

# SIXPACK SHORTCUTS

## Phase 1 Day 2

I get asked all the time if it is important to do the exercises in the order they are given to you... The answer is YES. Remember the goal is to keep the core activated at ALL times. The exercises need to be done in a specific order so that the core stays activated and one muscle group doesn't exuagst before another. Get ready for another killer total body workout with the phase 1 day 2 routine! TRAIN HARD!

### Warm up: Jumping Jacks

- 15-20 seconds
- 1 set

### Incline Dumbbell Chest Press *Superset with* Wide Chin Ups

- 12 reps of both exercises
- 2 sets
- 90 seconds rest in between sets

### Standing Dumbbell Shoulder Press *Superset with* Standing Dumbbell Shrugs

- 12 reps of Shoulder Press
- 15 reps of Standing Dumbbell Shrugs
- 2 sets
- 90 seconds rest in between sets

### Seated Dumbbell Curls (Both arms) *Superset with* Seated Dumbbell over head extension

- Seated dumbbell curls should be done with one dumbbell in each hand
- 12 reps of each exercise
- 2 sets
- 90 seconds rest in between sets

### Dumbbell Walking Lunges *Superset with* Dumbbell Stiff Leg Dead Lift

- For the walking lunges each set you can either go for length (20 yards) or 20 reps.
- 12 reps of Dumbbell Stiff Leg Dead Lifts
- 2 sets
- 90 second rest in between sets

### 3-Position Calf Raises

- Toes pointed in, Toes pointed out, toes pointed straight forward
- 30 reps for each position
- No rest in between positions
- Should be completed in 90 seconds
- 1 set

### Bicycle Crunch *Superset with* Mountain Climbers

- 20 reps of bicycle crunches
- 30 seconds of Mountain Climbers
- 4 sets of each exercise