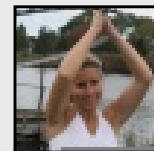


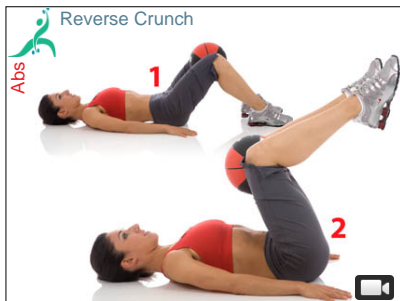


# My Melissa Kohn Workout

Web Sample Workout



Melissa Kohn



**Abs**

**Reverse Crunch**

- 1 - Lie on your back with your knees bent and feet flat, with a med ball between your knees and your hands at your sides.
- 2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.

- Lower your legs to tap your heels on the floor and repeat, keeping your upper body stable and the ball between

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Back**

**Bent Over Row**

- 1 - Stand on the BOSU, bend forward at your waist with your knees slightly bent and your back flat, holding dumbbells with your arms straight and palms facing in.
- 2 - Lift the dumbbells up to the sides of your chest.

- Lower the dumbbells back to a straight arm position, keeping your back flat throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Biceps**

**Twisting Curl**

- 1 - Stand upright holding the dumbbells by your sides with your arms straight and your palms facing inward.
- 2 - Raise the dumbbells up to your shoulders, turning at the wrists, finishing with your palms facing back.

- Lower your elbows close to your sides throughout and do not swing your arms or upper body.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



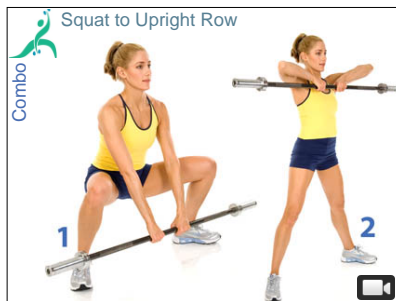
**Combo**

**Row & Kickback**

- 1 - Bend forward at your waist with your knees slightly bent and your back flat holding dumbbells with your arms straight and palms facing in.
- 1 - Lift the dumbbells up to the sides of your chest.
- 2 - Raise one dumbbell back and up, straightening your arm and keeping your shoulder steady and back flat.

- Repeat with the other arm.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Combo**

**Squat to Upright Row**

- 1 - Start in low squat with your feet wide holding a bar with your hands close together between your feet.
- 2 - Stand upright, raising the barbell up to just below your chin, keeping your elbows above your hands.

- Lower your body back down into a squat and the bar back towards the floor.

Equipment Sub: Dumbbells,

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Combo**

**Lunge Twist**

- 1 - Stand upright with your arms by your sides.
- 2 - Take a step forward, dropping your back knee towards the floor and raise your arms up in front to shoulder height.
- 3 - Twist your head, shoulders and torso to one side.

- Twist back to the center and push off your front foot to return to the start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Chest**

**Hindu Push Up**

- 1 - Support your body on your toes and hands with your arms straight and your hips raised high into the air.
- 2 - Lower your head and chest down towards the floor between your hands, bending at your elbows.
- 3 - Extend your head past your hands, then forward and up towards the ceiling, arching your back.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Shoulders**

**Wall Roll**

- 1 - Lean with your forearms on a Swiss ball against a wall at chest height.
- 2 - Roll the ball up the wall, extending your arms overhead fully.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Back**

**Stretch**

- 1 - Start on all fours on the floor with your back slightly rounded.
- 2 - Arch your back, pulling your abdominals up and in, raising your shoulders and lowering your head.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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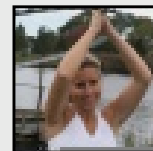
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# My Melissa Kohn Workout

Web Sample Workout



Melissa Kohn



- Sit on the floor with one leg straight and the other bent with your foot crossed over to the outside of the straight leg.
  - Place your opposite elbow on the outside of the bent knee, turning your torso.
- 1 - Gently pull your knee across your body with your elbow as you look to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			