

ACTIVE LIFESTYLE

20-Minute Aggressive Workout

The following circuit was developed by Chris Jordan, who trains executives as director of corporate fitness and exercise physiology at LGE Performance Systems in Orlando, Florida. This is a good wintertime workout to boost your metabolic rate to cancel out the extra calories you consumed at holiday parties.

Do this dumbbell circuit in the morning before work, but after breakfast, three times a week. Complete one set of 8 to 12 repetitions (to muscle failure) of an exercise before moving on to the next exercise. Do these lifts in this specific order, without resting in between sets.

The intensity and constant movement of this workout has a significant effect on core temperature of the body. By elevating body temperature, you're essentially boosting your metabolism for up to 2 hours after the workout is completed.



Dumbbell Chest Press

Lying flat on a bench with your feet on the floor, your arms extended and the palms of your hands facing forwards, lower the dumbbells towards the shoulders to chest level slowly, under control while inhaling. Pause momentarily and then press the dumbbells upwards and exhale until the arms almost fully extended.



Dumbbell Pullover

Lying flat on a bench with your feet on the floor, your arms extended above the chest with both hands holding a dumbbell, slowly, under control, lower the dumbbell behind your head (allowing the arms to bend slightly) and inhale. Pause momentarily and pull the dumbbell to the start position while exhaling.



Dumbbell Squat

Standing upright with feet shoulder width apart and holding a dumbbell in each hand, slowly, under control squat down maintaining a straight back, looking straight forward and feet flat on the floor, until the thighs are parallel to the floor. Inhale as you squat down. Pause momentarily and then straighten your legs to the start position while exhaling.



Dumbbell Lunge

Standing upright with feet hip width apart and holding a dumbbell in each hand, slowly, under control take a step forward and lower your back knee towards the floor while inhaling, looking forward and maintaining a straight back. Pause momentarily and return to the start position while exhaling.



Seated Dumbbell Shoulder Press

Sitting on a bench with your back straight, holding a dumbbell in each hand, palms facing forward, at shoulder level, slowly, under control press the dumbbells above your head by extending your arms while exhaling. Pause momentarily and return the dumbbells to start position while inhaling.



Seated Dumbbell Curl

Sitting on a bench with your back straight, with your arms hanging by your sides, holding a dumbbell in each hand, palms facing forward, slowly, under control, flex both arms to raise the dumbbells towards your shoulders while exhaling. Ensure your elbows stay in position by your sides. Pause momentarily and slowly return the dumbbells to the start position.



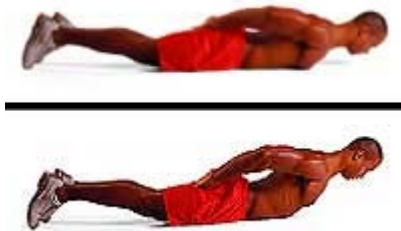
Seated Dumbbell Tricep Extension

Sitting on a bench with your back straight, arms extended above your head, with both hands holding a dumbbell, slowly, under control, lower the dumbbell behind your head (allowing the arms to bend) and inhale. Pause momentarily and press the dumbbell to the start position while exhaling.



Weighted Abdominal Crunch

Lying on your back, knees bent at 90 degrees, feet flat on the floor, hold a weight plate against your chest. Looking straight up, keeping your chin off your chest, raise your head and back of the shoulder off the ground and hold this start position. Slowly, under control, raise your head and back of shoulders further off the floor and push your hands up the thighs 1 or 2 inches, while exhaling and concentrate on squeezing the abdominal muscles. Pause momentarily and then slowly return to the start position, making sure you do not return all the way to the floor and relax/rest between repetitions. Inhale and repeat.



Low Back Hyperextensions

Lying face down on a mat, with arms and legs fully extended, slowly, under control raise both arms and both legs a few inches off the mat simultaneously while exhaling. Pause momentarily and slowly return to the start position. Inhale and repeat.

Sample Exercise Schedule

Sun: Rest
Mon: Lift
Tues: Run
Wed: Lift
Thurs: Run
Fri: Lift
Sat: Play

Source: BestLife Magazine, November/December 2004