

# TTT Fat Burner of the Month

Review the following guidelines to learn the proper technique for safely completing your Fat Burner.

**Dumbbell Swings:** Complete 30 seconds of Dumbbell Swings. Rest 30-60 seconds and repeat 2-5x. Best done immediately following your TTT Workouts

## Start&Finish



## Start of Dumbbell Swings

### How To:

1. Hold a weight with both hands
2. Place your feet about shoulder width apart.
3. Keep your core engaged and sit back into a half squat
4. Keep your knees and elbows slightly bent & never locked during the entire set
5. Look straight ahead & don't round out your back as you hold the weight between your legs
6. Squeeze your glutes and drive your hips forward
7. As you are pushing your hips forward swing the weight up slightly above your eyes

## Midpoint



## Midpoint of Dumbbell Swings

### How To:

8. The dumbbell will become weightless for a second and will then begin to swing back
9. Let the dumbbell swing down
10. Maintain a flat back with your core muscles engaged while stopping the weights momentum at the bottom
11. Keep your shoulders blades back and repeat the process
12. Stay balanced and in control the whole time
13. Breathe! Don't hold your breath...
14. Aim for 30-60 seconds or 15-20 repetitions
15. Have some fun!