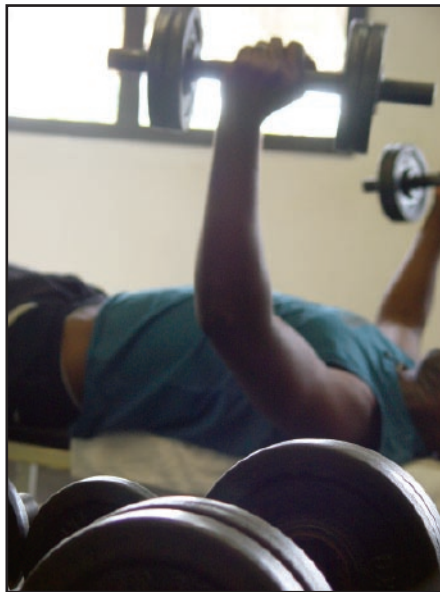




# Blast Your Body into Gear

## BODY BY DAN

Okay, here's the deal. You thought to yourself in March "I really need to get myself in shape before the summer hits. I want to finally get a beach body that I can be confident in." Then you looked outside and thought "Well, it doesn't really show any signs of summer yet, I've got time." Now summer has hit and you're really wishing you started in March. Well, you know what? There's no reason that you can't start to work on your beach body now and keep it all year round. You'll feel more confident, be healthier, and have more energy. To help you out, I am giving you a series of 5-10 minute workouts I like to call "blasts." They will really jump start your program and give you some great ideas for focusing on certain parts of your body. Do each blast 2-3 times per week. For your convenience, and in case you are working out at home, these blasts are composed of only dumbbell-based exercises.



### Blasts:

What is a blast? Well, a blast is what a lot of people would commonly refer to as a superset, triset, or giant set--essentially a series of exercises. Once you complete the required number of repetitions for exercise A1, move to exercise A2, complete the required number of repetitions and move to exercise A3, and so on. Once you complete the series of exercises, rest 2-3 minutes and start over with exercise A1.

**Shoulder Blast:** Repeat 2-3 times per session.

- A1: Seated Arnold Press 8reps
- Rest 10 seconds

- A2: L-Lateral Raise 8 reps
- Rest 10 seconds
- A3: Reverse Flies 12 reps

**Arm Blast:** Repeat 2-3 times per session.

- A1: Standing Dumbbell Curls 6 reps (simultaneously with both arms)
- Rest 10 seconds
- A2: Close-Grip Pushups 8 reps (slow)
- Rest 10 seconds
- A3: Standing Hammer Curls 6 reps (each arm, alternate arms each rep)
- Rest 10 seconds
- A4: Lying Tricep Extensions 8 reps (each arm, alternate arms each rep)
- Rest 10 seconds
- A5: Standing Hammer Cross-Body Curls 6 reps (each arm, alternate arms each rep)

Rest 10 seconds

- A6: Standing Overhead Triceps Extension 8 reps (done with both arms on one dumbbell)

**Leg/Butt Blast:** Repeat this blast 2-3 times per session.

- A1: Single-Leg Romanian Deadlift 8 reps (each leg, do 8 reps straight with the first leg before switching)
- Rest 10 seconds
- A2: Lying Glute-Bridges 8 reps (hold 5 seconds at the top position of each bridge)
- Rest 10 seconds
- A3: Walking Lunges or Stationary Lunges 8 reps (each leg)

And, there you have it. You can make a single workout by combining those blasts and do it three times per week, or you can simply add one of those blasts at the end of each of your workouts to help transform a "trouble spot" that may be lagging behind. Just be sure to add in some back work, ab work and chest work to balance out your musculature. If you are unsure about how to perform any of those exercises, please search for them on the Internet and/or see your local personal trainer.

Additionally, be sure to include some cardio workouts, drink plenty of water (more than the commonly recommended eight glasses a day), eat 20g of protein with each snack and meal, and eat plenty of fruits and vegetables. Take care, and good luck!