

2014 January Calendar

"Upper Body"

Perform each exercise for 1 minute then repeat for a total of 3-5 sets.

1. Knock Outs: Stand with your feet in a staggered stance, much like you would see Rocky doing. Hold your light DBs up by your face as if you were guarding your face from being hit. Slowly extend an arm straight out in front of you without locking out the elbow. Draw that hand back in and immediately throw your other punch. Keep repeating.
2. Inch Worm w/Push-Up: Stand with feet together. Bend over to touch your toes then walk your hands out in front of you on floor until you have reached a perfect push-up position. Then, lift your hips up in the air and walk your hands back to your feet. Return to standing position.
3. Jump Rope: (30-60 seconds)
4. Bus Drivers: Stand with feet hip-width apart. Hold 1 DB with both hands. With straight arms lifting the DB in front of you. Holding it out just under your chin begin to
5. Bent-Over Lat Fly: Feet hip width apart. Bend over at your waist, knees slightly bent, keep your arms straight and tighten them by your side. Next open your arms as if making a "v" shape with your arms. Face the floor the whole time. Then squeeze your arms back by your sides as if you were squeezing oranges between your arm and your ribs.

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