

Dr. Redden's 20 Minute Total Body Workout

Rules:

Cardio - 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.

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

Abs – 3 times a week

Stretching daily – 5-10 minutes before and after exercise

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

Stability ball

Resistance bands (3 strengths)

Yoga mat/towel

Weights by muscle groups: typically 3 sets, 12 repetitions/set, rest 30 seconds between sets.

1) Biceps, Triceps, Shoulders:

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

2) Gluts, 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