

# RLP SCULPT & STRENGTHEN

*(Mike's Class)*

**EQUIPMENT:** DYNA-BAND (purple or green) / TUBING (red) /

**DUMBBELLS:** 3's & 5's – Level 1 or 5's & 8's – Level 2

## DYNA-BAND

**Lat Pull Downs – bring band overhead** with hands a little wider than shoulder width apart. Pull the band out and away until band touches the upper chest with a slight bend at the elbow.

**Reps:** 4 slow – 8 a bit faster / 2 slow – 4 a bit faster / 2 slow – 4 a bit faster.

**Reverse Fly – bring arms straight out from chest** and hold the band a little wider than shoulder width apart. Pull the band out and away until band touches the upper chest with a slight bend at the elbow.

**Reps:** 2 slow – 4 a bit faster / 2 slow – 4 a bit faster / 2 slow – 4 a bit faster

**Hammer Curls – with palms up**, slide hands to end of band and step on band with one foot, palms facing each other. Keep elbows into your sides as you perform the biceps / forearm curl.

**Reps:** 4 slow – 8 a bit faster / (*lift up back foot*) 2 slow 4 a bit faster / alternate right – left 16X.

**REPEAT SAME ROUTINE STEPPING ON THE BAND WITH THE OTHER LEG.**

## DUMBBELLS

**Lateral Raise / Front Raise Combo** – with the lighter dumbbells at your hips, raise both arms to the side / then together in front of chest / lower to top of thighs / raise to the front / bring arms out to sides / lower to hips.

**Reps:** 8 total sets

**Overhead Triceps Press** – with the heavier weights, raise both dumbbells overhead and brace them against each other. Bending at the elbow, lower weights behind your head and press to over-head position. Elbows remain pointing to the ceiling.

**Reps:** 4 slow – 8 a bit faster / 2 slow – 4 a bit faster / 2 slow – 4 a bit faster / 2 slow – 4 a bit faster

**Rotating Biceps Curl** – with the heavier weights and palms facing hips, slowly curl both dumbbells to shoulders keeping your elbows into sides. A bit faster alternate the biceps curl R/L.

**Reps:** 4 slow together – 8 alternating a bit faster / 4 slow together – 8 alternating a bit faster / 4 slow – 8 alternating a bit faster

**Shoulder Press** – with lighter weights, start with palms facing forward at ear level. Press overhead and tap weights together at top and return to ear level making a 90 degree angle from wrist / elbow / shoulder.

**Reps:** 2 slow – 4 a bit faster / 2 slow – 4 a bit faster / 2 slow – 4 a bit faster

## **TUBES FOR LEGS (red)**

**Squats** – hook tube around a secure door knob or railing of sorts. Walk back as far as you feel the tube can support you sitting straight up in an imaginary chair. Start standing straight up, then bend knees to hip level making a 90 degree angle from hip / knee / ankle. Return to standing.

**Reps:** 4 slow – 8 a bit faster - then hold squat for 8 slow counts. Repeat 2X.

**Lunges** – again, hook tube around a secure door knob or railing. Walk back to the same spot you were while doing squats. Extend your right leg back further than you think you should to make a 90 degree angle with your front and back leg, from hip / knee / ankle, at the end of the exercise. Reduce the range of motion if you have a set of cranky knees.

**Reps:** 4 slow – 8 a bit faster / 4 slow – 8 a bit faster. Repeat left leg back.

## **MORE DUMBBELLS**

**Chest Fly's** – with heavier weights, lying on your back with bent knees, hold dumbbells above your chest, palms facing each other. Curl wrists and bend elbows slightly and pull the weights apart almost to floor level and return above chest.

**Chest Press** – same weights and body position. With palms facing forward and straight arms above chest, lower the weights while bending the elbow to floor level. At the end of the exercise your wrist, elbow and shoulder should make a 90 degree angle. Press up to starting position.

**Reps:** 4 slow fly's – 8 presses a bit faster. Repeat 4 times.

**Back Pullover** – use medium weights, stay lying on your back with knees bent and hold dumbbells above your chest, palms facing each other. Slightly bend at the elbow and lower the weights over your head almost to the floor. Use the large back muscles to return the weights to above your chest.

**Skull Crushers** – keep arms above chest but bend at the elbow and bring the weights to your forehead (skull crusher) for triceps and straighten the arms to bring the weights to the starting position.

**Reps:** 4 slow pullovers – 8 skull crushers a bit faster. Repeat 4 times.

## **CRUNCHES for ABS**

Place fingertips behind head and lift chest up at a diagonal with elbows back **16X**

Alternate opposite elbow to knee **16X**

Reverse Curl with upper body relaxed on floor **8X**

Add upper body to reverse curl **16X**

With knees at a 90 degree angle above hips, upper body relaxed and arms out from shoulders - drop both knees slowly to the right, center, left **8X each side.**

***YOU'RE DONE!***