

T H E
REAL-LIFE
M E T H O D

“Hi, and welcome to Workout 3 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:

Sumo Squat

(lower-body)

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



Arnold Press

(upper-body)

- Start with your palms facing in and finish palms facing out
- Control on the way down



Bent-Over-Row (elbows in)

(upper-body)

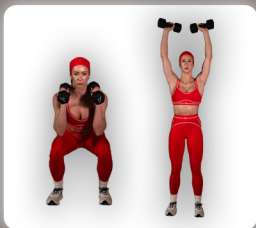
- Lean forward
- Keep your back flat
- Pull elbows in close to your hips



Squat & Press

(upper & lower-body)

- Squat first, then press overhead
- Keep back flat



FULL-BODY WORKOUT:

Exercise

How To Do It:

Romanian Deadlift

(lower-body)

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



Bent-Over-Row (elbows out)

(upper-body)

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



Close-Grip Push-Up

(upper-body)

- Hands under shoulders
- Keep legs, bum, back all in-line
- Elbows towards hips



Reverse Lunge

(lower-body)

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



FULL-BODY WORKOUT:

Exercise

How To Do It:

Lateral Raise

(upper-body)

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



Suitcase Squat

(lower-body)

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



Dead-Stop Rows

(upper-body)

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



Goblet Squat

(lower-body)

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



FULL-BODY WORKOUT:

Exercise

How To Do It:

Rear Delt Flyes

(upper-body)

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



Curtsy Lunge

(lower-body)

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



Overhead Extension

(upper-body)

- Keep elbows pointing up
- Lower behind head
- Press weight straight up



Side Lunges

(lower-body)

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



FULL-BODY WORKOUT:

Exercise

How To Do It:

Reverse Crunch

(core/abs)

- Keep lower back into floor by tucking hips up
- Lift your hips
- Knees towards your head



Russian Twists

(core/abs)

- Engage core
- Rotate side to side
- Move within a range you can control



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

“See you in the next one.”