

# DEFINE YOUR BODY

Beach season is upon us and we all want some simple workouts to get us toned for the summer. Couple these workouts with the right diet and you can be ready for the beach in a matter of weeks.

## Inclined Row

Works Out:

- Back
- Anterior Deltoid
- Bicep

**-Details to Remember:**

- 1)Keep YourBack Straight from heel to shoulder
- 2)Do not over rotate your torso

\*Beginner



## Chest Press on Ball

Start by sitting on the ball and sliding your feet .

Works Out:

- Chest
- Core
- Triceps

Details to Remember:

- 1)Keep your back parallel with ground

\*Beginner

Why is this different from your normal bench? This workout really helps to work your entire body. And if you're looking for a challenge try to do it with you feet side by side. The instability will force your body to use all the smaller muscles.

## Hip Raise

Start with position 1, then thrust your hips toward the ceiling to achieve position 2. You'll want to end position 2 with a straight back, from knees to shoulders.

**Details to Remember:**  
Push off heels

Works Out:

- Lower Back
- Core

\*Beginner



## Push Up Position Row

First position your body into a traditional push up stance. You should keep your feet seperated for greater stability.

Works Out:

- Back
- Posterior Deltoid
- Bicep
- Core

**Details to Remember:**

- Back Straight  
from heels to shoulders

\*\*Semi-Advanced



**WARNING:** Do not conduct these exercises without first consulting your physician or trainer.



Peter Feysa graduated with honors from Central Washington University with a bachelors of science in biology in 2001. Peter then moved to northeastern Australia and worked as an ecologist, and after a year, moved back to Washington to become a DNA biologist at CWU. After 15 years of training inside and outside of the gym, Peter then followed his true passion and became a fitness and wellness trainer. His love for physical conditioning led him to then receive his APEX and NASM personal training certifications.

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## Lean side to side

Take a moderate dumbbell and simply lean from side to side

Works Out: -Core  
-Obliques

Details to Remember:  
1) Only go to slight tension on each side. Do not over extend

\*Beginner

Keep your hand on your abs to ensure that they are flexed throughout the exercise.

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This workout will help the guys achieve that sexy waistline... think Brad Pitt in "Fight Club"



## Squat to Bicep Curl

Choose a lighter weight dumbbell as this will probably wear you out a little bit.

Works Out:  
-Legs -Back  
-Biceps

### Details to Remember:

Do not hunch over when squatting, try to keep your lower back straight from hips to shoulders.



## Torso Rotation

Choose a moderate weight dumbbell, and just follow the images from 1, 2, 3.

Works Out:  
-Core

Details to Remember:  
Keep it slow and do not rush yourself

\*Intermediate

This workout is great for your baseball swing or even our golf swing.

1



2



3

