



EIGHT-WEEK PROGRESSIVE STEPPING WORKOUT

WORKOUT "A"

WEEK	1	2	3	4	5	6	7	8
Push Press	1 min. each arm	1 min. each arm	2 min. each arm	2 min. each arm	3 min. each arm	3 min. each arm	4 min. each arm	Event
Step Ups	8 inch 1 min. 0 pounds	8 inch 1 min. 20 pounds	10 inch 2 min. 20 pounds	10 inch 2 min. 40 pounds	12 inch 3 min. 40 pounds	12 inch 3 min. 50 pounds	10 inch 4 min. 40 pounds	
Farmers Walk	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	

WORKOUT "B"

Uses Snatch Instead Push Press

WEEK	1	2	3	4	5	6	7	8
Snatch	1 min. each arm	1 min. each arm	2 min. each arm	2 min. each arm	3 min. each arm	3 min. each arm	4 min. each arm	Event
Step Ups	8 inch 1 min. 0 pounds	8 inch 1 min. 20 pounds	10 inch 2 min. 20 pounds	10 inch 2 min. 40 pounds	12 inch 3 min. 40 pounds	12 inch 3 min. 50 pounds	10 inch 4 min. 40 pounds	
Farmers Walk	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	

Alternate sets of each exercise and rest as little as possible. 8 inch / 10inch / 12 inch = step height

THE EXERCISES

ARM PUSH PRESS

Bring one dumbbell to shoulder level as shown in picture. Next, bend the hips and knees a few inches. Inhale, and get ready to explode up with the both the legs and one or two arms. Using a hip thrust (stand up quickly, driving up) lock out hips and knees as you simultaneously press the weight overhead (lock out elbow). Feel the heel of the hand push through the bell handle and be aware of the hip, knee, and elbow lockout all occurring at the same time. The inside of the upper arms should wind up near your ears in the full lockout position. Bend at the elbow and lower bell back to shoulder, dip again and repeat another push press. This exercise builds timing, explosive power (strength plus speed) and endurance. Can be done with 1 or 2 DB's and for much higher reps or minutes (unlimited number for endurance improvement), or can be used as a method to overhead press a heavy dumbbell for low reps (for limited strength gains). Be sure to get your timing down before increasing weight.



1-Arm Dumbbell Snatch



ARM DUMBBELL SNATCH

Stand with feet at hip width or slightly wider, bell on floor in front of you. Toes are straight or point slightly out. Tighten the abs and clench the glutes (for spinal support) before you bend first at the hips and then knees to pick up the dumbbell with one hand. You can swing the bell back between your legs (hike a football type of pass) a few inches before pulling up.

Inhale just before pulling and with synchronized hip and upper body motion, pull the weight up from the floor with your legs (pop up on the toes). Allow the momentum of the pull and hip thrust to continue propelling the bell upward. Keep the arc of travel as close to the body as possible. When the bell reaches the chest, there will be a shift of weight from your fingers pulling the bell, to the heel of your hand.

Get under the still moving bell (dip your knees if necessary), and punch it straight up. Be sure your wrist doesn't bend back at the top of the move, and the bar pushes straight down through a non-bent wrist and vertical forearm. This is not simple press; the momentum from your hip thrust is the driving force. This should be fairly easy to do for a few reps unless you attempt too heavy a weight. For most men a 15 or 20 pound bell is a good start, for most women, an 8 or 10-pound bell works nicely. Be sure to use the thrust from your legs and hips to hoist the bell overhead, instead of using pure upper body. This is a full body effort.

Remember, your back stays straight and tight, head up, shins vertical (weight on heels) glutes (squeeze cheeks) and abs (brace for punch) tight as you press the weight completely overhead (locking out your elbow). Do not arch or bend backwards as your straight arm is next to your ear. Pause for a brief second and allow the weight to drop first to shoulder level, then back to starting position (absorbing the dropping weight with your legs) Inhale sharply, reverse the direction and pull DB back up once again (be sure to lead with the hips). Coordinate your breathing with your movements (exhale up, inhale down works for most people).



STEP-UPS

Adjust step height as indicated and face step. Alternate legs and continue stepping for minutes indicated. You'll perform one set of step-ups after every one-arm set of the push press and snatch (one set of steps per arm).

FARMER'S WALK

This movement is so simple it needs no illustration. At the end of your workout, grab hold of 2 relatively heavy dumbbells and walk, just like a farmer carrying two heavy buckets. Perform one long set for the length of time indicated. This will provide an excellent cool down period.