

## Dr. Redden's 20 Minute Total Body Workout Guide

### General Exercise Rules:

Strengthening Exercises – 3 times a week (1 day for each muscle group)

Abdominals – 3 times a week (per Dr. Redden – “Americans have *very* weak abs”)

Stretching – 5-10 minutes before and after exercise (see the separate stretching guide)

Also, don't forget the Cardiovascular Exercise (running, exercise bike, elliptical trainer, etc.)

4-5 times a week, 30 minutes each time, the exercise should be to point where you are out of breath enough to have to speak in short sentences.

**Equipment:** (available at Wal-Mart/Kmart/Sears)

Long Resistance tube with handles (Gold's Gym brand - \$7 at Wal-Mart)

Yoga mat/towel

Stability ball (optional)

**Strengthening Exercises by muscle groups:** typically 3 sets, 12 repetitions/set, rest 30 seconds between sets. (Watch the Total Body Workout Presentation for a detailed explanation of how to perform each exercise. Go to the website at the bottom of the page then click on the Exercise section)

### **1) Biceps, Triceps, Shoulders:**

- Biceps curls single
- Biceps curls together
- Body weight dips
- Lateral raises 45 degrees
- Shoulder presses
- Overhead extensions

### **2) Glutes, Thighs, Calves:**

- Calf raises (on the edge of a step) – 30 repetitions
- Body weight squat – 1 set feet wide, 1 set feet narrow, 1 set feet shoulder width
- Body weight lunges
- Seated leg extensions
- Laying leg curls

### **3) Chest, Back:**

- Pushups (kneeling or regular)
- Flies with band
- Chest press
- Superman on a ball or floor
- Lateral rows

**Abdominals:** typically 3 sets, 1 set=as many as you can in 1 minute, rest 30 seconds between sets.

- Crunches (floor or ball, keep shoulder blades on the floor)
- Side crunches (knee to opposite elbow)
- Hip ups
- Scissors

# Stretching

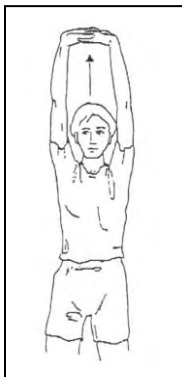
## General Rules

1. Do each stretch before and after exercise.
2. Take It Slow – move slowly and smoothly into and out of each stretch.
3. Concentrate on Breathing – breathe normally as you stretch, but emphasize exhaling.
4. Listen to Pain – do not force a joint to the point that you feel pain.

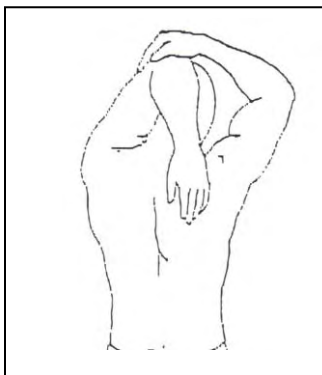
## Upper Body



Stand with the right arm across the chest. With the left hand pull the right arm, at the elbow, across the chest pulling the upper back. Hold for 10 seconds. Repeat with the other arm.

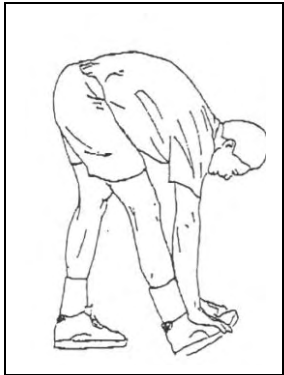


Stand with your arms outstretched in front of your body, fingers interlocked with palms facing each other. Slowly raise the arms above the head with palms up. Slowly reach slightly backwards. Hold for 10 seconds.

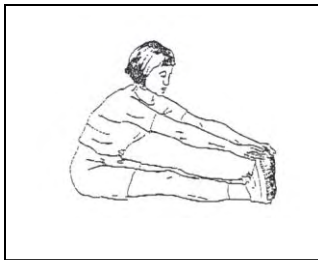


Stand with one arm bent, raised overhead next to your ear with the hand resting on your shoulder blade. Grasp your elbow with the other hand, exhale, and pull your elbow behind your head. Hold for 10 sec. Repeat with the other arm.

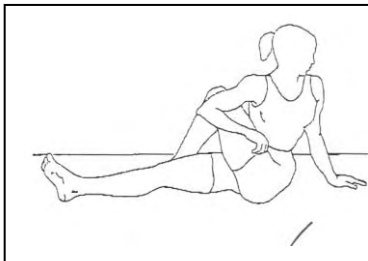
## Lower Body



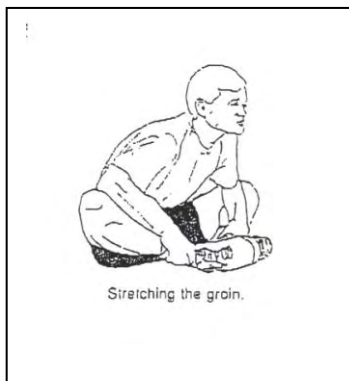
Stand with the right foot in front of the left. Point the toes on your right foot up (keep the heel on the floor). Keeping both legs straight, lean forward and try to touch your chest to your right leg. Hold for 10 sec. Repeat with the left leg.



Sit with your legs together straight in front. Lean from the waist and grasp your toes, slightly pulling your toes towards your body. Hold for 10 sec.



Sit on the floor with your hands behind your hips and your legs extended. Cross your left foot over your right leg and slide your heel toward your buttocks. Place your right elbow on the outside of your left knee. Exhale and look over your left shoulder while turning your trunk and gently pushing on your knee with your right elbow. Hold for 10 sec. Repeat to the other side.



Sit on the floor and pull your feet toward your body, flexing at the knees. Place your hands on your feet and your elbows on the knees. Pull your body slightly forward as your elbows push your legs down. Hold for 10 sec.

## Exercise Tracker

Below is a chart to help you track your weekly exercise. There are 2 examples of different ways to get all the recommended strengthening exercise each week. You want to do each muscle group once a week and abdominals three times a week – the schedule is up to you. For the first 4 weeks use the chart to check off each exercise to make sure you are meeting each week’s requirements.

	Biceps Triceps Shoulders	Abdominals	Gluts Thighs Calves	Abdominals	Chest Back	Abdominals
Example 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Example 2	Monday	Monday	Wednesday	Wednesday	Saturday	Saturday
Week 1						
Week 2						
Week 3						
Week 4						