



Belly Blaster: Workout 2

Anytime Workouts

3 sets
per exercise

15 reps
per set

60 secs
rest between sets

60min

162cal



For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets, unless otherwise indicated.

Use your own bodyweight as resistance.

Equipment: Dumbbells, Bodyweight, Swiss Ball, Cables, Machine

Intensity

Reps: 15

Circuits: 3

Load: Bodyweight or Challenging weight for indicated exercises

Rest: 60 secs between circuits

For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets.

Use your own bodyweight or a challenging weight as resistance for indicated exercises.

Side Lunge

Legs



1
3



2



1 - Stand upright holding the dumbbells by your sides with your arms straight.
2 - Step laterally to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.

- Keep your trailing leg straight.
- 3 - Push off your outside foot to return to the start position.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Plates, Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



Push Up to T Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position, then raise one hand to the ceiling while rotating your body to the same side and look up at your hand.
- Lower your body back to the start position and repeat to the other side.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Hanging Knee Raise Abs



- 1 - Hang from a secure bar overhead with your arms and legs straight.
 - 2 - Raise your knees toward your chest, bending at your hips and knees.
- Lower your legs and repeat, keeping your arms straight.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Arm to Leg Transfer Abs



- 1 - Lie on your back with your legs straight holding the ball overhead with your arms fully extended.
- 2 - Raise your arms and legs up straight to the middle and transfer the ball from your hands to between your ankles.
- 3 - Lower your arms and legs and repeat in the opposite direction.
- 4 - Transfer the ball back and forth every rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



Bent Over Row & Twist

Back



- 1 - Bend forward at your waist, split your feet holding a dumbbell with your arm straight and palm facing in.
- 2 - Lift the dumbbell up to the side of your chest and rotate your upper body up to this side.

- Lower the dumbbell and repeat.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Kettlebell

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Kneeling Crunch

Abs



- 1 - Kneel holding a rope cable at the sides of your head.
- 2 - Curl your head and torso down to your knees, keeping your hands at the sides of your head.

Equipment Sub: Tubing

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Oblique Extension

Lower Back



- 1 - Lay over a back extension machine with thighs on the pads and your upper body bent over at the waist, arms across your chest.
 - 2 - Raise your upper body upright and twist your torso to one side.
- Lower and repeat, twisting to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



3 sets
per exercise

15 reps
per set

60 secs
rest between sets

60min
162cal



Side Bend

Abs



- 1 - Stand holding a cable handle to one side, bent over slightly to that side.
 - 2 - Bend your torso to the opposite side, moving through your midsection.
- Complete all reps on one side before switching to the other side.

SUB: Tubing

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			