

# BLAST FITNESS



CHALLENGING WORKOUTS WITH DUMBBELLS (DB) & BELLY BALL  
GREAT FOR IN-HOME TRAINING

## Complete and Repeat if you can!

### Belly Blast:

- |                              |            |
|------------------------------|------------|
| *Warm-up (bike, tread, etc.) | 5 minutes  |
| • Bicycle Crunches           | 30 seconds |
| • Belly Ball Crunches        | 1 minute   |
| • Lying Boat Pose            | 30 seconds |
| • Front Plank                | 1 minute   |
| • Left Side Plank            | 30 seconds |
| • Ride Side Plank            | 30 seconds |
| • Belly Ball side crunches   | 1 minute   |
| • Bicycle Crunches           | 30 seconds |
| • Seated Russian Twists      | 1 minute   |
| • Belly Ball 1-leg hold      | 1 minute   |
| • Stretch!!                  | 5 minutes  |

### Leg Blast:

- |                              |            |
|------------------------------|------------|
| *Warm-up (tread, step, etc.) | 5 min.     |
| • Stationary Squats          | 30 seconds |
| • High Knees                 | 1 minute   |
| • Backward lunges            | 30 seconds |
| • Donkey kick                | 1 minutes  |
| • Spinal balance             | 30 seconds |
| • Lateral step               | 1 minute   |
| • Glute Bridges              | 30 seconds |
| • High Knees                 | 1 minute   |
| • Pulse Squats (1/2 reps)    | 30 seconds |
| • Bicycle                    | 1 minute   |
| • Jumping Jacks              | 30 second  |
| • Stretch!!!!                | 5 minutes  |

### Upper Body Blast:

- |                                  |            |
|----------------------------------|------------|
| *Warm-up (bike, row, walk, step) | 5 min.     |
| • Upright rows                   | 30 seconds |
| • Push-up hold                   | 1 minute   |
| • Laterals                       | 30 seconds |
| • Dumbbell curls                 | 1 minute   |
| • DB kickbacks                   | 30 seconds |
| • DB one-arm rows                | 30 seconds |
| • Push-up hold                   | 1 minute   |
| • Shoulder punch                 | 30 seconds |
| • Laterals                       | 30 seconds |
| • Front Raise                    | 30 seconds |
| • DB hammer curl                 | 30 seconds |
| • Stretch!!!                     | 5 minutes  |

### Upper Body Blast:

- |                             |            |
|-----------------------------|------------|
| *Warm-up (walk, bike, etc.) | 5 min.     |
| • Dumbbell curls            | 1 minute   |
| • Bench dips                | 30 seconds |
| • Hammer curls              | 30 seconds |
| • Cord or DB kickbacks      | 1 minute   |
| • Concentration Curls       | 1 minute   |
| • Front push-up Plank       | 30 seconds |
| • DB curls                  | 30 seconds |
| • Bench dips                | 1 minute   |
| • Hammer curls              | 1 minute   |
| • Cord / DB kickbacks       | 30 seconds |
| • Stretch!!!!               | 5 minutes  |

### Full Body Blast: \*5 minute warm-up

- |                                                                                      |           |
|--------------------------------------------------------------------------------------|-----------|
| Push-ups, Reverse lunges, DB curls, Bicycle crunches, Warrior 3 hold, bench dips     | 8 minutes |
| DB laterals, side planks, DB kickbacks, Wall squats, Belly ball crunches, DB rows    | 8 minutes |
| Jumping Jacks, DB front raise, Triangle pose, Boat pose, Push-ups, Duck squats       | 8 minutes |
| Lying opposites, Front plank, DB curls, Spinal balance, Side lateral hop, curl press | 8 minutes |

*\*15 reps or 30 sec sets, repeat for 5-10 min. each grouping*