

<p style="text-align: center;"><b><u>Chest</u></b></p> <p>Bench Press (similar to chest press)  Incline Press  Decline press  Pullovers  Flies  Push ups  Chest press(bands)  Bounce pullovers  Chest press  Push ups (sphinx, wide, military, decline, under the fence, bench, walkout)</p>	<p style="text-align: center;"><b><u>Triceps</u></b></p> <p>Dips  Seated tricep curls  Bent-over tricep curls  Skull crushers  French curls  Kickbacks  Decline tricep press  Side body push up  Tricep press</p>	<p style="text-align: center;"><b><u>Shoulders</u></b></p> <p>Upright row  Over head press  Push press  Raises  External rotations  Arm circles  Plank dumbbell row  Around the world  Side dumbbell twist  Wood chops</p>
<p style="text-align: center;"><b><u>Biceps</u></b></p> <p>Standing barbell curls  Reverse curls  Inner/split curls  Isolated curls  Alternate curls  Hammer curls  21's</p>	<p style="text-align: center;"><b><u>Back/Neck</u></b></p> <p>Spine extensions  Back extensions  Good mornings  Shoulder shrugs  Rows  Pull-ups  Lat pull downs  Straight arm pull downs  Neck resistance</p>	<p style="text-align: center;"><b><u>Legs</u></b></p> <p>Squats  Hack squats  Wall sits  Lunges  Heel raises  Dead lifts  Step ups  Fire hydrants  Burpees  Hop overs  Dumbbell squats  Single leg wall squats  Mountain climbers  Ball squats  Shuffle jumps</p>
<p style="text-align: center;"><b><u>Abs</u></b></p> <p>Crunches  Rotations  Side crunches  Flutter kicks  Scissors  Superman's  Planks  Side Bends</p>	<p style="text-align: center;"><b><u>Abs</u></b></p> <p>Mason Twist  Banana Rolls  Bow to Boat  Medicine Ball  Segmental Rotations  V-Ups  Climb your leg  Heels to the Heaven</p>	<p style="text-align: center;"><b><u>Abs</u></b></p> <p>Raises  Side to Sides  Side Plank  Jack Knives  Boxer Kicks  In and Outs  Crunchy Frog  Double Ab Leg Press</p>

# CHEST

## Bench Press/Chest Press:



\*\*Bring the weights to your nipple line and then back up. Don't lock your elbows, it will hurt. Only bring your elbows down to a 45 degree angle when coming down. You can use a bar as well.

## Incline Press:



\*\*Bring the weights to the top of your chest and then back up. Don't lock your elbows, it will hurt. Only bring your elbows down to a 45 degree angle when coming down. You can use a bar as well.

## Decline Press:



\*\*Bring the weights to the bottom of your chest and then back up. Don't lock your elbows, it will hurt. Only bring your elbows down to a 45-90 degree angle when coming down. You can use a bar as well.

## Pullovers & Bounce Pull-Overs:



\*\*Pull the weight over your head and then extend it up over your face. You can perform a *bounce pullover* by bringing the weight down towards your face and then up over your chest. Bring the weight down to your chest and then extend it up over your face. Then down towards your face and then up and back up over your head.

## Flys:



\*\*Bring the weights up over your head and bring them down slowly to your side, bending your elbows. It should look like a "butterfly".

## Push-ups:



\*\* Get into a plank position. Have your hands about shoulder width apart. Bend elbows until your chest is 4 inches off the ground and then extend up. Your feet should be no more than shoulder width apart.

## Chest Press(bands):



\*\*Attach bands a non-movable item such as a door. Push the bands out and bring them back into your nipple line.

## Sphinx Push-ups:



\*\* Get into a plank position. Have your hands about shoulder width apart. Bend elbows until your chest is 4 inches off the ground and then extend up. Your feet should be no more than shoulder width apart.

## Military Push-up:



\*\* Get into a plank position. Have your hands close together making a diamond shape. Bend elbows until your chest is 3 inches from your hands and then extend up. Your feet should be spread more than shoulder width apart.

## Wide Push-ups:



\*\* Get into a plank position. Have your hands more than shoulder width apart. Bend elbows until your chest is 4 inches off the ground and then extend up. Your feet should be no more than shoulder width apart.

## Decline Push-ups:



\*\* Get into a plank position and rest your feet on a bench. Your hands should be shoulder width apart and your feet need to be close together. Bend elbows until your chest is 4 inches off the ground and then extend up.

## Under the Fence (dive bombers):



\*\* Get into a downward dog position. Have your hands and legs about shoulder width apart. Guide your head down to the ground while scraping your chest on the ground. Finish with your head up and butt down and then reverse the action back up. It is similar to going under a fence.

### Bench Push-ups:



\*\*Get into a plank position with your hands rested on a bench. Perform a basic push up using the bench as your point to go

### Walk-out Push-ups:



\*\* Get into a plank position. Have your hands and feet shoulder width apart. Remain in the plank position and walk 4 steps only using your hands forward and then 4 backward. Only drag your feet with you, do not walk your feet.

### Off-Set Push-up:



\*\* Get into a plank position. Have your hands shoulder width apart. Your feet can be shoulder width or less apart. Extend your right hand out and perform a push up. Then bring your right hand back in. Then take your left hand out and perform a push up and bring back in. Repeat.

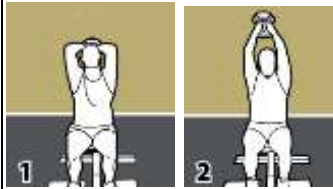
# TRICEPS

## Dips:



\*\* Position your hands on a chair or bench and take your butt to the ground. You can bend your knees to make it easier. To make the exercise harder, straighten your legs.

## Seated Tricep Curls (Overhead Tricep Extension):



\*\* Sit on a bench or a chair. Hold a weight behind your head and extend up. Be sure you hold it with both hands and not just one hand (you will develop that arm more than the other). Be sure your elbows are pointing straight and not to the side.

## Bent Over Tricep Curls:



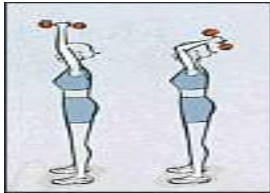
\*\* Place left knee and left hand on a bench and lean over. Lock your elbow to your side. Only move your elbow and extend out. It should look like you are filling a cup up and then emptying it out.

## Skull Crushers:



\*\* Lay on the floor or a bench. Bring the weight down just clearing your forehead. DO NOT DROP THE WEIGHT...IT WILL CRUSH YOUR SKULL! Be sure you keep your elbows pointing forward and only bend at your elbows. If you "push" the weight up, you won't be working your triceps, it will be your chest.

## French Curls:



\*\* The exercise is very similar to the tricep curl. Be sure you bring the weight behind your head and then extend back up. The focus needs to be on bending your elbows.

## Kickbacks:



\*\* Bend over and hold your arms at your side. Extend your elbows back with your weights in hand. Bend your elbows back, making sure that you keep them close and tight to your body. You are only bending your elbows in this exercise. It is important to keep your knees slightly bent in this exercise.

## Decline Triceps Press:



\*\* The exercise is very similar to the skull crushers except you are on a decline bench. Be sure you have a spotter so you do not crush your head and ALWAYS keep your elbows facing forward.

## Side Body Pushup:



\*\* Lay on your side and wrap your bottom arm up on to your shoulder. Your top arm/hand will be on the ground. Raise your body up off the ground to a full elbow lock.

## Tricep Press:



\*\* Lock your elbows to your side and bring the bar to your thighs. Don't lock your knees back, keep them slightly bent. It is important that you keep your elbows tight to your body.

# Shoulders

## Upright Row:



\*\* Take 2 dumbbells and bring them to your jaw. Your elbow needs to flare high right by your ears. Extend the weights back down to your legs and repeat.

## Over Head Press/Push Press:



\*\* Bring your elbows high into a bent 90 degree angle. Extend your arms into the air and then back down to a 90 degree angle. Be sure to have your knees bent.

## Raises:



\*\* There are 3 parts to this exercise. You can use dumbbells or small plates. The first exercise is to bring your arms out to the side and then back to your body. The second exercise is to bring the weights to the front of your body and then back down. The third exercise is to slightly bend over and flare the weights to the side. Another variation of exercise three is to get into a slightly bent position and do a "fly" in the standing position. This just opens up the shoulder.

## External Rotation:



\*\* This exercise can be done lying down or standing up. Lock your elbow to the side and rotate the weight into your midline (tummy). Then rotate your arm back out to your side.

## Arm Circles:



\*\* Just like you did them in elementary school. Straighten your arms to the side of you. You can do small circles or larger circles. You can point your fingers to the ground for an added stretch.

## Plank Dumbbell Row:



\*\* Get into a plank position and drop your knees to the floor. Use a dumbbell and bring it up on an angle. It looks very similar to starting a lawnmower.

## Around the World:



\*\* Hold a plate over your head with elbows bent and rotate the weight around your head. Be sure to get a good rotation.

## Side Dumbbell Twist:



\*\* Hold a set of dumbbells to the side of you. They should be facing up (like you are filling a cup with water). Rotate your arms to "dump the water out". You should finish with the back of your hands facing the wall in front of you.

## Wood Chops:



\*\* Take a dumbbell or a med ball, reach up to the left side rotating your hips to that side. Then swing the weight around to the other side to the ground. It looks like you are picking up a stack of boxes on your right side and rotating over to the left side to place them high on a shelf.

# Biceps

## Standing Barbell Curl:



\*\* Stand with your arms to the side, elbows locked. Bring your hands down to your legs extending your arms. Do not swing or get your back into this lift.

## Reverse Curls:



\*\* Use a reverse grip for this lift. Stand with your arms to the side, elbows locked. Bring your hands down to your legs extending your arms. Do not swing or get your back into this lift.

## Alternate Curls:



\*\* Sit on a bench or a chair. Curl the dumbbells up individually towards your head. When you bring them back to full arm extension don't go too quick or even overextend your elbow.

## Hammer Curls:



\*\* Use a hammer grip for this lift. Stand with your arms to the side, elbows locked. Bring your hands down to your legs extending your arms. Do not swing or get your back into this lift.

## Inner/Split Curls:



\*\* Your arms will be locked to the side of your body (NOT OUT IN FRONT). At this point it is a basic arm curl.

## Isolated Curls:



\*\* Sit on a bench or a chair. Place your elbow on the inside of your knee. Curl a dumbbell up individually towards your head. When you bring them back to full arm extension don't go too quick or even overextend your elbow.

## 21's



\*\* Hold two dumbbells. The left dumbbell needs to be at a 90 degree angle and held stationary. The right arm will curl the weight from the 90-degree angle to your thigh 7 times. Then you will curl from the 90 degree angle to your shoulder 7 times. Then do a full arm curl from thigh to shoulder 7 times. ALL THIS OCCURS WHILE YOUR OTHER ARM IS STATIONARY! Switch arms and do the same thing.

# Back & Neck

## Spine extensions: (lower back)



\*\* Get into a plank or dog position. Extend your right arm and left leg out. Then the left leg and right arm. Repeat.

## Back extensions: (lower back)



\*\* This can be done on a table or bench. Be sure someone holds your feet down. Cross your arms over your chest (you can hold a weight if you like). Extend your torso up in the air and then bend down to the ground. You can take your head and touch the ground if you would like, but don't move too fast.

## Good Mornings: (lower back)



\*\* Place the bar on your back. Bend at your waist and bring your torso and head parallel to the ground. Be sure you have a slight bend in your knees. If not you might tear a hamstring. This exercise is named because it looks like you are kissing your child good morning.

## Shoulder Shrugs:



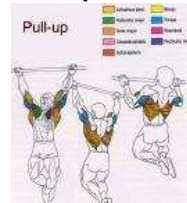
\*\* Hold 2 dumbbells. Shrug your shoulders up, forwards, and backwards.

## Rows:



\*\* Get into a bent over position. Extend the dumbbells out on a 45 or so degree angle. Then bring them back into your body and repeat.

## Pull-Ups :



\*\* You can use any kind of grip you would like. Wide grip, reverse grip, close grip. It just depends on your style. Try to bring your entire body down and straighten your arms, then go back up and take your chin past the bar. There are 45 degree angle pull ups where you would bring your arms to a 45 degree angle rather than full extension.

## Lat Pull Downs:



\*\* This can be done on a machine. Bring the bar to your chest. Don't hit your head. Be sure to open your chest.

## Straight Arm Pull Downs:



\*\* This can be done on a machine. Keep your arms straight through the entire lift. Bring the bar to your thighs and then back up. Repeat.

## Neck Resistance:



\*\* This exercise can be done by applying pressure to one side of your head and trying to push to that side of your head. The more pressure, the more resistance.

## Lawnmowers:



\*\* Place your left hand and left leg on a bench. Take a dumbbell and raise it from the ground mimicking the motion it would take to start a lawnmower. You can do this exercise with high elbows or elbows that face out to the side.

# Legs

## Squats:



\*\* Place the bar on your shoulders. Bend your knees and squat down. Keep your head up and don't hunch your back over. It is important to keep your feet flat on the floor.

## Hack Squats:



\*\* This exercise is performed like a squat except the bar is behind you.

## Wall sits:



\*\* Place your back flat on a wall. Bend your knees until your thighs are parallel to the ground. Keep your back flat on the wall and don't extend your feet too far out beyond your body. It is best to keep your feet tracked right under your knees.

## Lunges:



\*\* This exercise can be done with or without weights. Take your right leg and extend it out in front of you with a bent knee. Your left leg will bend taking your knee to the ground. Come to a standing position and repeat using the left leg as your extension leg.

## Heel raises:



\*\* For this exercise you can place a bar on your shoulders or you can hold dumbbells in your hand. For the first exercise you roll up on to your toes (feet forward). For the second exercise point your toes towards each other and roll up on to your toes. For the third exercise put your heel together and point your toes out and then roll up on your toes.

## Dead lifts:



\*\* For this exercise you can use a bar or dumbbells. Bend your knees and bring the weight to the ground then come back up into a standing position. It is just like lifting a box. Do not use your back. Be sure you keep your head up and use your legs to lift.

## Burpees:



\*\* Start in the standing position; jump into a plank position. From the plank position bring your knees into your chest. Then pop back out to the plank position and stand up.

## Fire Hydrants



\*\* Get into a dog position (all fours). The first move is to bring your leg to the side like you are a dog going to the bathroom on a fire hydrant. The next move is the first move but adding a leg extension (kick) to the side. The third move is to kick your leg behind you, similar to a donkey kick.

## Hop Overs:



\*\* You can stand on the bench for this exercise or you can rest your hands on the bench. Start on one side of the bench and bring your right leg up on top and then your left leg. Then step down and repeat. If you rest your hands on the bench then you should hop over the bench with both feet

## Dumbbell squats:



\*\* Hold 2 dumbbells. Bend your knees and squat down. Keep your head up and don't hunch your back over. It is important to keep your feet flat on the floor.

## Mountain Climbers:



\*\* Get into a plank position. It looks like you are running on the ground. Bring your right knee into your chest and then back out, then bring your left knee into your chest and then back out.

## Step Ups:



\*\* This exercise is simply just stepping up on a box. You can use dumbbells if you wish. Don't always lead off with the same foot. Switch it up.



# Abs

## Crunches:



\*\* This is a basic crunch where you would only want to bring your shoulder blades off of the ground. You can hold your hands behind your head or over your chest. To make it harder you can have your knees bent with feet on the floor or you can bring your feet off the floor and into the air for added resistance.

## Side Plank:



\*\* Get into a plank position and open up to one side reaching your arm high into the air and rotating your torso. There is a variation to this exercise where in which you would stay in a side plank pose and take your hips to the ground and then raise them up again.

## Rotations:



\*\* With your hands to your side or underneath your lower back, raise your legs 6-10 inches off of the ground and rotate your legs in a small circle. You can point your toes but flexing them will work better.

## Side Crunches:



\*\* Be sure for this exercise you are on your side and that you try to bring your elbow to your knee. If you cannot do this, leave your feet on the floor and curl up. You should feel the fat between your hips and ribs squish together.

## Flutter Kicks/Scissor Kicks:



\*\* With your hands to your side or underneath your lower back, raise your legs 6-10 inches off of the ground and flutter your legs back and forth as if you were swimming

## Mason Twist:



\*\* Sit with your feet on the ground or up off the ground. Clasp your hand together and rotate your torso side to side, touching the ground on each side of your hips.

## Superman's(lower back):



\*\* Lay flat on your stomach and bring your legs and arms into the air. A variation would be only raising one arm and one leg. This should be done with opposite arms/legs. Right arm/left leg, left arm/right leg.

## Planks:



## Side Bends:



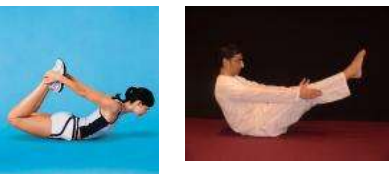
\*\* Hold a dumbbell in each hand and bend to right side and then the left.

## Boxer Kicks:



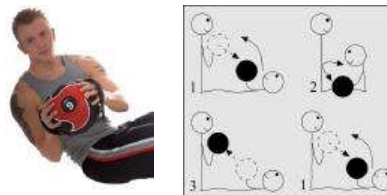
\*\* Lay on the ground and hold onto a friends ankles or a chair/couch. Raise your legs up to their hands and have them push your legs to the ground. Your feet should not touch the ground. You can go straight or to the left or the right.

## Bow to Boat:

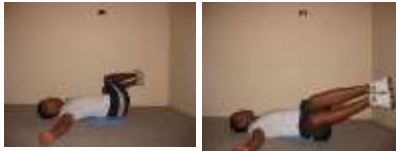


\*\* First lie on your stomach and grab your legs. The rotate over onto your bum and raise your legs into the air. Keep your back as straight as you can. Keep your head up.

## Medicine Ball:



### Segmental Rotations:



\*\* Lay on the ground and have your knees bent with feet on the floor or legs straight. Take your feet off the floor and rotate your torso from side to side. Keep your feet on top of each other the entire time.

### V-ups:



\*\* Lay on the ground and raise your torso and legs into the air. It looks similar to the "boat" in yoga. You can choose to place your hands on the floor.

### Climb Your Leg:



\*\* Lay on your back with one foot extended in the air. Take one arm and grab the outside of your leg. Take your other hand and grab the inside of your leg, then take your hand that is on the outside of your leg to your toe. The less touches the more intense.

### Heels to the Heaven:



\*\* Lay on the ground and raise your legs into the air. Place your arms to the side or underneath your lower back. Raise your heels into the air and be sure to take your bum off the ground.

### Banana Rolls:



\*\* Start on your back with your legs and arms off the ground. Then rotate to your side and keep your legs and arms off the ground. Then rotate to your stomach keeping your legs and arms off the ground. Last you roll to the other side keeping your legs and arms off the ground. Then roll back the other way.

### Double Leg Ab Press:



\*\* Lay on the ground and have your knees bent into your chest. You need to push your legs away while trying to push your legs to you.

### Raises:



\*\* With your hands to your side or underneath your lower back, raise your legs into the air (you can bring your bum off the ground) and then take your legs to the ground but do not place them on the ground. Repeat.

### Crunchy Frog:



\*\* Lay on the ground with your arms to the side and your feet extended in the air. Then bring your legs into your torso and wrap your arms around them. It is a wrap and open motion.

### Side to Sides:



\*\* Do a basic crunch to the front and then rotate your torso from the right side to the left side and then back down. Repeat.

### In and Outs:



\*\* Sit in a "V" up position and bring your hands to the floor. Then bring your legs into your chest and back out.