



CATHY SAVAGE FITNESS

## **SAVAGE SUMMER SMACKDOWN**

### **Home Workout: Upper and Lower Body, and Core**

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## Upper Body and Core Home Workout

**Warm-up:** 10 minutes stair running, jog around outside of house, or jump rope. Dynamic stretches – prisoner walks, zombies, inch worms.

**Notes:** Beginners do 2 sets of all exercises instead of 3. If you have weights, add them to the exercises. If you have dumbbells, use them for the upper body exercises, if not, use soup cans, water bottles, or put books in a pillow case, and use that as your weight!

### **Core 3x**

Plank Jack Knife 10x

Plank Shoulder Touch/Tricep Touch 10x each

Plyo Push-ups 8x

Reverse Curl Toe Touch 20x

Push-up Jacks 10x

Supermans 10x

### **Upper Body 3x**

3 Way Shoulder 10-15x each

1A Row 15x

21 Bicep Curls

Bench Dips 20x (use a chair or coffee table that won't tip)

Upright row 15x

Spiderman Push-ups 10x



## Lower Body Home Workout

**Warm-up:** 10 minutes stair running, jogging around the outside of your house, or jump rope. Dynamic stretches – prisoner walks, zombies, inch worm.

**Notes:** Beginners do 2 sets of all exercises instead of 3. If you have weights, add them to the exercises.

### **Set 1 – 3x**

Squat with alternating toe touch 3x10 each side

Burpees 10x

### **Set 2 – 3x**

Stationary Lunges 20x each side

Jump lunges 10x each side

### **Set 3 – 3x**

Step Ups (use a coffee table, chair, or stairs) 15x each side

Speed skaters 10x each side

### **Set 4 – 2x**

Hip lifts (2 feet) 15x

Hip lifts (1 foot) 15x each leg

Marching Hip Lift 15x each side

Prone Hip Extension 10x

Prone Hip Circles 10x each way

### **Set 5 – 1x (time yourself, then try to beat it each time)**

20 Squats

20 alternating forward lunges

20 alternating later lunges

20 squat jumps