

Healthy adults are recommended to perform strength training exercises at least 2x a week. Be sure to take at least one rest day in between.

Always consult a doctor before beginning a new exercise program.

Upper Body

*Always begin by warming up

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|----------------------|------------|----------|
| 1. Push-ups | 10-12 reps | 2-3 sets |
| 2. Bent-over Rows | 10-12 reps | 2-3 sets |
| 3. Front Raise | 10-12 reps | 2-3 sets |
| 4. Bicep Curls | 10-12 reps | 2-3 sets |
| 5. Tricep Extensions | 10-12 reps | 2-3 sets |



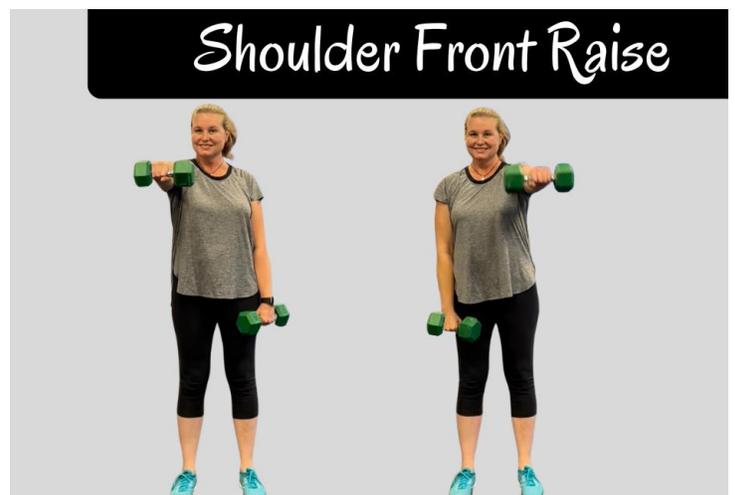
Push-ups

Get down on all fours, placing hands slightly wider than shoulder width apart. Straighten arms and legs. Lower your body until your chest nearly touches the floor. Pause, and push yourself back up. Modification- Place knees on the floor or wall push-up.



Bent-over Rows

Hold a dumbbell in each hand with palms facing the body. Bend over about 45 degrees and keep your back straight. Contract your abs and lift weights straight up, squeezing your shoulder blades. Lower to start.



Shoulder Front Raise

Start in a standing position with your feet shoulder width apart. Let arms hang in front of you with dumbbells in front of the thighs and palms facing you. Lift one weight upward until arm is parallel to the floor. Pause. Slowly lower in a controlled manner. Switch to other side. Continue alternating.



Bicep Curls

To start, your elbows should rest at your sides with forearms extended out in front of your body, palms facing forward. Bring dumbbells up to your shoulders by bending at your elbows. Lower to starting position.



Overhead Tricep Extensions

Start in a standing position with your feet shoulder width apart. Hold a dumbbell above your head with both hands, keeping your arms by your ears. Slowly lower the weight behind your head, hinging at elbow. Once your forearms move beyond parallel to the floor, raise weight back to start.

BENEFITS- Increases muscle strength & endurance, maintains & builds lean muscle mass, increases bone density, enhances joint stability, boosts metabolism, and more!

Lower Body

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|----------------|------------|----------|
| 1. Squats | 10-12 reps | 2-3 sets |
| 2. Deadlifts | 10-12 reps | 2-3 sets |
| 3. Calf Raises | 10-12 reps | 2-3 sets |

Abs

- | | |
|---------------|---------------|
| 4. Dead Bugs | 30-45 seconds |
| 5. Rope Climb | 30-45 seconds |

*Be sure to stretch afterwards

Deadlifts



Hold dumbbells in front of you, keeping arms straight and knees slightly bent. Slowly bend at hips and lower weights while keeping back straight. Keep dumbbells close to legs. Slowly stand to start position, squeezing glutes.

Dead Bugs



Lay on your back with arms & feet up in the air (with bent at the knees). Extend and lower opposite arm and opposite leg until parallel to the floor. Repeat to start and lower other arm and leg. Continue to alternate.

Squat



Stand with your feet about shoulder-width apart with heels firmly planted into the ground. Bend your knees and push your bottom back as though sitting in a chair. Make sure your knees do not pass your toes. Push through your heels to return to start.

3 Point Calf Raises



Traditional

Toes Out

Toes In

Select your foot placement from choices above. Rise up on your toes. Pause. Slowly lower back down to start.

Rope Climb



Lay on your back with knees bent and feet flat on the floor. Raise hands over chest. Brace your abs and use one hand to reach up as if you are reaching for a rope over your chest. Your shoulders and upper back should come off the ground. Contract abs. Then repeat with the other hand. Continue alternating.