

Danette Allen's


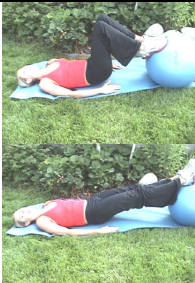


Fit at Any Level

www.BodyHeartMindSoul.com



This workout outline corresponds to Danette Allen's *Fit at Any Level* video DVD and Ipod video download. This workout takes about 30 to 40 minutes to complete.

	Warm-up 5 min. (jump rope/brisk walk/squat or exercises such as "reach for the sky", "shoot the basket", "jumping jacks")
	Plank- hold for 15-30 seconds (1 st set)
	Abdominal Cross Overs- 20 repetitions (1 st set)
	Plank- hold for 15-30 seconds (2 nd set)
	Abdominal Cross Overs- 20 repetitions (2 nd set)
	Quads- leg squats with ball 15 w/ 15 pulses (1 st set)
	Glutes on ball 15 w/ 15 pulses (1 st set)

	Quads -leg squats with ball 15 w/ 15 pulses (2 nd set)
	Glutes on ball 15 w/ 15 pulses (2 nd set)
	Cardio Segment - continuous for 1:30 min
	Low Row working your back-12 reps (1 st set)
	Leg Hamstring Curls on ball- 12 reps (1 st set)
	Low Row working your back-12 reps (2 nd set)
	Leg Hamstring Curls on ball-12 reps (2 nd set)
	Cardio Segment -continuous high speed 1 min.
	Arm Bicep Curl -12 reps (1 st set)
	Hip and Glute Band Walks - 20 on each side (1 st set)
	Arm Bicep Curl -12 reps (2 nd set)
	Hip and Glute Band Walks -20 on each side (2 nd set)
	Cardio Segment 5- min. (reach for sky, shoot the basket, jumping jacks)
	Stretch and Cool Down