	
<b>06:18</b>	<b>Side Plank :30 each**</b>			
	knees & elbow	feet staggered	feet stacke	
<b>06:20</b>	<b>Bicycles :30</b>			cats and dogs right after
	bent knees		straight legs	
<b>06:22</b>	<b>Windshield Wipers 10 each</b>			<p>USE interval style fast hand touches. Example: :15 on :15 off x 4</p>
	legs 90 degrees	legs slightly bent	legs straight	
<b>06:25</b>	<b>Push Ups**</b>			
	knees	feet wide	feet together	
<b>06:28</b>	<b>Tube Row**</b>			
	single red	red & purple	two red	
<b>06:33</b>	<b>Overhead Press</b>			Tube is under feet
	single red	red & purple	two red	
<b>06:39</b>	<b>Tube Curls (Biceps)</b>			<p>Create a loop under the feet and stand on the x of the tube or use a wide stance without a loop</p>
<b>06:42</b>	<b>Overhead Extension (Triceps)</b>			<p>Stand on the tube with the handle(s) behind your head. Keep elbows close to your temples and press up to a fully extended elbow</p>
<b>06:44</b>	<b>Single Leg Squats 15 Reps**</b>			
<b>06:50</b>	<b>Forward Lunge Rt leg 1<sup>st</sup>, Lt leg 2<sup>nd</sup></b>			
	slight knee bend		deep knee bend	
<b>06:53</b>	<b>Lateral Lunge Rt Leg 1<sup>st</sup>, Lt Leg 2<sup>nd</sup>**</b>			
<b>06:55</b>	<b>Hip Flexor \$ &amp; Hamstring \$</b>			
<b>06:57</b>				
	red			
<b>06:59</b>	<b>Post Alignment</b>			