

## WORKOUT 2

# CORE AND UPPER-BODY DUMBBELL

**Purpose:** This workout introduces you to upper-body and core exercises that aim to strengthen your transverse abdominus, stabilize your hips and spine, and help generate twisting power. They also strengthen your arms, back, and shoulders. These exercises add weight resistance to your workout, which puts more pressure on your body, so be vigilant in demonstrating proper form.

### The Workout

1.	<u>Weighted Swings</u>	→ 10 reps each side
2.	<u>Torso Twists</u>	→ 10 reps
3.	<u>The Phoenix</u>	→ 10 reps
4.	<u>Crunches</u>	→ 20 reps

5.	<u>Deadlifts and Front Raises</u>	→ 10 reps
6.	<u>The Discus-Thrower</u>	→ 10 reps each side
7.	<u>Leg Raises</u>	→ 14 reps
8.	<u>Crossover Crunches</u>	→ 20 reps
9.	<u>Low Reverse Flyes</u>	→ 10 reps
10.	<u>Squats and Shoulder Presses</u>	→ 12 reps

### Coach's Instructions

- Do 1-3 sets 2-3 times per week
- If needed, can be done on same day as a scheduled run that is 5 miles in length or less
- If you do not have access to weights, please continue to do the exercises from Weeks 1/2.

## WEIGHTED SWINGS



# REPS  
10-20

**MUSCLE TARGETS:** Obliques, abs (transverse), delts, biceps, triceps

**EQUIPMENT:** Medicine ball or dumbbell, BOSU (advanced)

### FORM



1 Stand with your feet 2'-3' apart and your knees slightly bent, holding a dumbbell or medicine ball with both hands near your outer hip.

2 Now swing the weight up diagonally toward the opposite side. Just as with any sport that requires swinging with both arms together, such as baseball and golf, aim to keep your arms as straight as are in front of you.

3 Return to the start position. Complete all swings on one side, then repeat on the other side.

## TORSO TWISTS



# REPS  
14-20

**MUSCLE TARGETS:** Abs (transverse), delts, biceps, triceps

**EQUIPMENT:** Medicine ball or dumbbell, BOSU (advanced)

### FORM



1 Hold a medicine ball or dumbbell in front of you with both hands, keeping your arms parallel to the ground.

2 Swing the weight smoothly and forcefully from right to left and back again.

3 One swing from right to left and back again constitutes 1 rep.

## THE PHOENIX



# REPS  
10-20

**MUSCLE TARGETS:** Hamstrings, glutes, quads, delts (medial)

**EQUIPMENT:** Dumbbells (light), BOSU (advanced)

### FORM



1 Perform a squat, holding two light dumbbells at your sides.

2 As you rise, lift the weights up and outward, raising them to eye level by the time you are standing up fully. This movement of the dumbbells, without the squat, is known as a **Lateral Raise**.

3 Lower the weights to your sides as you squat, returning to starting position. This constitutes 1 rep.

## CRUNCHES



# REPS  
20-50

**MUSCLE TARGETS:** Abs (rectus)

**EQUIPMENT:** None

### FORM



1 Lie faceup on your exercise mat, with your knees bent and your heels on the floor. Cross your arms over your chest.

2 Curl your body upward, being sure to keep your lower back on the floor; then return to the starting position.

3 This constitutes 1 rep.

## DEADLIFTS AND FRONT RAISES



# REPS  
10-20

**MUSCLE TARGETS:** Lower back, hamstrings, traps, delts, biceps, triceps  
**EQUIPMENT:** Dumbbell or medicine ball, BOSU (advanced)

### FORM



- 1 Stand with your feet a bit wider than shoulder-width. Tilt your pelvis backward and arch your back, with your knees slightly bent. Keep your pelvis tilted throughout the exercise, even as you straighten up and bend over again.
- 2 Bend forward at the hips, being careful not to round your back. Grip a dumbbell or medicine ball with both hands.

- 3 Straighten and raise the weight up over your head toward the ceiling in one smooth movement. When the weight is at the highest point of the movement, your back should still be slightly arched and your pelvis tilted backward.
- 4 Hold for a moment, then let the weight swing back down. This constitutes 1 rep.

## LEG RAISES



# REPS  
10-30

**MUSCLE TARGETS:** Abs (rectus), hip flexors, quads  
**EQUIPMENT:** None

### FORM



- 1 Lie faceup on your exercise mat, with your hands wedged under your backside and your legs extended.
- 2 Raise your legs off the floor until they are perpendicular to the ground, then slowly lower them again.

## THE DISCUS-THROWER



# REPS  
10-20

**MUSCLE TARGETS:** Glutes, quads, obliques, abs (transverse), delts (medial, posterior)  
**EQUIPMENT:** Dumbbell

### FORM



- 1 Scissor your legs so that one foot is in front of you—spread your legs and give yourself plenty of room.
- 2 Hold a dumbbell in the arm opposite your outstretched leg and squat, twisting your body so that you are holding the dumbbell on the outside of the opposite knee, with your palm facing inward toward that knee.
- 3 Stand up while twisting your body and raising the dumbbell. Lead with the elbow of the arm

holding the dumbbell, rotating your arm so that your hand is the highest part of your body.

- 4 Return to the starting position. This constitutes 1 rep. Complete your goal number of reps, then switch the dumbbell to your other hand.

## CROSSOVER CRUNCHES



# REPS  
20-30

**MUSCLE TARGETS:** Abs (rectus), obliques  
**EQUIPMENT:** None

### FORM



- 1 Lie faceup on your exercise mat, with your knees bent and your feet flat on the floor. Cross your right ankle over onto your left knee.
- 2 Keeping your right elbow on the floor and your left hand on the back of your head, bring your left shoulder up and across diagonally toward your right knee. The goal is to touch your left elbow to your right knee, though actual touching is unnecessary; the key is to bring your shoulder up and across diagonally.
- 3 Complete your goal number of reps, then continue on the other side.

## LOW REVERSE FLYES



# REPS  
10-20

**MUSCLE TARGETS:** Trape, rhomboids, lats  
**EQUIPMENT:** Dumbbells

### Coach's Note

Although this is a single joint movement, it can have a big impact on your fitness. It primarily works your midback, targeting the muscles that help you maintain proper posture while running.

### FORM



- 1 Holding a pair of dumbbells low in front of you, bend slightly from the waist while keeping your back arched.
- 2 Bring the dumbbells together so that your palms are facing each other, and bend your elbows.
- 3 Swing your arms outward, keeping your elbows bent. You should feel a tightening and compression of the midback muscles between your shoulder blades. Do not raise your hands up high: they remain on that same plane, perpendicular to your body, as you sweep them back and then return them in front of you.
- 4 Return to the starting position. This constitutes 1 rep.

## SQUATS AND SHOULDER PRESSES



# REPS  
10-20

**MUSCLE TARGETS:** Hamstrings, glutes, quads, delts, triceps  
**EQUIPMENT:** Dumbbells, BOSU (advanced)

### FORM



- 1 Hold the weights by your shoulders and squat. Remember to keep your back arched, your pelvis tilted backward, and your eyes focused straight ahead or upward. Do not let your knees bend lower than a 90-degree angle.
- 2 As you rise, push the weights upward toward the ceiling, bringing them together overhead in an arcing motion.

- 3 Lower the weights to your shoulders as you squat down to complete the rep.

