

Let's Get Physical... Bobby B. Style!

Working out doesn't have to take all day... but a quick, under 30-minute Bobby B. workout will have you feeling energetic, fit, and focused all day long!

Warm up

Time: 7 minutes

Before you *tighten* up your physique, you have got to *loosen* up! A good warm up is the best way to get you fired up for a fantastic fitness session. The goal is to increase body temperature, which will prime the body for the workout with increased blood flow and muscle flexibility. You have got to get your temperature hot to get you looking hot!

Warming up can be done on a treadmill or outdoors – fit the location to your schedule. Choose either the incline walk or the striders options below. For these warm ups, concentrate on form and breathing. Ease into it. This is just your warm up before we get down to business. In just 7 minutes you will feel warmed up and ready to conquer your next task!

Incline Walk- 7 minutes total, ranging from 3.0-4.5 MPH depending on the individual. Jump on the treadmill and spend the first minute walking at 3% incline, minutes 2 and 3 at 7% incline, minute 4 at 10% incline, minute(s) 5 (6) at 12% incline, and minute(s) (6) 7 at 15% incline to increase blood flow and overall body temperature.

Striders - Ten 60-75% max effort 50m "sprints" or "runs" with approximate 10 seconds rest in between. If you are working out inside, you can do a jog in place to simulate this warm up.

Dynamic/Body Weight Stretching

Time: 5 minutes

These types of movements involve using the best piece of machinery we have – our own bodies! These exercises involve leg swings, air squats, walking lunges, pushups, etc. Choose 3 body weight movements that correlate to that day's work out and do 3 sets of each exercise ranging from 15-25 repetitions.

See below for examples of these types of movements.

Workout

Time: 10 minutes

I like to group my workouts into 4 categories: Push, Pull, Legs, and Totally Body. Pick one focal point per day and choose 4 exercises that fall under this category. Pick the first 2 and do 3 sets of each rotating back and forth between the exercises. Next, take the next 2 and also do 3 sets of each, rotating back and forth between them. Focus on intensity and form and move quickly between each set – this will also be a great cardio workout for you, because no rest is needed in between sets. Remember: form is the key to injury-free fitness!

See below for examples of movements from each category.

Warm Down

Time: 7 minutes

Don't forget to warm down with some stretching and light jogging to help your muscles recover and attack the next workout. Stretching helps us to keep that important trait of consistency. One option is to repeat the strider or incline walk option you started out with.

Less Than 30 Minutes a Day Keeps Body Fat Away!

In less than 30 minutes, you can give yourself the fitness regime that your body deserves. Fitness is a step-by-step process. It's about making short, consistent, smart sprints, so keep working at this routine; it will get easier to follow each time you go through it. Soon enough, you will find yourself waking up excited and pumped up to challenge yourself for a quick 30 minutes. Working smart ensures that fitness can fit into your lifestyle. And I am ready to sweat it out alongside of you!

Examples of Dynamic Body Weight Stretches:

Lunge it out

Body Weight Lunges

Start with both feet together. Keep your back straight and your core tight while lunging forward with your right leg. Spring back to starting position and repeat with your left leg. Aim to get your right thigh parallel with the ground while keeping your lower leg at a 90 degree angle with the ground.

Get in the rotation

Joint rotators

From a relaxed standing position with your arms hanging loosely at you sides, start at the top with your neck and move down to your ankles and toes. Flex, rotate, and circle in both directions each of your joints – neck, shoulders, wrists, elbows, fingers, hips, knees, ankles, toes.

Come full Circle

Neck circles

Stand straight with perfect posture, start by carefully take your head down around to the right, and back to starting position. Then change directions.

Or

Hip circles

Start with hands on hips. Rotate your trunk and hips in wide circles in a clockwise directions and then change to counterclockwise direction. You can also twist your trunk back and forth with outstretched arms.

Get into the swing of things

Arms swings

Start as always in perfect posture; swing your arms forward in wide, sweeping circles, then after a few rotations change direction. Then swing your arms and cross them in front of your chest.

Or

Leg Swings

Keeping your body perfectly still, only swing your right leg in front of your body, keeping it perfectly straight, and swing it backwards while maintaining core strength. Keep toes pointed. Repeat using left leg.

Bend it Like Bobby

Side bends

Stand with feet shoulder width apart and shoulders back. Bend your trunk to your right, then your left

Get Lowwww

Body Weight Squats Make sure to maintain a flat back and perfect form while performing body weight squats. Aim to get your thighs parallel with the floor.

Examples of Workout Movements

There are many types of exercises that can fit into these categories, but here are just a few to get you started!

PUSH

Bench Press

Cable-Crosses

Front and Side Raises

Triceps Dips (off Bench)

Explosive Push-Ups

Front and Side Shoulder Raises with a Band

PULL

Up Right Rows

Bent-Over Row

Neutral Curl and Press

Dead Lifts:

Lat Pulldowns

LEGS

Box Step-Ups

Jump Squats

Leg Curl

Lateral Box Jumps or Box Step ups

Jumping Switch Lunges

Leg Extensions

TOTAL BODY

Superman's/Burpee's

Star Jumps

Squat, Curl, and Press

Squat-Shrugs

Clean & Press

Pullups