



# GUIDED 5-MOVE WORKOUT<sup>†</sup>

## Reverse Lunge with Rotation

Put one leg straight back, bending both knees. Rotate your torso to one side, turn back to neutral, then twist to the other side. Bring your leg back up to standing to complete. Repeat by putting the front leg to the back and lunging again. Repeat ten reps on each side.

## Hollow Hold Chest Press

Engaging your core, lay on your back with your head, shoulders, and legs off the ground. Using a weight of your choice, carefully use one arm to raise the weight above your head, then slowly guide the weight back down. Repeat ten reps on each side, ensuring your core is engaged the entire time.

## Deadlift

Using two dumbbells of your choice, stand with your feet shoulder-width apart, back straight, and holding the dumbbells at your thighs. Pushing your chest out and rolling your shoulders back, slowly trace the dumbbells down the outsides of your legs until they're right above your feet. Then, keeping everything in proper form, bring the weights back up by drawing energy from the ground up, keeping your back straight, and bringing your hips forward. Repeat for ten reps.

## Rotational Press

Using medium weight dumbbells, stand with your feet shoulder-width apart. One side at a time, twist your body to the side and raise your dumbbell overhead. Be sure that your body stacks as you twist—wrist on top of shoulder, shoulder on top of hip, hip on top of knee, etc. Twist to the other side repeating the same motions. Repeat ten reps on each side.

## Burpees

Standing with feet shoulder-width apart, put your hands on the ground and shoot your legs back into a plank. From there, either maintain the plank for a few seconds or complete the move with a push up. After that, either jump or walk your legs back to your arms and complete the rep by getting into a squat position with your hands above your head into a calf raise or a jump. Repeat ten times.

<sup>†</sup>Isagenix recommends you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in these exercises. Isagenix is not a licensed medical care provider and represents that it has no expertise determining the effect of any specific exercise on a medical condition. If you engage in these exercises, you do so at your own risk.

## Ladder Workout<sup>†</sup>

Feel the burn

Full Body Workout

-10 Burpees

-20 Push-Ups

-30 Jumping Jacks

-40 Squats

-30 Mountain Climbers

-20 Biceps Curls

-10 Burpees

**\*Repeat Circuit 3X\***

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# GUIDED 15-MINUTE WORKOUT<sup>†</sup>

## WARM UP

### Arm Stretch and Calf Raise

Put your arms out to the side, stretching them high over your head. Raise your calves and breathe in deeply as you stretch.

### High Kicks

Kick your left leg up to your right hand, taking three steps in between, then repeat (switching between legs).

### High Knee

One knee at a time, raise your knee to your waist. After a few reps, pick up the speed.

### Butt Kicks

Kick your right heel into your butt while bringing your left hand up, then switch sides as if you're running in place.

### Rotate and Twist

With your feet slightly wider than shoulder-width, twist your torso to each side. Reach your arm out and twist your foot so your knee follows. Repeat on either side.

### Squats

With your feet slightly wider than your shoulders, bend into a sitting position with your legs at a 90-degree angle. Keep your back straight, your heels on the floor, and your knees in line with your ankles (not over or in front of them). Repeat.

### Walk it Out

Stand with your feet apart and your back straight. Bend down to put your hands on the floor, then slowly use your hands to walk yourself out into a plank. Hold for a moment, then walk yourself back to standing. Repeat.

### Push-Ups

Halfway through your Walk it Out rep, remain in the plank position. For an alternative version, drop your knees to the ground. Ensuring that your arms are stacked under your shoulders, bend your elbows (tucking them into your side) until you're just above the ground. Push yourself back up to plank, then repeat.

### Lateral Lunges

Step to the side with one leg, making sure your feet are pointed forward. Bend this leg into a lunge and straighten your other leg out to the side. Bring your leg back up, then repeat on the other side.

### Spiderman Plank

In a normal plank position, bend your knee to the side and bring it up to your elbow. Put your leg back into the plank position, then repeat with the other leg.

### Uneven Pushup

For this pushup, one hand will be slightly up more on the floor than the other. After five reps, switch positions. With your altered plank position, you are free to do a push-up as you normally would. Repeat, switching hand positions every five push-ups.

### Pop Squat

With your feet slightly wider than your shoulders, bend into a sitting position with your legs at a 90-degree angle. Then, stand up and jump to the side. Jump back to front and continue, turning to a different side each time. Repeat.

### Single Leg V-Up

Lying flat on the ground, raise one leg and perform a sit up with a straight back to touch your foot. Engaging your core, slowly lower yourself back to the ground and switch sides. Repeat.

### Dips

Sit on the floor with your arms at a 90-degree angle behind you and your knees bent. Making sure your hands are facing sideways, push yourself up and bend straighten your elbows. Then dip yourself back towards the floor. Repeat