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| Dumbbell outlineArena fitness + fitness sisters spring challenge~level one~ Week~ Date ~ . | |
|  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Set one** | | **Set two** | | **Set three** | | | **Light**  **weight** | **reps** | **Medium weight** | **reps** | **heavy weight** | **reps** | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | | **Set one** | | **Set two** | | **Set three** | | | **Light**  **weight** | **reps** | **Medium weight** | **reps** | **heavy weight** | **reps** | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | | **Set one** | | **Set two** | | **Set three** | | | **Light**  **weight** | **reps** | **Medium weight** | **reps** | **heavy weight** | **reps** | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |
| **DAY ONE - Chest & shoulders .**  **Kneeling Push-Ups………………………………**  **Dumbbell Overhead Press………………**  **Supine dumbbell chest press…………**  **Bent over rear delt flies………………**    **DAY two- quads & hamstrings**  **Suitcase Squats……………………………………**  **Romanian dead lifts……….………………**  **Sumo squats……………………………….…………**  **Supine hamstring bridges………………**  **DAY three – arms .**  **Bicep hammer curls…......................………**  **Bent over tricep kickbacks…….………**  **Dumbbell Front raises………….…………**  **Dumbbell Side raises…………..……………** |  |
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|  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Set one** | | **Set two** | | **Set three** | | | **Light**  **weight** | **reps** | **Medium weight** | **reps** | **heavy weight** | **reps** | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | | **Set one** | | **Set two** | | **Set three** | | | **Light**  **weight** | **reps** | **Medium weight** | **reps** | **heavy weight** | **reps** | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | | **Set one** | | **Set two** | | **Set three** | | | **Light**  **weight** | **reps** | **Medium weight** | **reps** | **heavy weight** | **reps** | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |
| **DAY four- upper & lower back**  **Standing band pull-aparts…...………**  **Bent over narrow rows…………………**  **Prone supermans…………………….………….**  **Bent over wide rows………...…………..…**    **DAY five – glutes .**  **Standing banded side leg lifts……**  **Standing banded glute kickbacks**  **Side lying banded clam shells…….**  **Supine banded hip thrusts……………..**  **DAY six – Core: abs & obliques**  **Suitcase Squats--………………………………**  **Romanian dead lifts……….………………**  **Sumo squats……………………………….…………**  **Supine hamstring bridges………………** |  |
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|  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Set one** | | **Set two** | | **Set three** | | | **time** | **reps** | **time** | **reps** | **time** | **reps** | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | | **time** | | **time** | | **time** | | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | | |  |
| **DAY seven–cardio & flexibility**  **Side steps or grapevines w/ arms**  **no weight squats arms overhead**  **jogging in place……………………….………….**  **jumping jacks / power jacks.……..…**  **mountain climbers……………………….**  **Standing front kicks…………………….**  **----Complete cardio 3x then each stretch-----**  **Bring ear to shoulder………………**  **Standing straight leg toe touch…..**  **Standing back extension…………………..**  **Standing quad stretch……………………….**  **Standing side bend arm overhead**  **Butterfly hip stretch………………………..**  **Seated cross leg lumbar rotation**  **Cat-Cow w/ inhale-exhale…………...…** |  |

