

# Fitmotivation®

## READY S.E.T GO 2 with Stephanie Thielen

Recommended Music BPM: 126 – 130 (128bpm used in video)

**S.E.T PREP** (In addition to S.E.T prep – begin with general warm-up)

**Arm joint movement** (1 minute): Elbow flexion & Extension > shoulder flexion and extension > shoulder abduction > shoulder transverse adduction & abduction > shoulder adduction

**Leg joint movement** (1 minute): Hip flexion > Hip abduction > Hip extension > hip circumduction

**Cardio** (1 minute): Fast run

### CHEST, LEGS & TRICEPS

#### CHEST

|   | Strength   |   | Endurance                           |
|---|--|---|-------------------------------------|
| 1 | ½ WT Chest Fly Circle (4x)   | 1 | Chest Press Wide/Close with JJ (8x) |
| 2 | Repeater 3 Chest Fly (4x)  | 2 | Peck Deck w/ XC Ski (16x)           |
|   | <ul style="list-style-type: none"><li>Set 1, 2   Right Arm</li><li>Set 3, 4   Left Arm</li></ul> |   |                                     |

#### LEGS

|   | Strength   |   | Endurance                          |
|---|--|---|------------------------------------|
| 1 | Knee, Down, Front Leg Lift (4x)  | 1 | Repeater 2 Front Karate Kicks (8x) |
| 2 | Knee, Kickback, Knee, Down (4x)  | 2 | LT Triple Hamstring Curls (8x)     |
|   | <ul style="list-style-type: none"><li>Set 1, 2   Right Leg</li><li>Set 3, 4   Left Leg</li></ul> |   |                                    |

#### TRICEPS

|   | Strength   |   | Endurance                            |
|---|--|---|--------------------------------------|
| 1 | ½ WT Triceps Pressdown + Straight Arm Pullback (4x)  | 1 | Speed Bag w/ Heel Digs (16x)         |
| 2 | Repeater 3 Triceps-Out, Center, In (8x)  | 2 | Tricep Pressdown w/ Knee Lifts (16x) |
|   | <ul style="list-style-type: none"><li>Set 1, 2   Right Arm</li><li>Set 3, 4   Left Arm</li></ul> |   |                                      |

**WATER BREAK – 1 minute**

### BACK, LEGS, BICEPS & CORE

## BACK

|   | Strength   |   | Endurance                            |
|---|--|---|--------------------------------------|
| 1 | ½ WT Reverse Fly Circle (4x)   | 1 | Alt Bow & Arrow Jumping Jacks (8x)   |
| 2 | Repeater 3 Posterior Pullback (4x)   | 2 | Lat Pulldown w/ Back Hopscotch (16x) |
|   | <ul style="list-style-type: none"><li>Set 1, 2   Right Arm</li><li>Set 3, 4   Left Arm</li></ul> |   |                                      |

## LEGS

|   | Strength   |   | Endurance                           |
|---|--|---|-------------------------------------|
| 1 | Knee, Down, Side Leg Lift (4x)   | 1 | S, S, D Pendulum Swings (4x)        |
| 2 | Hopscotch, Crossover Kick, Hopscotch, Down (4x)  | 2 | Front Hopscotch 3x + Side Kick (4x) |
|   | <ul style="list-style-type: none"><li>Set 1, 2   Right Leg</li><li>Set 3, 4   Left Leg</li></ul> |   |                                     |

## BICEPS

|   | Strength   |   | Endurance                       |
|---|--|---|---------------------------------|
| 1 | ½ WT Biceps Curl + Frontal Raise (4x)  | 1 | Flurries w/ Hops (16x)          |
| 2 | Repeater 3 Curl-Out, Center, In (4x)   | 2 | Bicep Curls w/ Skip Knees (16x) |
|   | <ul style="list-style-type: none"><li>Set 1, 2   Right Arm</li><li>Set 3, 4   Left Arm</li></ul> |   |                                 |

## CORE

|   | Strength   |   | Endurance                             |
|---|--|---|---------------------------------------|
| 1 | Split Stance Figure 8's (4x)   | 1 | Leg Swing F/B + Circle Around (8x)    |
| 2 | Lateral Knee w/ Rotation (8x)  | 2 | XC Ski w/ Rotation 3x + Pulldown (4x) |
|   | <ul style="list-style-type: none"><li>Set 1, 2   Right Side</li><li>Set 3, 4   Left Side</li></ul> |   |                                       |

**COOL DOWN/STRETCH** – 5 minutes

[Fitmotivation.com](http://Fitmotivation.com) has over 325 videos for instructors. All videos include class notes, similar to these, that can be customized (edited), printed and downloaded.

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