



Belly Blast



“BONUS” Workouts!

**These are to be added to your current exercise program if
you wish!**

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(Note: Remember to check with your physician before starting any exercise program).

Descriptions of Exercises

Workout #1 Descriptions:

High Knees with Overhead Alternating Arms:

Begin jogging and on each step, bring your knee towards your chest as high as possible. As you are bringing up your left knee, simultaneously raise your right arm into the air. Alternate your left knee- right arm, with your right knee – left arm throughout the exercise. Perform this exercise for the desired amount of time or distance.

Russian Twists:

Sit in a “V” with your knees bent to 90°, back flat, chest out, and heels on the ground. Rotate your torso slowly to the right, keeping your chest out and shoulders pulled back. Make sure to keep your neck neutral. Once all the way to the right, rotate in the opposite direction (to the left.) Repeat this rotation from side to side for the desired number of reps or for time. ****Trainer Tip:** To increase the intensity, have your clients add weight and/or lift their heels off the ground.

Butt Kicks:

In a standing position, alternate bringing in your heels back and try to “kick” your glutes (very similar to jogging in place but knees do not come forward).

Plank:

Lie on your stomach in a prone position with your legs extended out. Place your forearms (should be parallel) on the ground and move into a position similar to the top of a “push-up” except you are on your forearms instead of hands. Keep your feet together push out strong through your heels and strong into the ground through your shoulders. Keep your core tight, back flat, and your tailbone tucked. Hold this position for the desired amount of time.

High Knees:

Begin jogging and on each step, bring your knee towards your chest as high as possible. Keep your arms moving as if you’re jogging. Perform this exercise for the desired amount of time or distance.

Pull-Over Sit-Up:

Lie on your back (supine) with your knees and hips bent. Arms should be extended behind you holding your desired weight/kettlebell. Keeping your elbows slightly bent, perform a pull-over by bringing the weight over your chest. Simultaneously flex your waist and hips to bring your chest up towards your knees. Final position should be holding the weight above your head at the top of the sit-up. Reverse the movement back down to the ground and repeat for the desired number of reps.

Mountain Climbers:

In a straight arm plank position, place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, push up your hips up while bringing one knee straight into your chest at a time. Alternate bringing each knee in as fast as possible, while keeping the chest out and back flat. Repeat for the desired number of reps.

Windmill:

Stand with your feet shoulder width apart with your right hand up above your head and your left down (palm out) by your side. Turn both feet to the left side, keeping your foot width the same. Looking up at the top hand, push back your hips and bend at the hips (keeping your back flat) and trace your hand down your left leg touching your instep with your left hand. Keep the legs as straight as possible. Extend the hips and return to the starting position. Repeat, making sure to work both sides equally.

Spiderman Plank:

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Step your right leg out, touching your foot to the ground next to your right hand, and then returning it to the starting position. Repeat on the left side. Perform for the desired number of reps or time interval.

Jumping Jacks:

From a standing position with your arms down by your side, jump up while bring your arms up laterally over your head and your legs out to the side. Land with your arms up over your head and your feet out to the side. Jump again and return to the starting position.

Workout #2 Descriptions:

Burpee:

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms and kick your feet back behind you landing in a straight arm plank position. Then, tuck jump your feet back to their original placement and perform a squat jump to return to the starting position. *Beginners can “step-back” instead of jumping back for a lower intensity.

Jack-Knife:

Lie on your back with one leg extended out and one knee in towards your chest. Raise your extended leg about 2 inches off the floor and hold in this position. Crunch repeatedly with your hands crossed over your chest keeping both legs off the ground. Switch legs and repeat on the other side. When it is time to switch legs, make sure not to drop your legs to the floor.

Jump Squats:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. From the bottom of this squat position, push through your feet and jump upward by extending your knees and hips so your feet lift a few inches off the ground. Softly land with knees bent and go directly into your next repetition.

Side Plank:

Lie on your left side with your legs together. Place your left forearm on the ground with your left elbow directly underneath your left shoulder. Press through your shoulder to elevate your entire body to a side plank and hold. Keep your core tight, back flat, and your tailbone tucked. Hold for the allotted time. Repeat on the right side for the desired amount of time.

(Variations can include: 1. Placing your right foot in front to support some of your weight. 2. Raise your right leg straight up about 45 degrees to increase the intensity).

Suicide Tap Down:

Stand with your feet shoulder width apart and tighten your core. Rotate your torso to the right while flexing the hips and tap your left hand on the instep of your right foot. Both feet are turned at a 45 degree angle (don't let the right knee extend past your toes). Be sure to keep your back flat, chest out, and your spine in neutral position. From the tap down push through your feet and jump upward extending your knees and hips so your feet lift a few inches off the ground while

extending arms straight up and over the top of your head. Repeat this rotation tap down on your left side and then repeat from side to side for desired amount of time.

Sprints:

Run as fast as possible for the pre-determined distance or time interval.

Workout #3 Descriptions:

Spiderman Plank:

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Step your right leg out, touching your foot to the ground next to your right hand, and then returning it to the starting position. Repeat on the left side. Perform for the desired number of reps or time interval.

Oblique Crunch:

Lie on your upper back in a supine position with your knees and hips bent. Lower your legs to the left side at a 90° angle in the hip. Flex your waist to raise your upper torso a few inches off the ground while focusing your attention on the right oblique. Control the movement back down to the ground and repeat for the desired number of reps. Repeat on the right side.

Reverse Crunches:

Lie on your back with your hands underneath the top of your glutes to support your lower back. Keep your neck relaxed and on the ground throughout the movement. Keep your legs slightly bent and flex the waist and hips to raise your legs up to the sky using your core to perform the movement. Control the movement back to the starting position and repeat.

Basic Crunch:

Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist to raise your upper torso a few inches off the ground. Make sure to keep your lower back on the ground. Control the movement back down to the ground and repeat for the desired number of reps.

Body Saw Plank:

Lie on your stomach in a prone position with your legs extended out. Place your hands (should be parallel) on the ground and move into a position similar to the top of a “push-up” so you are in a straight arm plank position. Keep your feet together push out strong through your heels and strong into the ground through your shoulders. Rock your body slowly from front to back in a controlled manner. Keep your core tight, back flat, and your tailbone tucked. Repeat for the desired number of reps or time.

Opposite Hand- Opposite Leg:

Lie on your back keeping your arms and legs extended out so your body is in a straight line. Raise your left leg (keeping your right leg on the floor) while crunching up from your waist and

reach out to touch your left leg with your right hand (keep both legs straight.) Keep your left hand behind your head to support your neck. Lower your body in a controlled movement to the starting position and repeat. You can alternate or perform specific rep counts on each side before switching.

Deck Squat:

From a standing position, bring your hips back and squat down towards the floor keeping your back flat. Lean back slightly until your butt reaches the floor and extend your body (make sure to keep your back flat) until you're on your back with your legs extended out and your arms extended behind your head. In one quick motion, crunch up and while simultaneously bringing your heels in towards your pelvis. (Make sure to keep a flat back) Propel your body to stand back up into the starting position. Your core needs to be tight throughout this entire motion. This is a more advanced exercise and is not suitable for everyone. It may also be a little easier to stand up if you hold a light weight in your hands or modify to a basic crunch.

3 Bonus At-Home Workouts

(Workouts are labeled for each week below)

Always warm up for 5-10 minutes before starting each workout and Always end with 5-10 minutes cool down and stretching.

WEEK #1 Workout:

Warm up (5-10 minutes)

Circuit (:60 sec of each exercise, 2 sets)

:60 sec High knees with alternating arms - use 5lb weights in hands

:10 sec Rest

:60 sec Russian twists – use weights

:10 sec Rest

:60 sec Butt kicks – stand tall

:10 sec Rest

:60 sec Plank – on forearms

:10 sec Rest

:60 sec High knees with jogging arms – pull from the abdominal muscles

:10 sec Rest

2 minutes rest

:60 sec Pullover sit ups –use weights

:10 sec Rest

:60 sec Mountain climbers

:10 sec Rest

:60 sec Windmills – left side

:10 sec Rest

:60 sec Spiderman – alternating legs

:10 sec Rest

:60 sec Windmills – right side

:10 sec Rest

:60 sec Jumping jacks – stand tall

3-5 minutes rest and repeat 2nd Set

Cool down and stretch (5-10 minutes)

WEEK #2 Workout:

Warm up (5-10 minutes)

Circuit – Tabata style

:20 sec of exercise/:10 sec of rest for 8 sets or 4 minutes

:20 sec Burpees

:10 sec rest

:20 sec Burpees

:10 sec rest

:20 sec Burpees

:10 sec rest

:20 sec Burpees

:10 sec rest

:20 sec Burpees

:10 sec rest

:20 sec Burpees

:10 sec rest

:20 sec Burpees

:10 sec rest

:20 sec Burpees

:10 sec rest

2-3 minutes rest and repeat the same format for the following 6 exercises...

1. Jack-knife **4 sets** w/left leg straight & **4 sets** w/right leg straight
2. Jump squats – stand tall
3. Side plank – left side
4. Suicide tap downs – make sure to stand tall in between sides
5. Side plank – right side
6. Sprints – run hard for work time

***Rest 2-3 minutes after each set of exercises**

Cool down and stretch (5-10 minutes)

WEEK #3 Workout:

Warm up (5-10 minutes)

Circuit

(10 reps each exercise for 10 sets- 1 minute of Frog jumps between each set)

10 reps Spiderman – alternating legs

10 reps Oblique crunches – left side

10 reps Oblique crunches – right side

10 reps Reverse crunches

10 reps Basic crunches

10 reps Body saw plank – (move back and forth 10 times)

10 reps Opposite hand-opposite leg (alternating sides for 10)

10 reps Deck squats (or modify to a basic crunch)

Cool down and stretch (5-10 minutes)

***Modify as needed for any of the above workouts and exercises. Build up to YOUR fitness level.**