

## BURN 7 - Hand Weights

|                                |                                           |                                                   |                                      |                                               |                                      |
|--------------------------------|-------------------------------------------|---------------------------------------------------|--------------------------------------|-----------------------------------------------|--------------------------------------|
| <b>Warm Up</b>                 | <b>Set-up:</b> <i>Weight in each hand</i> | <b>Exercise 1</b>                                 | <b>Exercise 2</b>                    | <b>Exercise 3</b>                             | <b>Exercise 4</b>                    |
|                                |                                           | Step back lunges with Side Arm Raise + Bicep Curl | Lunge Pulses + Side arm raise Pulses | Front Knee Lift to lunge with Front Arm Raise | Side Lunge with Shoulder Press       |
| <b>Lower Body 1</b><br>2 songs | <b>Set-up:</b> <i>Weight in each hand</i> | <b>Exercise 1</b>                                 | <b>Exercise 2</b>                    | <b>Exercise 3</b>                             | <b>Exercise 4</b>                    |
|                                |                                           | Squat with Bicep Curl and shoulder Press          | Squat Pulses - Hold Weights at Chest | Squat Hold with Jabs                          | Squat with Front arm Push + Deadlift |
| <b>Upper Body</b><br>2 songs   | <b>Set-up:</b> <i>Weight in each hand</i> | <b>Exercise 1</b>                                 | <b>Exercise 2</b>                    | <b>Exercise 3</b>                             | <b>Exercise 4</b>                    |
|                                |                                           | Arms wide 90 degrees - Pulse up                   | Close in and out                     | Prayer position pulse ups with box steps      | Wood Chop with Squat                 |
|                                | <b>Set-up:</b> <i>Weight in each hand</i> | <b>Exercise 1</b>                                 | <b>Exercise 2</b>                    | <b>Exercise 3</b>                             | <b>Exercise 4</b>                    |
|                                |                                           | Single arm fist pumps                             | Tricep swings + Push backs           | Back tricep pusles with walking feet          | Behind the back mini circles         |
| <b>Cardio</b><br>2 songs       | <b>Set-up:</b> <i>Weight in each hand</i> | <b>Exercise 1</b>                                 | <b>Exercise 2</b>                    | <b>Exercise 3</b>                             | <b>Exercise 4</b>                    |
|                                |                                           | On the spot shuffle                               | Shuffle Jabs                         | Frog jump forward + suffle back               | Star Jumps                           |
|                                | <b>Set-up:</b> <i>Weight in each hand</i> | <b>Exercise 1</b>                                 | <b>Exercise 2</b>                    | <b>Exercise 3</b>                             | <b>Exercise 4</b>                    |
|                                |                                           | Jumping switch lunges                             | Fast step and cross behinds          | Jump with up punch + Forward punch            | Shuffles with inward arm circles     |

|                       |                                                     |                                                                                                         |                                                            |                                         |  |
|-----------------------|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------|--|
| Lower Body<br>2 songs | <b>Set-up:</b>                                      | <i>Two weights in one hand</i>                                                                          |                                                            |                                         |  |
|                       | <b>Exercise 1</b>                                   | <b>Exercise 2</b>                                                                                       | <b>Exercise 3</b>                                          | <b>Exercise 4</b>                       |  |
|                       | Single Leg Deadlift switching weights to other hand | Back Leg Pulses with tricep pulses                                                                      | Squat to back leg kick with Bicep Curl to Tricep Kick Back | Squat Pulses                            |  |
| Lower Body<br>2 songs | <b>Set-up:</b>                                      | <i>All fours, one hand on top of weight, weight standing up vertically, other arm rested on forearm</i> |                                                            |                                         |  |
|                       | <b>Exercise 1</b>                                   | <b>Exercise 2</b>                                                                                       | <b>Exercise 3</b>                                          | <b>Exercise 4</b>                       |  |
|                       | Donkey kick alternating with upper body push        | Lay on side, tap foot in front, kick behind with arm reach                                              | Extended leg pulses                                        | Extended leg circles                    |  |
| Note                  | All Exercises on Right then all on Left             |                                                                                                         |                                                            |                                         |  |
| Core<br>2 songs       | <b>Set-up:</b>                                      | <i>Weight in each hand, legs and arms extended to ceiling</i>                                           |                                                            |                                         |  |
|                       | <b>Exercise 1</b>                                   | <b>Exercise 2</b>                                                                                       | <b>Exercise 3</b>                                          | <b>Exercise 4</b>                       |  |
|                       | Pulse crunch                                        | Froggy Hip Bridge with chest Press                                                                      | Froggy Crunch                                              | Full Sit up to opposite Knee with twist |  |
| Core<br>2 songs       | <b>Set-up:</b>                                      | <i>Plank Position</i>                                                                                   |                                                            |                                         |  |
|                       | <b>Exercise 1</b>                                   | <b>Exercise 2</b>                                                                                       | <b>Exercise 3</b>                                          | <b>Exercise 4</b>                       |  |
|                       | Plank knee tuck - Double Pulse                      | Plank leg cross behind + Plank star Jump                                                                | Flat on Tummy - Back extentions                            | Flat on Tummy - Leg Fluters             |  |