



Fitness with PJ

MAKING YOU FIT. FOR LIFE.

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Stephanie & Danielle

Working with Stephanie and Danielle is a lot of fun. They both have no history of health problems, or previous injuries, and they are young. This is music to any personal trainer's ears because it means that I can really rev up the programming and push the limits of their fitness.

Their fitness goals are like most young women's, general tone and fat loss, so I have them constantly moving through different stations, using a variety of tools such as the BOSU ball, stability ball, medicine balls, boxing drills and the TRX. This gives them the most bang for their workout, which is important since I only have a half hour with them, three times a week.

I continuously change up their programs every week, as well. This helps avoid exercise boredom for the girls and keeps on "confusing" their muscles - giving us the greatest calorie burn at each and every workout.

Warm-up: Stairmaster Level 5, 5 minutes
Treadmill 1/4 mile run

Each exercise is for 1:00, unless otherwise stated

1. Push-ups from knees on BOSU
2. Plank off BOSU - knee drive to opposite elbow
3. Squat on BOSU ball with weight
4. Forward leaning reverse flyes with weight

20 jump squats on the BOSU and then 1-4 again, jump squats again and hold last squat down low for 20 sec

5. BOSU arm climbs (30 seconds each lead arm)
6. Hip bridges with Bender Ball - after 1:00 pulse Bender Ball for 20 sec
7. Crossover crunches off BOSU
8. Unstable shoulder presses with weight

1:00 up and over BOSU with squat on each side and then 5-8 again

View the girl's exercises by logging onto [bur own trainer](#) and try them out for yourself! Print the exercises off, or download them onto your i-pod or mp3 player.