

REAL MOTION™

DUMBBELL WORKOUT & TOTAL FIT WORKOUT

Thank you for buying the Real Motion™ Workout DVDs. Please watch the demonstrations and introductions before you start your workouts. A breakdown of the DVDs is on the other page.

Real Motion Workout Program Schedule

It's easy to follow along with the program schedule below. A complete workout includes the warmup, cool down and stretch, but if your time is limited, select the sets you want to do and get to it. Start with the first set of the dumbbell and core workouts, then try the next set or repeat the set.

Start with lighter dumbbells (or none at all) for your first set, and then increase the weight for your second and third set. You can also alternate sets and core exercises.

You can also create your own workout by choosing the sets you want to do, or choose individual exercises from the 100+ exercises in the Real Motion Dumbbell Workout (RMDW) and Real Motion Total Fit Workout (RMTF). With all this choice, you'll never get bored if you keep challenging yourself.

Beginner exercisers (or those getting back into it)

Schedule: 2 times per week, for example, Monday and Thursday. After 1–2 months you can move to the intermediate level. Dumbbell weight: 0–5 lbs.

RMDW – Warmup; 1 Set: A or B; 1 Core: A or B; Cool down; Stretch.

RMTF – Warmup; 1 Set: 1 or 2; 1 Core: A or B from RMDW; Cool down; Stretch.

Intermediate exercisers (those into it)

Schedule: 3–4 times per week, for example, Monday, Wednesday and Friday. Dumbbell weight: 0–8 lbs.

RMDW – Warmup; 1–2 Sets: A, B, C or repeat a set; 2 Core: A, B, C or repeat a set; Cool down; Stretch.

RMTF – Warmup; 1–2 Sets: 1, 2, 3 or repeat a set; 2 Core: 1, 2 or core from RMDW; optional Floor; Cool down; Stretch.

Advanced exercisers (those really into it)

Schedule: 3–5 times per week. Dumbbell weight: 0–10 lbs.

RMDW – Warmup; 1–3 Sets: A, B, C or repeat a set; 2–3 Core: A, B, C or repeat sets; Cool down; Stretch.

RMTF – Warmup; 1–3 Sets: 1, 2, 3 or repeat a set; 2 Core: 1, 2 or core from RMDW; optional Floor; Cool down; Stretch.

Time-crunch workout and optional exercises

If you can't get in a longer workout, do 1 set of exercise and/or 1 set of core exercises 5–6 times a week. You can also spread your exercising over the day by doing different exercises whenever you have a few minutes available.

Cardio (Optional) – Intermediate or advanced exercisers do some cardio 3–4 times per week on its own or as part of your workout. Beginners can do half the workout.

Core – You can do core exercises every day if you want, especially Core Set A from the Dumbbell Workout.





DVD/Menu Breakdown

Each DVD contains an introduction and explanation video for each workout, and the same welcome and caveat videos. Each workout has chapter markers so you can skip to the next exercise or video.

- Video times are provided to help you plan your workout schedule. (minutes:seconds)

DVD 1

Dumbbell Workout

Main Menu:

- Real Motion Welcome (2:52)
- Why Real Motion (2:08)
- Before You Begin (2:10)
- Dumbbell Workout Introduction (2:43)
- Workout Explained (2:19)
- Credits (1:36)

Menu 2: Dumbbell Workout

- Set A (10:53)
- Set B (12:36)
- Set C (10:34)
- Core A (12:46)
- Core B (11:16)
- Core C (10:11)
- Warmup (8:55)
- Cool Down (5:53)
- Stretch (13:55)
- Cardio Introduction (1:12)
- Cardio (10:54)

DVD 2

Total Fit Workout

Main Menu:

- Real Motion Welcome
- Before You Begin
- Total Fit Introduction (2:34)
- Workout Explained (2:05)
- Credits

Menu 2: Total Fit Workout

- Set 1 (17:57)
- Set 2 (16:08)
- Set 3 (16:19)
- Core 1 (12:36)
- Core 2 (9:49)
- Floor (optional) (9:34)
- Warmup
- Cool Down
- Stretch
- Cardio Introduction
- Cardio

DVD 3

Demonstrations

Main Menu

- Real Motion Welcome
- Before You Begin
- Credits

Menu 2: Dumbbell Workout Demos

- Introduction (2:00)
- Set A Demo (9:42)
- Set B Demo (8:18)
- Set C Demo (6:30)
- Core Introduction (1:39)
- Core A Demo (5:26)
- Core B Demo (4:13)
- Core C Demo (4:17)

Menu 3: Total Fit Demos

- Introduction (1:41)
- Set 1 Demo (8:15)
- Set 2 Demo (8:37)
- Set 3 Demo (7:56)
- Core Introduction (0:46)
- Core 1 Demo (5:25)
- Core 2 Demo (5:11)
- Floor Introduction (0:37)
- Floor Demo (4:58)

Menu 4: Additional Demos

- Squats and Lunges (7:24)
- Engage the Core (4:17)
- Neck Exercise (0:59)
- Workout Tips (4:21)

Real Motion Workouts

For the workout sets, stand in the active-ready position or in a split squat or shallow squat position to work your gluteus and leg muscles. Keep your torso straight up, head up and your core braced. Follow along with Andrew in the DVDs, or on your own, do 5–15 repetitions of each motion, doing singles and doubles where appropriate.

For the core exercises, do 6–15 repetitions of each motion or 30–60 seconds or more where appropriate.

Dumbbell Workout

- Set A
- Set B
- Set C
- Core Set A
- Core Set B
- Core Set C

Total Fit Workout

- Set 1
- Set 2
- Set 3
- Core Set 1
- Core Set 2
- Floor (optional)

Warmup

Do a warmup without weights for an active stretch. Do each warmup motion 5–10 reps each or 10–30 seconds.

Cool down

Start with the isometric neck exercise, and then cool down with some of the warmup exercises.

Stretches (static)

Stretch only after your body is warmed up from exercising. Hold each stretch for 20–45 seconds or more. Breathe in through your nose using a 4-count and blow out through your mouth using a 4-count.

Stand up – Cross leg sit down and stand up without hands.

Cardio (optional)

The Real Motion Cardio Workout is 10.5 minutes of moving every which way with varying intensity – it's a great workout.