



# KATHY COOVER'S AT-HOME WORKOUT

Kathy Coover is passionate about health. She knows that diet and fitness are the cornerstones of living a long and healthy life, which is why Kathy takes Isagenix® and works out daily. But when our Co-Founder and Executive Vice President can't hit the gym, she doesn't just skip her workout, she gets her IsaBody on at home. "My full-body workout is fantastic," she says. "It revs up the metabolism and helps build more lean muscle mass, which gets rid of the fat." Kathy's workout can be done every day, with or without weights—remember, if it hurts, stop!

## What You'll Need:

- 1 Medicine Ball
- 2 Dumbbells
- 1 Exercise Ball
- 1 Mat

### MEDICINE BALL WARM-UP

"I do 20-30 minutes of cardio before starting the Medicine Ball Warm-up," says Kathy. Running, walking or the elliptical are great cardio options.

- A.** Stand hip-width apart. Hold the medicine ball in front of you. Squat down until your knees are at a 90-degree angle.
- B.** Exhale. Come up, raising the ball over your head. Avoid locking your knees and overarching your back. Return to starting position and repeat.

\* Complete three sets for each exercise and increase reps by five for a more challenging workout.

**A.**



**B.**



## GOBLET SQUAT

- A. Stand slightly more than shoulder-width apart. Hold your dumbbells in front of you with your back straight.
- B. Squat down as if you're about to sit. Exhale and push back up. Return to starting position and repeat.

**WORKS:** Inner-thighs, glutes, quads, lower back, core, hamstrings



## DUMBBELL SQUAT

- A. Stand up straight, feet hip-width apart. With a dumbbell in each hand, exhale and squat down. Knees should not go beyond 90 degrees.
- B. Exhale and push back up. Avoid locking your knees. Return to starting position and repeat.

**WORKS:** Glutes, quads, lower back, core, hamstrings



## DUMBBELL LUNGES

- A. Stand shoulder-width apart. Step forward landing heel first. The knee should be at 90 degrees. Exhale.
- B. Lower your back knee so it nearly touches the floor. Return to starting position, alternating legs.

**WORKS:** Hamstrings, quads, gluts

# UPPER BODY



## BICEP CURLS

- A. Stand up straight; hold weights with palms facing out and elbows next to the body. Feet should be hip-width apart.
- B. Exhale, bend the elbows and curl the weights towards the shoulders without moving the elbows. Return to starting position and repeat.

**WORKS:** Biceps

3 sets  
10 reps



## TRICEP HAMMER CURLS

- A. Standing up straight and hip-width apart, take one dumbbell above your head keeping your elbows at about a 45-degree angle.
- B. Slowly, lower the weight back, keeping your elbow fixed in place. You should feel the tricep muscle stretch. Exhale and return to starting position and repeat.

**WORKS:** Triceps, shoulders

3 sets  
10 reps

## CHEST FLY ON THE EXERCISE BALL WITH DUMBBELLS

- A. Carefully take a seat on the exercise ball. Slowly begin to roll onto your back.
- B. The ball should be at your mid-back (bridge position). Bring both dumbbells above your chest. Arms are slightly straight.
- C. Slowly start to lower the weights, stopping when your arms are roughly parallel to the floor. Return to starting position and repeat.

**WORKS:** Chest, shoulders, upper arms, glutes, core

3 sets  
10 reps





**COBRA PUSHUPS ON YOUR KNEES**

- A.** Begin on all fours. Palms are flat on the mat and knees are shoulder-width apart. Slowly come down until you're about an inch off the floor—hold for a moment (if necessary, rest your stomach on the floor). Your elbows should be tight against your torso.
- B.** Exhale and push back up to your starting position and repeat.

**WORKS:** Abs, triceps, back, chest, shoulder, core

**KNEE TAPS**

- A.** Start in plank position. To do this, keep your arms straight (you can modify this by placing your forearms on the floor) and your legs extended with your weight on your toes.
- B.** Tap your knees to the mat, alternating between each knee. Keep your abs tight as you do this.

**WORKS:** Abs, upper body, core

**FINISHING POSE**

Kneel on the floor, sitting on your heels. Separate your knees about as wide as your hips. Exhale and lay your torso over your thighs. Extend your arms out and relax into the pose. Breathe.

