



Fitness Professional
Colleen Fisher, Age 57
Author of
"Fitness Is Forever"

EAT CLEAN

My Basic Workout:

- 1) Squats
- 2) Hamstring Curls
- 3) Supported Dumbbell Row
- 4) Dumbbell Chest Press
- 5) Incline Dumbbell Chest Fly
- 6) Tricep Push-downs
- 7) Overhead Shoulder Press
- 8) Bicep Curls
- 9) Abdominal Crunch

Always start with a warm-up, and finish with a cool-down to avoid injury. Do your cardio of choice after the strength training for optimum fat burn.

This is an excerpt from Colleen's fitness DVD,
which is available on her website:

www.fitness-is-forever.com

