LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.

Do 2 sets. Complete 10-15 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.

Do 2 sets. Complete 10-15 repetitions.

CHEST - 15 Bench Press (Dumbbell)


CHEST - 9 Push-Up: Medium Hands

Chest a few inches from floor, push up until arms are straight. Do 2 sets. Complete MAXIMUM repetitions.

SHOULDERS - 1 Press: Standing (Dumbbell)

Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.

Do 2 sets. Complete 10-15 repetitions.

SHOULDERS - 14 Lateral Deltoid Raise: Standing (Dumbbell)

Knees slightly bent, hold elbows at 90º angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.

Do 2 sets. Complete 10-15 repetitions.

BACK: TRAPS - 1 Row: Upright (Dumbbell)

Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.

Do 2 sets. Complete 10-15 repetitions.

ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.

Do 2 sets. Complete 10-15 repetitions.

ABS - 12 Crunch: Raised Leg

Hands at head, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 2 sets. Complete 10-15 repetitions.

ABS - 18 Crunch: Side

With knees bent, tighten abdominals, flex upper body upward, moving elbow toward hip.

Do 2 sets. Complete 20 repetitions.

ABS - 16 Sit-Up: Twist – Bent Leg

One ankle across other knee, tighten abdominals, twist upper body to touch opposite elbow to knee.

Do 2 sets. Complete 20 repetitions for each leg.

ABS - 37 Side Bend (Dumbbell)

Tighten abdominals and bend to side as far as possible.

Do 2 sets. Complete 15-20 repetitions.