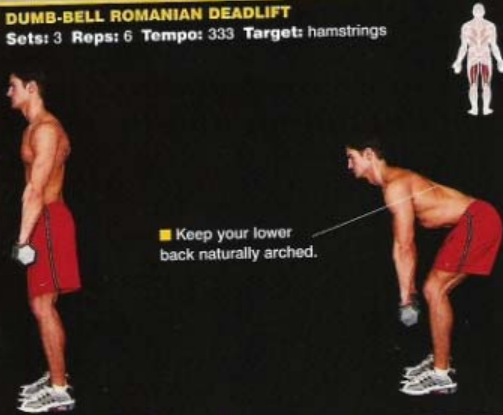


# WEDNESDAY WORKOUT

Perform exercises 1 and 2 as superset, doing one set of each before resting for 30 seconds. Repeat twice more, for a total of three supersets. Then move on doing exercises 3 and 4 as a superset, and exercises 5 and 6 as a superset for a workout total of nine supersets.

## 1 DUMB-BELL ROMANIAN DEADLIFT

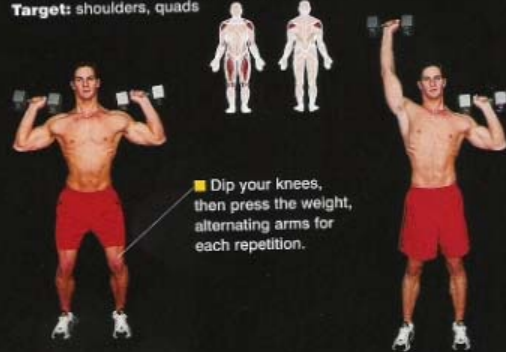
Sets: 3 Reps: 6 Tempo: 333 Target: hamstrings



■ Keep your lower back naturally arched.

## 2 DUMB-BELL PUSH PRESS

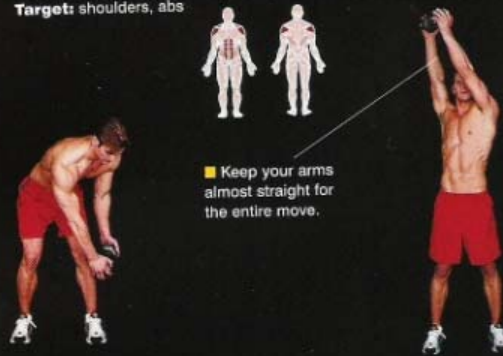
Sets: 3 Reps: 6 (each arm) Tempo: 31X Target: shoulders, quads



■ Dip your knees, then press the weight, alternating arms for each repetition.

## 3 DUMB-BELL DIAGONAL RAISE

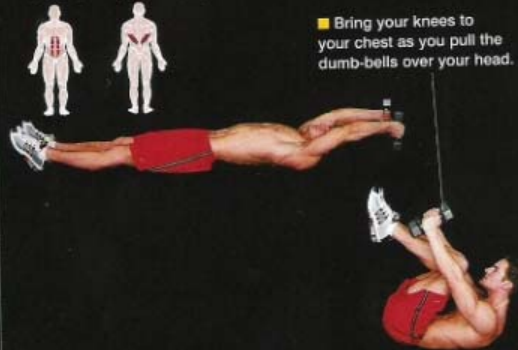
Sets: 3 Reps: 6 (each side) Tempo: 202 Target: shoulders, abs



■ Keep your arms almost straight for the entire move.

## 4 DUMB-BELL PULLOVER CRUNCH

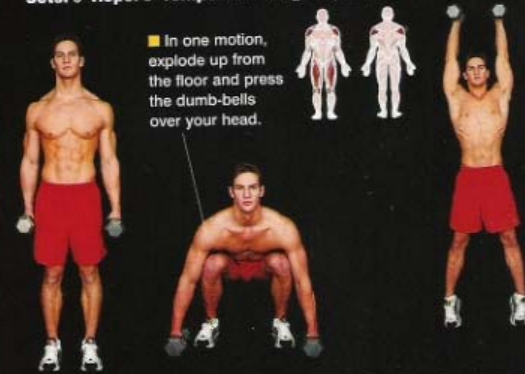
Sets: 3 Reps: 8 Tempo: 333 Target: lats, abs



■ Bring your knees to your chest as you pull the dumb-bells over your head.

## 5 DUMB-BELL SQUAT AND JUMP PRESS

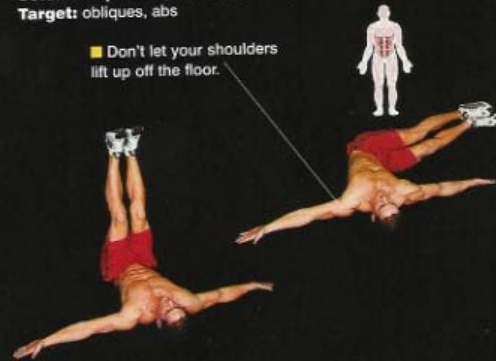
Sets: 3 Reps: 8 Tempo: 20X Target: quads, shoulders



■ In one motion, explode up from the floor and press the dumb-bells over your head.

## 6 LOWER-BODY RUSSIAN TWIST

Sets: 3 Reps: 6-8 (each side) Tempo: 333 Target: obliques, abs



■ Don't let your shoulders lift up off the floor.