

nutritionella

{arm} sandwich workout #2

4 arm-toning Tabatas sandwiched between 2 cardio intervals

Equipment needed: cardio, light dumbbells, stability ball

| Exercise | Time |
|---|-----------------------|
| CARDIO #1: biking, running, Elliptical, Stair climber etc... Kick it up a notch: incorporate 30 second-1 minute “hard” intervals to make it more challenging | 15 minutes |
| TABATA #1 Crossover pushups (modified or regular) 20 seconds hard followed by 10 seconds rest (x 8) Rest | 4 minutes 1 minute |
| TABATA #2 Stability Ball Chest Press 20 seconds hard followed by 10 seconds rest (x 8) Rest | 4 minutes 1 minute |
| TABATA #3 Full & half-extension Bicep Curls (alternating) 20 seconds hard followed by 10 seconds rest (x 8) Rest | 4 minutes 1 minute |
| TABATA #4 Shoulder press & V-raises (alternating) 20 seconds hard followed by 10 seconds rest (x 8) Rest | 4 minutes 1 minute |
| CARDIO #2: biking, running, Elliptical, Stair climber etc... Kick it up a notch: incorporate 30 second-1 minute “hard” intervals to make it more challenging | 15 minutes |

time: 50 minutes

Notes

TABATA

- There are some great **Tabata smartphone apps** (some are even free) to keep time of the intervals for you. You'll be so focused on just doing the exercise you won't be able to focus on counting seconds, believe me.
- **Don't hesitate to decrease the amount of weight you're using if you begin to fatigue before the last interval.** When doing bicep curls, I start off with 8-pound weights and switch to 5-pound weights when I can barely lift them.
- **hard** – Push yourself as close to your max as you can. The point is to wear yourself down so you feel like you can barely finish the last 20-second interval.

Crossover Pushups: Do one pushup in modified position with your knees on the floor. Raise your left hand and cross it under your right. Move your right hand to the right beneath your right shoulder and do a pushup. Now, switch directions to bring you back to center and do a pushup. Repeat, going to the left side this time. Be sure when crossing over your crossing arm goes under the stability arm. The pushup pattern is this: Center, Right, Center, Left

Stability Ball Chest Press: With 5-15 pound dumbbells, lie on an exercise stability ball with it supporting your mid to upper back. With your feet flat on the floor knees bent about 90 degrees and abs contracted, hold the dumbbells by your chest, palms facing forward. Press weights straight up, lower and repeat, using your abs to keep your body still.

Full & half-extension Bicep Curls: With dumbbells in each hand, palms facing forward, back straight. Without moving your upper arm bend your elbow and curl weights towards your shoulders. **Full extension:** lower all the way down and repeat; **Half extension:** lower half way so arms are at 90 degree angle and repeat.

Shoulder press: Holding dumbbells in each hand (I used 5#s), stand with feet shoulder-width, knees slightly bent and dumbbells just above shoulders, palms facing each other. Press the weights up until arms are straight overhead, rotating palms so they face forward. Lower to starting position and repeat.

V Raise: Hold a light dumbbell in each hand and stand with your feet shoulder-width apart, arms at your sides, palms in. With arms straight but not locked, raise the weights in front of you so that your arms form a V until parallel to the floor. Lower arms, return to the starting position & repeat.