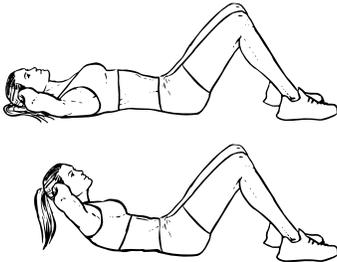


# C2BFF Alpha Part 2 Female Model

31 min · Abs, Arms, Back, Chest, Legs

2nd half the Alpha Workout, you can combine this workout iwth Alpha 1 all in 1 day or break it up into two different workouts!

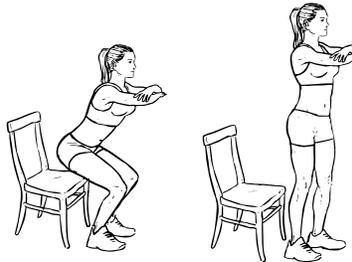
## Crunches



**3 sets 20 reps 30 sec rest**

We like to call these Curl Ups, Really they are a modified crunch, keep your lower back firmly on the floor

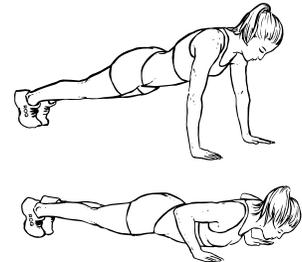
## Chair Squats



**3 sets 20 reps 30 sec rest**

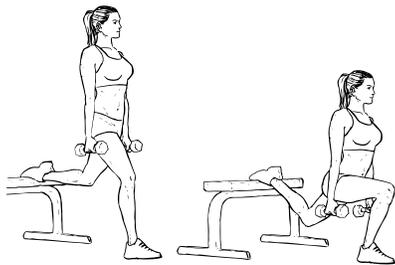
We call these Bench Squats!

## Push-ups



**3 sets 10 reps 15 sec rest**

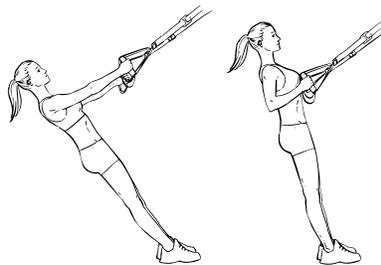
## Bulgarian Split Squats



**3 sets 15 reps 30 sec rest**

Slow and steady do not go to low, make sure your knee does not go in front of your toe

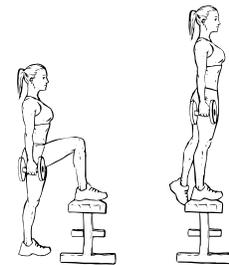
## TRX Suspension Strap Rows



**3 sets 10 reps 45 sec rest**

Pullups, keep toes up in the air, rest on heels only!

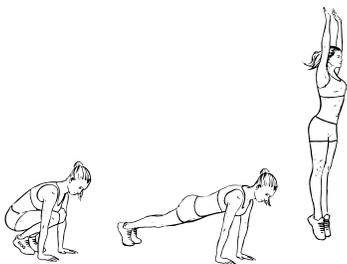
## Dumbbell Step-Ups



**3 sets 12 reps 15 sec rest**

if your not comfortable using weight, then just use your bodyweight

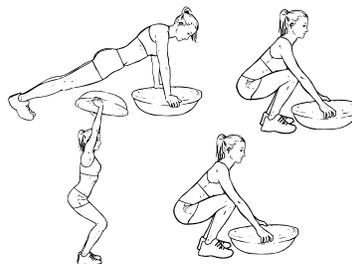
## Burpees



**3 sets 10 reps 15 sec rest**

Choose burpees or bosu burpees not both!

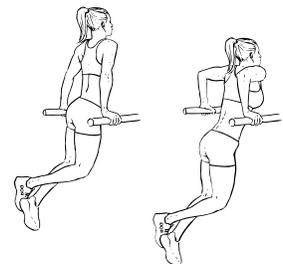
## Bosu Ball Burpees



**3 sets 15 reps 15 sec rest**

choose burpees or bosu burpees not both

## Triceps Dips



**3 sets 10 reps 45 sec rest**

if you can't go to 10 then go to failure!



## Crunches

Primary muscle group(s):

**Abs**

Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.

Place your hands lightly on either side of your head.

Keep your elbows in so that they are parallel to your body.

Push your back down flat into the floor to isolate your abdominal muscles.

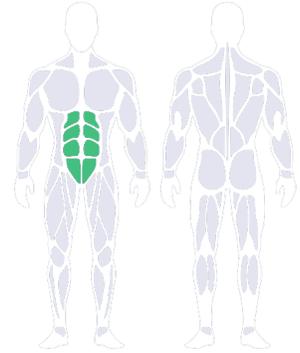
Gently curl your shoulders forward and up off the floor.

Continue to push down into the floor with your lower back.

Raise your shoulders about four to six inches only.

Hold and squeeze your abdominal muscles for a count of one.

Return to the start position in a smooth movement.



## Chair Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

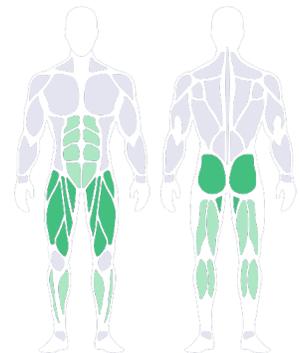
Secondary:

**Abs, Calves, Hamstrings**

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.



## Push-ups / Pushups

Primary muscle group(s):

**Chest**

Secondary:

**Abs, Shoulders, Triceps**

Get into position by placing your hands flat on the floor, directly below your shoulders.

Extend your legs out behind you, with only your toes and balls of your feet touching the floor.

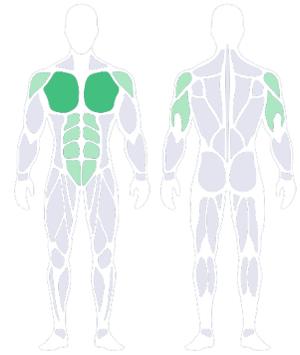
Hold your body up and keep your back straight by tightening your abdominal muscles.

Your neck and head should be bent slightly back.

Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel a stretching of your chest and shoulders. Hold for a count of one.

Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Hold for a count of one.

Repeat.



## Bulgarian Split Squats

Primary muscle group(s):

**Quadriceps**

Secondary:

**Abs, Calves, Hamstrings**

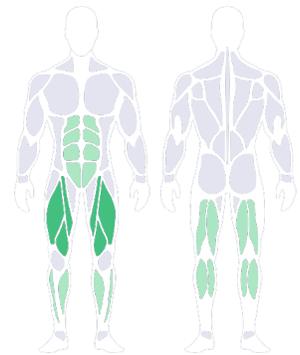
Stand up straight while holding two dumbbells. Maintain a tight core and flat back as you carefully place your right foot on top of a bench behind you with toes facing down.

Bend at the front knee as you drop the back knee, maintaining perfect form. Front knee should not go over the toes.

Allow your thigh to come to parallel with the floor.

Pause then slowly return to the starting position without locking out your knee.

Repeat then switch sides once set is complete.



## TRX Suspension Strap Rows

Primary muscle group(s):

**Lower Back**

Secondary:

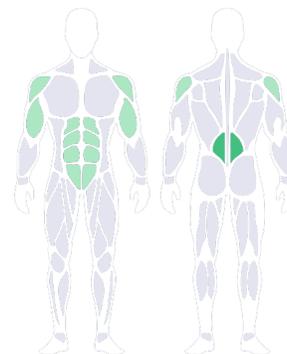
**Abs, Biceps, Shoulders**

Secure a pair of suspension straps. Stand facing the straps, brace your lower back, and tighten your core.

Lean back, letting the straps hold your weight. Your arms should be straight.

Pull yourself up with your back, maintaining a tight core.

Squeeze the back muscles and slowly lower yourself. Repeat.



## Dumbbell Step-Ups

Primary muscle group(s):

**Hamstrings, Quadriceps**

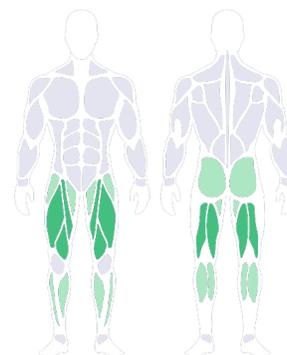
Secondary:

**Calves, Glutes & Hip Flexors**

Place a bench in front of you. Hold a pair of dumbbells and stand facing the bench. Brace your core and keep your gaze straight ahead.

Bring your right knee up and step up on to the bench. Placing all of the effort in your right leg, bring your body up into a standing position on the bench.

Slowly lower yourself to the starting position and switch legs.



## Burpees / Squat Thrusts

Primary muscle group(s):

**Abs, Glutes & Hip Flexors**

Secondary:

**Chest, Shoulders**

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

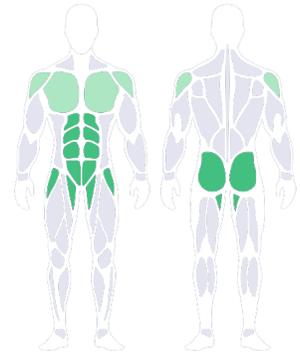
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.



## Bosu Ball Burpees

Primary muscle group(s):

**Biceps, Shoulders, Triceps, Upper Back & Lower Traps**

Secondary:

**Abs, Calves, Quadriceps**

Stand with your feet at the side of a flat-top up bosu ball.

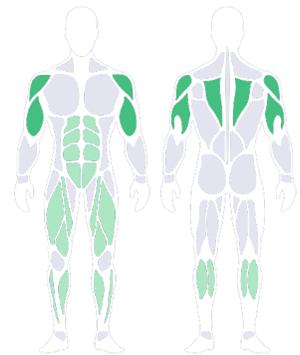
Place your hands on either side of the bosu ball and apply firm body weight.

With the weight transferred to your arms, kick your legs out behind you so that you end up in a starting push-up position.

Engaging your core to maintain balance, once again transfer your weight through your arms and hop your feet back to the side of the bosu ball.

Take hold of the bosu ball and drive upwards through your glutes, raising the bosu ball above your head.

Lower the bosu ball back to the starting position to begin another rep.



## Triceps Dips

Primary muscle group(s):

**Triceps**

Secondary:

**Chest, Forearms, Shoulders**

Standing between the bars of a dip station, grip the bars with an overhand grip, keeping your elbows tucked in close to your body.

Allow your body weight to hang so it is being supported by your arms and shoulders. Keep your hips straight.

Push down through your palms with your arms, lifting your body up until your arms are almost straight. (Do not lock your elbows)

Lower your body by slowly bending your elbows and continue down until you feel a slight stretch in your shoulders.

Pause, then push yourself back to the starting position.

Repeat.

**!** By keeping your back straight and not leaning forward, you will work your triceps harder. If you wish to work on your chest leaning forward puts more emphasis on your pecs. As your strength increases, you can add weight by using a dip belt.

