

LEGS - Squat Supported

Back straight, bend knees, but do not allow them past toes.

Do 2 sets. Complete 12-15 repetitions.



LEGS -Squat-Split Supported

Back straight, bend at knee; do not allow knees past toes. Repeat with other leg forward.

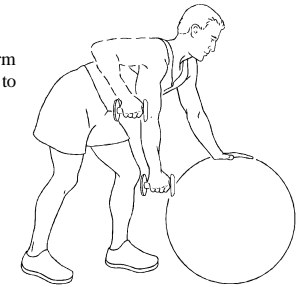
Do 2 sets. Complete 10-12 repetitions.



BACK - Row: Single

With feet staggered, arm supported, pull weight to side of chest, keeping elbow close. Keep back straight.

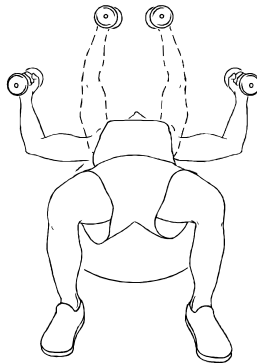
Do 2 sets. Complete 12-15 repetitions.



CHEST - Fly (Dumbbell)

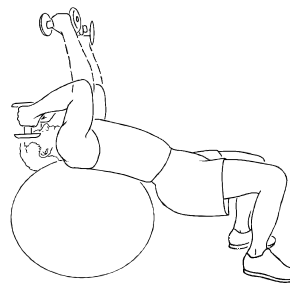
Bring dumbbells toward midline, at chest level, using a hugging motion and maintaining bridge.

Do 2 sets. Complete 10-12 repetitions.



TRICEPS - Extension: Supine (Dumbbell)

Bridge trunk, head and neck supported, upper arms vertical. Raise dumbbells by extending elbows. Do 2 sets. Complete 10-12 repetitions.



SHOULDER - Press (Dumbbell)

Back straight, press dumbbells over head.

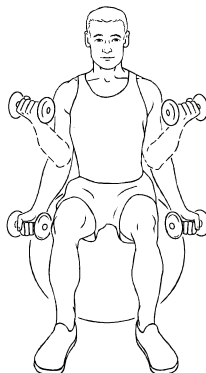
Do 2 sets. Complete 10-12 repetitions.



BICEPS - Curl (Dumbbell)

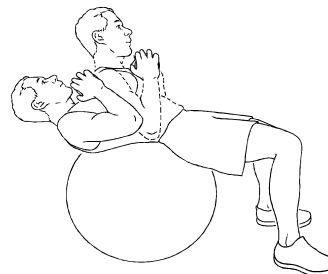
Supported by ball with knees bent, palms forward, curl dumbbells. Do not allow shoulder to flex.

Do 2 sets. Complete 10-12 repetitions.



ABS - Crunch (Dumbbell)

Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing ribs toward pelvis until shoulders clear ball. Do 2 sets. Complete 15-20 repetitions.



ABS - Crunch: Alternating (Dumbbell)

Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing right ribs toward left pelvis. Repeat to other side. Do 2 sets. Complete 15-20 repetitions.

