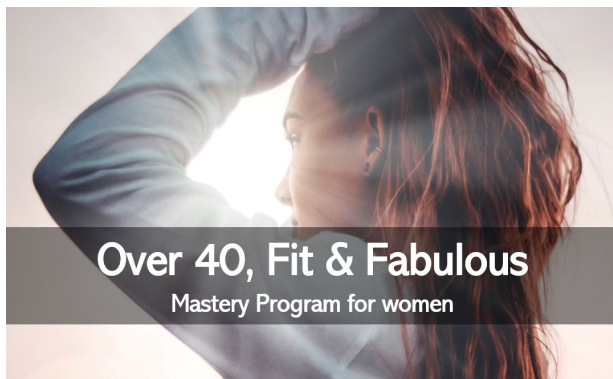




Fit & Fabulous MASTERY

Whole Body 2 Dumbbell Bench & Ball Workout (with progressions)



To Purchaser / Consumer:

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A handwritten signature in black ink, appearing to read 'Kayla', with a long horizontal stroke extending to the right.

Please consult your physician before embarking on any training program. McCoy Fitness & Health is not responsible for injury incurred while using this program, as outlined in our [Terms and Conditions](#).

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Whole Body Dumbbell, Bench & Ball Workout

Tips and TIDBITS for YOUR success!

HOW TO DO: This program is done in Circuit style, moving from 1 exercise to the next, then REPEATING the circuit for as many times as you like. Aim for 30 minutes (beginner) and 45 minutes (advanced). Beginners can use 8-10, 15, 17.5-20 lbs, Intermediates can use 15, 20-22.5, 25 lbs. (Feel free to choose different weight variations as you work through the workout...weight used will vary depending on the movement. So feel it out!

The program shows both bench or ball (you can integrate both) with **progressions** (making it harder) throw in. We look at steady cadence (straight lifting), explosives and singles. So try out different versions. And aim to intensify by either increasing weight, lessening rest between exercises or doing explosives. It's all in your videos. You can stay on this program for many months, with these progressions!

Our Mastery Exercise Library is always open!

We all have different gyms and equipment, so remember, if you don't have a piece of equipment, or you want to change things up, check out your [WW Exercise Library](#)!

VIMEO app for Ipad and iPhone

<http://apple.co/1d88LMZ>

VIMEO app for Android

<http://bit.ly/1klpmTa>



Start with 10 reps, and do one circuit to get the feel of this workout. Remember, HOW you lift, with purpose and focus, is important. LEARN THE MOVES FIRST!

You can do this workout as a stand alone for 3 days a week (making this your main workout) or you can use it between your weight training days (as a 1 or 2 day fill in).

It's up to you! (Personally, I will do this type of workout for a few weeks every workout, then go back to my main weights workout and do this one 1-2 times a week)

Ways to intensify as you get stronger and more fit over the weeks:

- Increase the weights used
- Increase the reps to 12, then 15 reps if desired
- Increase the number of circuits to 2, 3 x around
- Lessen the rest time between exercises

There's lots of different ways to progress. But the important point is that once you can do this program well for a few weeks, then up the ante! Test yourself!



WARM UPS to start...

Floor to Ceiling—10 reps

Clean & Press—10 reps (on bench or ball)

Do 1-2 rounds or 5 minutes...

MAIN WORKOUT!



Dumbbell Squats



Alternating Lunges



Goblet Squats



Bench Step Ups

(Bodyweight is fine. If you need a lower bench or step to start, do so!)



Chest Press (3 versions)

Straight set—both arms together
in steady cadence (easy)

Alternating explosives (harder)

Singles (harder) →



Dumbbell Flies

Perform on bench or ball

Mind your shoulders...always keep an

Arch in the elbow, NOT straight arms.

Pretend like your hugging a barrel at the top.



Shoulder Presses (3 versions)

Straight set—both arms together

Alternating explosives (harder)

Singles (harder) →

These can be done on a ball or bench



Side Laterals

Use light weight...10 lbs may

Be too much! Beginners, be careful



Alternating Front Raises

Keep this one light. If need be, lower the weight right down.



Bicep Curls

Standing or sitting



Tricep Bench Dips—3 versions

Easy—feet on floor

Harder—feet on bench

Hardest—feet up with weight on lap



Core Circuit—10 reps (1-2 sets)



V-up



Bent Leg Sit Ups



Twists!