

THE
REAL-LIFE
METHOD

“Hi, and welcome to Workout 2 of these 3, free workouts which I’ve designed just for you.”

This full-body workout includes a 2 minute warm-up, followed by 18 exercises.

The aim is perform each exercise for 10 - 12 reps in around 40 seconds, then rest for 20 seconds before moving onto the next exercise.

Use a weight that is challenging for those last couple of reps, but that you can still control.

“So, grab your dumbbells and lets go!”



2 MIN WARM-UP:

Exercise

Squat to Reach

- Sit your hips back and down
 - Keep your chest tall
- Stand up and reach overhead

Hip Hinge Sweep

- Soft bend in your knees
 - Push your hips back
 - Keep your back flat

Reverse Lunge (alternating)

- Step back long
 - Drop straight down
- Push through your front heel

Standing Row Squeeze

- Reach your arms forward
 - Pull your elbows back
- Squeeze your shoulder blades

Lateral Step Squat

- Step wide to the side
 - Sit into your hip
- Keep the other leg straight

Dead Bug

- Lower back stays pressed down
 - Move slow and controlled
 - Reach opposite arm and leg

How To Do It:



FULL-BODY WORKOUT:

Exercise

How To Do It:

Romanian Deadlift

(lower-body)

- Keep the weights close
- Push your hips back
- Keep your back flat



Front Squat

(lower-body)

- Weights at your shoulders
- Keep your back flat
- Sit down between your feet



Bent-Over-Row (elbows out)

(upper-body)

- Lean forward - body still
- Keep back flat
- Pull elbows out to side



Sumo Squat

(lower-body)

- Wide stance, turn toes out
- Sit down, knees out towards toes
- Slight lean forward & back flat



FULL-BODY WORKOUT:

Exercise

How To Do It:

Shoulder Press

(upper-body)

- Stand up tall
- Press weights up
- Lower weights with control



Close-Grip Push-Up (knees)

(upper-body)

- Hands under shoulders
- Knees back
- Elbows towards hips, push floor away



Suitcase Squat

(lower-body)

- Weights by your sides
- Keep your back flat
- Lower with control



Bent-Over-Row (elbows in)

(upper-body)

- Lean forward
- Keep your back flat
- Pull elbows in close to your hips



FULL-BODY WORKOUT:

Exercise

How To Do It:

Reverse Lunge

(lower-body)

- Long step back
- Keep torso upright & back flat
- Push through front foot



Standing Bicep Curl

(upper-body)

- Keep your elbows still by your sides
- Curl the weight up
- Controlled reps



Side Lunges

(lower-body)

- Step wide - sit into hip
- Keep other leg straight
- Push back to centre



Lateral Raise

(upper-body)

- Lift to side & slightly forwards
- No swinging the weight
- Controlled reps



FULL-BODY WORKOUT:

Exercise

How To Do It:

Dead-Stop Rows

(upper-body)

- Let weight stop on floor
- Pull elbows in close to your hips
- Keep your back flat



Curtsy Lunge

(lower-body)

- Step back & across
- Keep torso upright & back flat
- Lower with control



Rear Delt Flyes

(upper-body)

- Lean forward - keep back flat
- Lift to side & slightly forwards
- Controlled reps



Goblet Squat

(lower-body)

- Hold weight close - chest up
- Keep back flat
- Sit down with control



FULL-BODY WORKOUT:

Exercise

How To Do It:

Knee Tucks

(core/abs)

- Keep body straight - core braced
 - Pull knees in, then out
 - Wobbly is ok - your core will strengthen



Dead-Bug

(core/abs)

- Keep lower back into floor by tucking hips up
- Moving opposite arm & leg
- Aim for control not speed



*“Well done for completing this workout!
I really hope you enjoyed it!”*

“See you in the next one.”