

Sculpting Rx
Kelly Coffey Meyer
Workout 2

Date: _____

Exercise	Laying on floor:
Cs/ Squat---up with lateral raise	Split hand push ups
Lunge Back---Alt front raise---doubles	Low plank: Hip Drops & knee pulls
Plie out---upright home	Wide duck hands push ups
Knee pull R 2x, chamber and heel push	Right Kneeling twist crunches (Left next time)
Front lunge---Rev Fly	
Alt Hi Pull Back---tempo doubles	
Ws/ Rock Row 2... center Row 4 tempo	
Ws/ Rib rock side 4 & reach over L/R	
Roll Down--- 4 and squat	
Side lunge--- with curls	
2 leg liftback--- hammer pump curls	
Prisoner: R/L front leg lift twist and double crunch	
Kickbacks Knuckles front---Ski Squat	
Flared kickouts...kickback palms front...one of each	
Cursty press home and release--- tricep ext	
Ws/ 4 twists, 4	