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**Fitness & Nutrition**

**30/30 Bodywork**

**10 Minute Interval Training Segments**

## 30/30 Bodywork

Perform each exercise for 30 seconds then recover for 30 seconds

Each workout will take approximately 10 minutes.

Repeat as time permits and as long as you maintain good form.

Perform 7 minute warm-up, Perform 5 minute stretch post-workout

### Legs

1. Alternating lunge
2. Front squats - barbell
3. Hamstring curl or weighted hip thrust
4. DB parallel squats
5. Bulgarian split squat – right leg
6. Bulgarian split squat – left leg
7. Standing calf raise with db – right leg
8. Standing calf raise with db – left leg
9. Side to side weighted lunge
10. Oblique crunch

### Arms

1. Biceps curl
2. Overhead triceps extension
3. Hammer curls
4. Cable or band triceps pushdown
5. Cable biceps curl – face away from pulley, extend arm back
6. 7-Ups – biceps curl: 7 full, 7 top, 7 bottom
7. Triceps kickback – right
8. Triceps kickback – left
9. Db or straightbar wrist curls
10. Hanging leg raises

### Chest

1. Chest press - incline with db
2. Incline db flye
3. Chest press – flat bench with db
4. Decline pushups
5. Close grip bench press
6. Pushups
7. Cable crossovers
8. Partial flye
9. Incline pushups
10. Weighted situps on stability ball

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### Back

1. Pullups or wide grip lat pulldown
2. Bentover barbell row - underhand grip
3. Dumbbell Pullover
4. Dumbbell reverse flye
5. Single arm db row – right arm
6. Single arm db row – left arm
7. Shrugs - db
8. Chinups or close grip lat pulldown
9. Low back extensions – on stability ball
10. Ski abs

### Shoulders

1. Internal rotation
2. External rotation
3. Scapular protraction – in push-up position move shoulder blades forward
4. Scapular protraction – use lat pulldown machine – squeeze shoulder blades together
5. DB overhead press
6. DB lateral raise
7. DB upright row
8. Face pull – band or cable
9. Bentover rear delt cable pull – keep elbow in line with shoulder
10. Cable crunch

### Full Body – BONUS WORKOUT

1. Db rows
2. Biceps curl
3. Squat with db on shoulders
4. Shoulder press
5. Db front raise
6. Overhead db triceps extension
7. Plank on forearms
8. Leg extension – right
9. Leg extension – left
10. Front db shoulder press (palms facing your face)