

2 min. circuit challenge

As president and founder of dub nutrition I am excited to extend one of my many workout challenges to each of you! My personal commitment to you is if you do this circuit 2 times per week your body will tighten up and become more lean.

Remember!! Take 3 muscle, 2 youth, and 1 burner 20 minutes prior to beginning with a simple protein shake or a small amount of food. Now follow this simple program and watch your body change! Make sure you are hydrating with a lot of water during this program!

2 minute intervals with 1 minute rest between each interval!

Bicep Curls: Alternate dumbbell curls for 2 minutes (Do not focus on the reps but the time, you are not allowed to rest during the exercise) **1 min. rest**

Tricep Push Downs: 2 minutes of tricep push down (Make sure the weight is heavy enough that when you hit one minute you feel like crying and if you do cry you are not a baby!! You are getting tougher!) **1 min. rest**

Chest: Dumbbell Press (Flat bench or incline bench) Make sure you use good form and do not count reps but time only! **1 min. rest**

Shoulders: Alternating dumbbell press (No resting during the 2 minutes and make sure you keep your core tight) I prefer to do these standing up it burns more! **1 min. rest**

Legs: 2 sets body squats for 2 minutes each (for sure to make you scream for reprieve) take a bench and squat to the point that your bum barely touches the bench. You are not allowed to sit on the bench during the interval. As you squat you don't want to let your knees pass the front of your toes, in fact if you put your body weight in your heels you will feel a much stronger burn! **1 min. rest**

Calf raises: Use your body weight and go up and down for 2 minutes! Make sure you are stretching your calf at the bottom of each rep! This exercise really makes me scream and it will help you develop a beautiful calf muscle. **1 min. rest**

Abs: Abdominal crunch on an exercise ball. During this 2 minute interval make sure you are doing a pelvic tilt and think of pushing your belly button through the ball! This really burns. Do not pull on the back of your neck in fact at the top of each repetition blow your air out which will help with contracting your abdominals. We all want nice, nice abs. Dub will help you get where you thought was never possible. You want better! We all want Better!! That's why you are doing this! **1 min. rest**

Push ups! For yes 2 minutes! This will polish you off but no resting on the ground! If you need to go to your knees that's ok but rest at the top of the rep not at the bottom! **1 min. rest**

You made it!!! Stay tuned for more of my intense work outs! They really can become addicting! In the up and coming months we will be providing videos to teach you proper form and the latest techniques to get you ripped with dub!! We are a different kind of company and we will make a difference in your life if you do your part and act now! ARE YOU UP FOR THE CHALLENGE? I KNOW I AM! – Sincerely, Jeremy Wardle President&Founder