



TOTAL FITNESS

Megan Bickel's Total Body Workout Guide

Before Getting Started...

Equipment Needed

- Resistance bands
- 1 Set of Dumbbells
- A chair



Image Source: <https://www.aliexpress.com/>



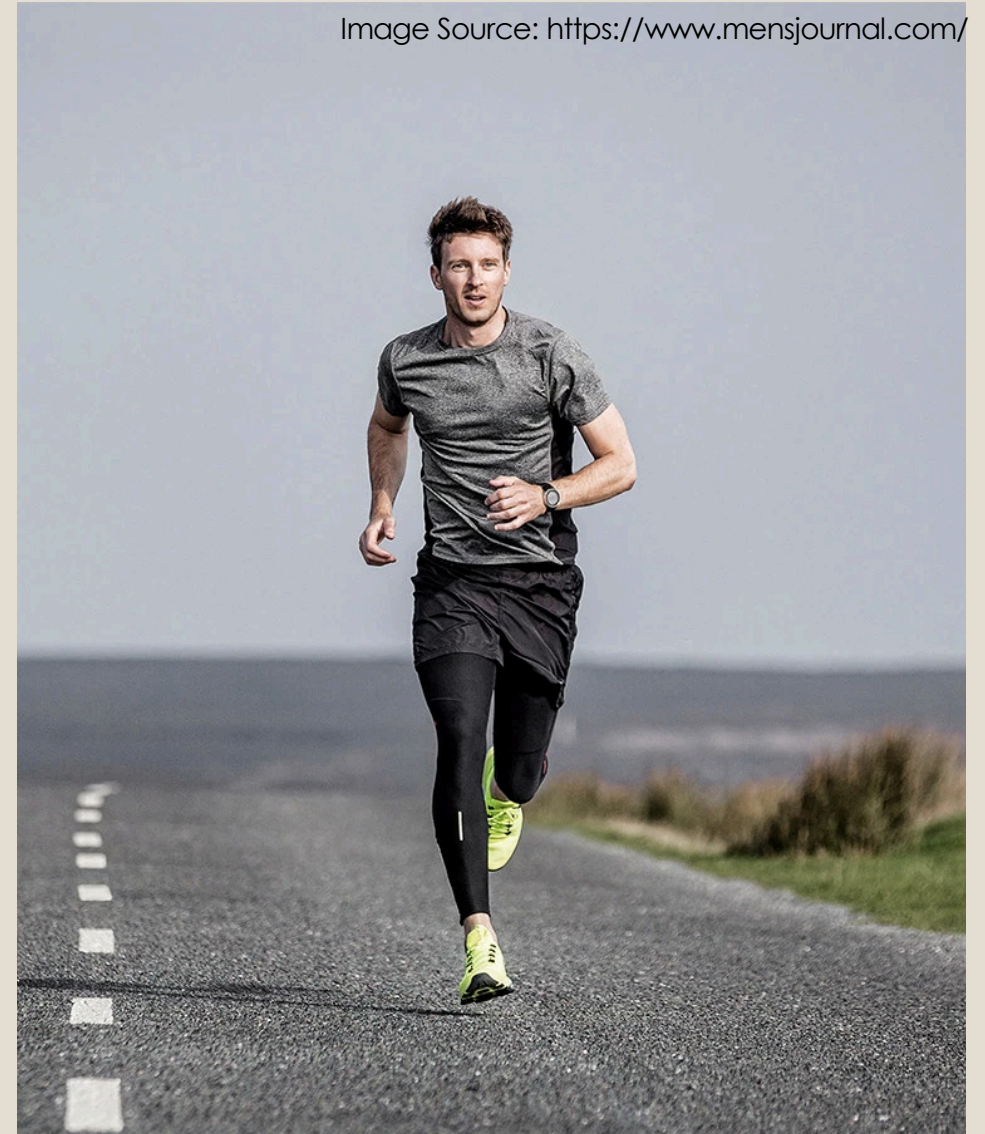
Image Source: <https://www.ikea.com/>



Image Source: <https://www.fringesport.com/>

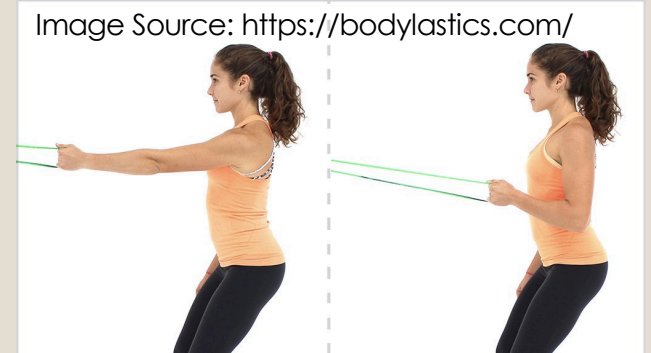
Warm Up

- It is important to get at least 30 minutes of cardio three times a week.
- For a warm up, do 20 minutes of walking on the treadmill or outside five times a week



Upper Body

- Standing Rows with Resistance Bands
 - 3 sets of 12 reps
- Standing Hammer Curls
 - 3 sets of 10 reps
- Seated Overhead Press
 - 3 sets of 10 reps



Upper Body Cont.

- Standing Alternating Bicep Curl
 - 3 sets of 8 reps
- Seated Triceps Extension
 - 3 sets of 12 reps



Lower Body

- Glute Bridges with Dumbbells
 - 3 sets of 12 reps
- Standing Calf Raises with Dumbbells
 - 3 sets of 10 reps
- Sumo Squat
 - 3 sets of 15 reps
- Lunges with Dumbbells
 - 3 sets of 12

Image Source: <https://m.musely.com/>

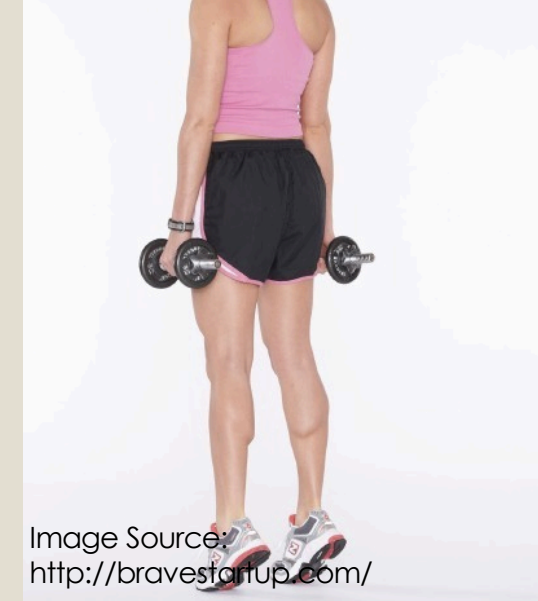


Image Source: <http://bravestartup.com/>

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Core

- Dead Bugs
 - 3 sets of 15
- Jackknife
 - 3 sets of 10
- Russian Twists with Dumbbells
 - 3 sets of 20

Image Source: <https://www.coachmag.co.uk/>



Image Source: <http://thedailyhealthytip.com>

Step: 1

Step: 2

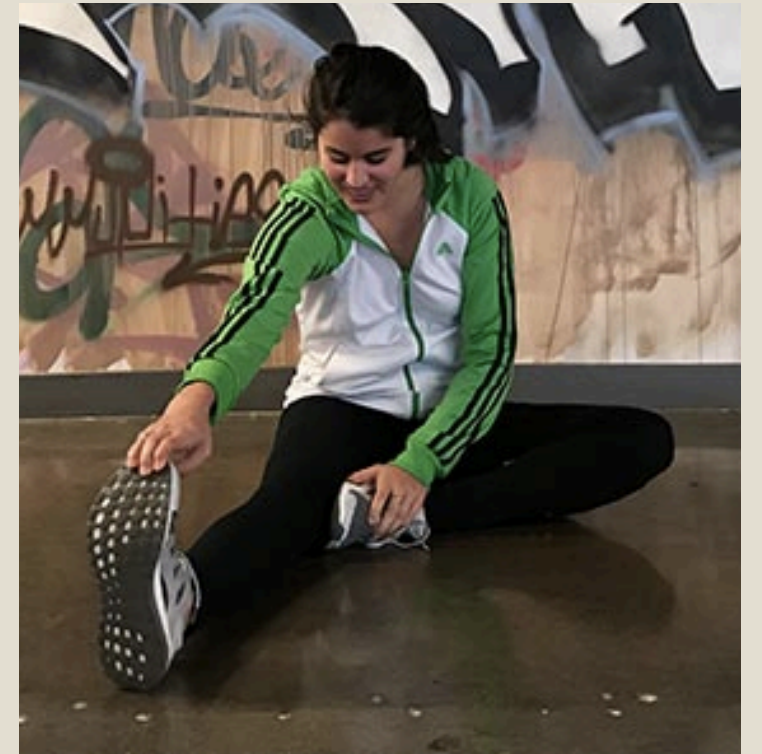


Image Source: <https://www.popsugar.com/>



Cool Down

- Hamstring Stretch
- Lower Back Stretch
- Triceps Stretch
- Calf Stretch



After the Workout...

- Protein is a key factor in muscle recovery so it's important to eat a protein filled snack after working out. Some suggestions are...
 - Peanut butter banana smoothie
 - Apple with peanut butter
 - Almonds
 - Protein shakes