Workout intro and setup

Single-leg deadlift and squat sequence

Wide-stance squat and transition

Stability ball upper-body work

Core ball exercises

Back extensions and workout wrap-up

okay everybody you are on the last okay everybody you are on the last workout for your challenge which is workout for your challenge which is awesome hopefully you are feeling awesome hopefully you are feeling amazing as i say every time you start a amazing as i say every time you start a workout workout workout this one's going to be a little more this one's going to be a little more challenging again i'll give you challenging again i'll give you modifications for whatever we need to do modifications for whatever we need to do and hopefully and hopefully you can use the dumbbells you will need you can use the dumbbells you will need your dumbbells or can or jug or your dumbbells or can or jug or something like that something like that and again if you need modifications go and again if you need modifications go ahead and check out the facebook group ahead and check out the facebook group type in what you want to change in case type in what you want to change in case you have back pain knee pain neck pain you have back pain knee pain neck pain anything like that and um you want to anything like that and um you want to have a different exercise replaced for have a different exercise replaced for any of the ones in today's so the first any of the ones in today's so the first thing we're going to do is a single leg thing we're going to do is a single leg deadlift okay deadlift okay so so so this one you can do with a dumbbell you this one you can do with a dumbbell you can do it without so if you feel like can do it without so if you feel like it's it's it's going to be a little too challenging to going to be a little too challenging to just um do with a dumbbell you can do it just um do with a dumbbell you can do it without one okay without one okay so you're gonna stand on one leg you're so you're gonna stand on one leg you're gonna have that leg slightly bent and gonna have that leg slightly bent and then you're gonna slowly tip then you're gonna slowly tip tap the dumbbell as i fall over and come tap the dumbbell as i fall over and come back up so you can do it that way i'm back up so you can do it that way i'm just having weight so here just having weight so here and then up so you're almost going to be and then up so you're almost going to be like a t when you cross over so you're like a t when you cross over so you're just like this just like this so just down so just down and up and up down down down and up okay so that's going to be your and up okay so that's going to be your first exercise you're going to do 12 of first exercise you're going to do 12 of those on each leg okay those on each leg okay um um um again it's going to be three rounds 12 again it's going to be three rounds 12 reps so the first one is going to be reps so the first one is going to be your single leg deadlift the second your single leg deadlift the second we're just going to do a squat it's we're just going to do a squat it's going to be a farther squat you're going going to be a farther squat you're going to hold some sort of weight on one side to hold some sort of weight on one side okay so this is going to help with some okay so this is going to help with some core stability and then we're going to core stability and then we're going to have you do it on the other side so have you do it on the other side so we're just going to squat down and up we're just going to squat down and up just like that and those are going to be just like that and those are going to be your squats okay and then what we'll do your squats okay and then what we'll do is we're just going to switch to the is we're just going to switch to the other side just like that so 12 and 12 other side just like that so 12 and 12 on this one and then the x exercise is on this one and then the x exercise is we're just going to do a play squat down we're just going to do a play squat down and up okay simple really wide stance and up okay simple really wide stance turn your feet out and just go down and turn your feet out and just go down and up and down and up okay so those are up and down and up okay so those are going to be your first three you can go going to be your first three you can go ahead and pause it and then come back ahead and pause it and then come back this is your positive one this is your positive one okay so the next three you'll need a okay so the next three you'll need a ball or you can lay on the coffee table ball or you can lay on the coffee table you can lay on the ground you can lay on the ground you can lay on a bench if you have a you can lay on a bench if you have a bench bench bench or access anything like that it's or access anything like that it's totally fine

i'm just going to use a totally fine i'm just going to use a stability ball today okay so what you're stability ball today okay so what you're going to do is you're going to roll going to do is you're going to roll forward forward forward and you're just going to do a single arm and you're just going to do a single arm press so just like this press so just like this press up so make sure you're not press up so make sure you're not pressing this way make sure you're not pressing this way make sure you're not pressing that way okay so just press pressing that way okay so just press down and up down and up just like that so 12 on each arm of that just like that so 12 on each arm of that okay and then next thing you're going to okay and then next thing you're going to put your hands to the top of the put your hands to the top of the dumbbell just like this arm super dumbbell just like this arm super straight straight straight bring it back bring it back and then up if you feel like you go and then up if you feel like you go going like this then it's too heavy going like this then it's too heavy okay so decrease the weight so straight okay so decrease the weight so straight back back back and then up and that's really good to and then up and that's really good to open up the chest help with the open up the chest help with the diaphragm help with the breathing make diaphragm help with the breathing make sure your hips are up and your butt is sure your hips are up and your butt is nice and tight when you're doing these nice and tight when you're doing these the last one we're going to use some the last one we're going to use some triceps triceps triceps tone those alarms and hold it just like tone those alarms and hold it just like this and just bend at the elbows down this and just bend at the elbows down and up so the elbows in i'm almost and up so the elbows in i'm almost bringing it to my forehead and then bringing it to my forehead and then press up so just down and up okay press up so just down and up okay so those are going to be your three for so those are going to be your three for that set so that set so refreshing it single arm press pull refreshing it single arm press pull overs and then your triceps okay overs and then your triceps okay and then you can go ahead and pause it and then you can go ahead and pause it and then come back to me and then come back to me and the last thing we're gonna do is and the last thing we're gonna do is some core okay so we're gonna have three some core okay so we're gonna have three exercises for your core we're gonna do a exercises for your core we're gonna do a forward ball roll um crunches on the forward ball roll um crunches on the ball and then a um ball and then a um back extensions okay back extensions okay and again if you don't have a ball just and again if you don't have a ball just shoot uh something in the facebook group shoot uh something in the facebook group and we will give you a modification i and we will give you a modification i will will will so we're just gonna stand just like this so we're just gonna stand just like this your hands are going to be together in your hands are going to be together in prayer position you're going to stay prayer position you're going to stay nice and tall that's the key for this nice and tall that's the key for this exercise you guys don't leave your butt exercise you guys don't leave your butt behind and don't behind and don't lead back with your butt on the on the lead back with your butt on the on the when you're coming back from the when you're coming back from the exercise so just stay tall you're just exercise so just stay tall you're just going to come forward going to come forward and then back up okay if you just want and then back up okay if you just want to go just a little bit to here and then to go just a little bit to here and then back up that's totally fine guys no big back up that's totally fine guys no big deal so deal so all the way out all the way out all the way up okay and you're gonna do all the way up okay and you're gonna do 12 of those 12 of those next thing you're going to do are next thing you're going to do are crunches on the ball okay so with these crunches on the ball okay so with these i want you to keep your eyes to the i want you to keep your eyes to the ceiling back flat chest flat and you so ceiling back flat chest flat and you so your start position is like you're your start position is like you're almost laying off the back of the ball almost laying off the back of the ball you're not going to start further down you're not going to start further down this way and if you feel like you're this way and if you feel like you're more advanced you can definitely hold more advanced you can definitely hold the dumbbell doing this so you're just the dumbbell doing this so you're just going to do like this holding the going to do like this holding the dumbbell or behind here if you feel like dumbbell or behind here if you feel like it's straining your neck put your tongue it's straining your neck put your tongue on the roof of your mouth and that'll on the roof of your mouth and that'll help actually with that and then you're help actually with that and then you're just going to come up and down just going to come up and down and up and down so it's pretty slow and up and down so it's pretty slow movement but that also just helps open movement but that also just helps open up that chest and shoulders because up that chest and shoulders because we're all kind of hunched these days we're all kind of hunched these days from sitting at computers all day from sitting at computers all day long and then everybody should do a long and then everybody should do a little back work so we were kind of the little back work so we were kind of the front core and now we're going to work front core and now we're going to work the back so you're just going to come the back so you're just going to come like this okay so my legs are hitting like this okay so my legs are hitting the wall the feet are flat against the the wall the feet are flat against the wall knees are slightly bent the ball is wall knees are slightly bent the ball is comfortable on my stomach hands are comfortable on my stomach hands are going to be here i'm going

to keep a going to be here i'm going to keep a neutral spine so we're going to tuck neutral spine so we're going to tuck just a little bit and just come up and just a little bit and just come up and down down down up up up and down and that's called a back and down and that's called a back extension so you've got your forward extension so you've got your forward ball roll ball roll and then you have crunches and then you and then you have crunches and then you have your back extensions okay and those have your back extensions okay and those are going to be your exercises for your are going to be your exercises for your i um i um everybody understands what all of that everybody understands what all of that is hope everybody's feeling great and is is hope everybody's feeling great and is able to do this workout it's a little able to do this workout it's a little more advanced than the other ones more advanced than the other ones and and and i i i