

# TOTAL BODY

3-DAY SAMPLE  
WORKOUT

# DUMBBELLS

Or any weighted  
household objects,

# KIANA TRAINING





CLICK EXERCISES FOR DEMONSTRATION

# DAY 1

## Warm Up

### **CHEST, SHOULDERS, TRICEPS, ABS**

**8-12 REPS OF EACH MOVE IN A CIRCUIT. 3 ROUNDS.**

#### 01 Chest Press

Lie on the floor or bench, weight in each hand at chest, palms facing your feet. Shoulders back and down. Core tight. Exhale as you press the weights upward, forearms parallel. Inhale as you slowly lower to starting position. Repeat 8-12 reps. If on floor, hips up for > range of motion.

#### 04 Arnold Press

Seated, shoulders back and down, abs tight. Hold weights at shoulder level. Palms facing forward. Exhale as you press both weights upward, turning palms at the top so that they are facing your body. Slowly lower to and rotate palms forward at shoulder level. Repeat 8-12 reps.

#### 02 Side Raise

Stand with feet wider than hip width, weight in each hand, shoulders back and down, knees slightly bent, palms facing outer leg. Exhale as you raise weights to shoulder level, as if pouring water out of a pitcher. Hold a beat at top, slowly lower to starting position. 8-12 reps.

#### 05 OH Ext

Seated or standing. Shoulders back and down, abs tight. Hold 1 weight in both hands, behind your head, fists stacked, elbows by your ears. Exhale as you slowly press the weight up, inhale as you lower, keeping elbows in fixed position. Repeat 8-12 reps.

#### 03 Piston Press

Lie on floor or bench, weight in each hand at chest, elbows touching body, palms facing your feet. Shoulders back & down. Exhale as you press one arm and then the other like a piston. Keep forearms parallel. Inhale as you slowly lower to starting position. Repeat 8-12 reps.

#### 06 Shakers

Stand with feet hip width, shoulders back and down, abs tight. Hold a light weight in each hand palms facing upper leg. Exhale as you raise weights in front of shoulders, arms straight. Hold and twist weights like salt & pepper shakers. Return to starting position. Repeat 8-12 reps.



# DAY 2

## Warm Up

### LEGS, GLUTES, CALVES

8-12 REPS OF EACH MOVE IN A CIRCUIT. 3 ROUNDS.

#### 01 Slam Jumps

Shoulders back & down, abs tight. Slam a slam ball on the floor in front of you. Using your arms for momentum, hop with both feet over the ball. Turn around and pick the ball back up and slam it again. Repeat. No ball? Pretend or slam a towel anything. Repeat 8-12 reps.

#### 04 Deadlift Row

Narrow stance, shoulders back & down, abs tight., Weight in each hand. Knees slightly bent and locked. Keep abs tight, inhale as you hinge forward, feeling the muscles in the back of the legs control your movement. Exhale as you stand back up to starting position., Repeat 8-12 reps.

#### 02 Rev. Lunges

Shoulders back & down, abs tight, hold weight in each hand. Keep back straight, step backwards so that your front leg is at 90 degrees, upper leg parallel to floor. Lower back knee 2" from floor. Exhale as you step forward to starting position. Repeat 8-12 reps.

#### 05 Sumo Lifts

Wide stance, shoulders back & down, abs tight, knees slightly bent. Weight on floor in front of you. Keeping shoulders back, slowly hinge forward and grasp the weight with 1 hand. Stand up. Repeat motion putting weight back and grasp with other hand. Repeat 8-12 reps.

#### 03 Pendulum Pass

Feet together, Shoulders back & down, abs tight., Hold a light weight in one hand out to the side. Arms in a T. Step back with one leg, keep back straight, pass weight under your front leg. Return to starting position. Repeat 8-12 reps. both sides.

#### 06 Seated Calf

Sit on a chair, shoulders back & down, abs tight, hold a weight on your lap. Place a board under ball of feet. Exhale as you raise and lower up on your toes, flexing your calf muscles (key stabilization muscles behind your lower leg.) Repeat 8-12 reps.



# DAY 3

## BACK, BICEPS

8-12 REPS OF EACH MOVE IN A CIRCUIT. 3 ROUNDS.

### 01 Back Rows

Left knee & hand on bench, back flat, shoulders back & down, abs tight, Hold weight in right hand, arm hanging down. Exhale as you row the weight up to waist level, twisting torso as if to look behind you, hold a beat and slowly return to starting position Repeat 8-12 reps.

### 04 Incline Curl

Hold a weight in each hand on incline bench, arms hanging, palms forward. Exhale as you curl and lower the weights, keeping elbows in fixed position. Rotate wrists at top of motion and squeeze your biceps hard. Repeat 8-12 reps both arms.

### 02 Conc. Curl

Sit on chair or bench, hold weight in left hand. Elbow on inside of knee, shoulders back & down, arm extended straight. Exhale as you curl the weight up, keeping elbow in fixed position. Lower slowly. Keep elbow under shoulder. Repeat 8-12 reps.

### 05 Back Flys

Sit on chair, hold light weight in each hand. Shoulders back and down, abs tight. Hinge forward so that chest is almost on your lap, weights 2-3" from your sides of lower leg. Exhale as you squeeze your shoulder blades together, lifting weights upward with slight bend in elbows. Repeat.

### Warm Up

### 03 Rev. Chop

Wide stance, hold 1 weight on left side arms straight down, shoulders back & down, abs tight, Keeping arms straight, exhale as you raise the weight upward diagonally in front of your body to the opposite side above your head. Repeat 8-12 reps. both sides

### 06 Sup. Rows

Supported rows are an excellent way to lift heavier weights while staying safe. Straddle an incline bench, chest on pad. Weight in each hand, feet on floor. Exhale as you Row the weights up, keeping weights close to waist, hold a beat, flex your back and lower slowly.



# DAILY ABS

## Warm Up

**I TRAIN ABS AFTER EACH WORKOUT  
15 REPETITIONS OF EACH EXERCISE. 1-2 ROUNDS**

### 01 Hula Twists

Hold a weight (or no weight) in front of your chest. Sit in a boat position, feet up is harder, feet on floor is easier. Keeping hips stationary, rotate torso side to side, working obliques and abs..

### 02 Wt. Sit Up

Lie on floor, hold a weight overhead in both hands, legs straight, slight natural bend in knees.. Exhale as you lower weight forward and sit up. Raise arms straight overhead, hold a beat and reverse motion, using abs to lower. Repeat.

### 03 Rolling Tuck

Lie on floor, lower back pressed into mat. Abs flexed. Using your abdominals (not momentum) exhale as you lift your legs & roll your legs back and upward. Hold a beat.. Inhale as you slowly lower to starting position. Repeat.

### 04 10 Exercises

The key to a fit body and continued motivation is change! Select one of these 10 abdominal exercises to keep your ab workouts fresh! Keep on flexing!

### 05 Bridge March

On back, hips up, abs tight. Alternate lifting 1 leg in the other in a march. Exhale as you lift each leg, inhale as you lower. Keep abs tight throughout. Repeat.





**LOSE WEIGHT, REDUCE FAT,  
INCREASE ENERGY**

# KIANA TRAINING

Aloha! I am so happy to offer **Online Personal Training** to help you lose weight, increase energy and create healthy habits to last a lifetime. All Clients receive priority support with me and my Team to answer your important questions, get advice and stay motivated to succeed!

**There are 2 options:**

## MUSCLES & MEALS PROGRAM

90-days of expert training, healthy eating & guidance  
Custom Workout & Meal Plan.  
Updated workout plan each month, itemized grocery list & all recipes. Create healthy eating & training habits to make it your lifestyle.

**Sign up for 90-Day  
Training**

## SIMPLE WEIGHT LOSS PROGRAM

This Program is simple and ideal for busy people. You receive a food kit that is complete with healthy food snacks, up to 5 fuelings per day. All the work is done for you. The food is nutritionally balanced in carbs., fat, protein and macronutrients. This is the program my husband Dennis did to lose 25 lbs. and 7" off his waist in 1 1/2 months. No strenuous exercise required during weight loss phase.

[Click here for more info.](#)

**Lose Weight  
Learn More**



Custom Workout Plan  
tailored to your exercise history,  
fitness goals, schedule &  
available equipment



Choose Your Meal Plan  
Includes all recipes, step by step  
instructions, itemized grocery  
lists & nutritional breakdowns ,



Support  
Get priority support to answer  
your questions, get advice &  
tons of motivation