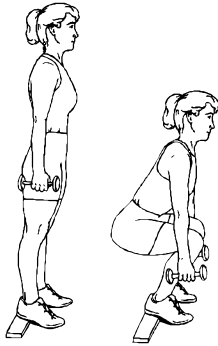


LEGS: GLUTS - 2 Squat

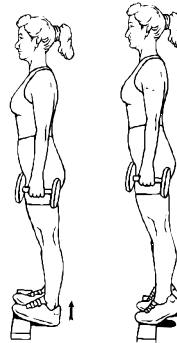
Standing on board with back straight and head looking upward, bend knees until thighs are parallel to floor.



Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

LEGS: CALVES - 3 Standing Heel Raise

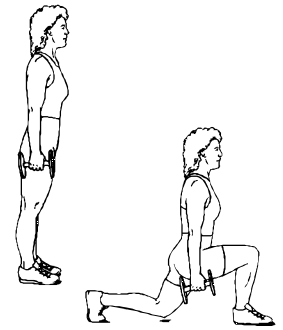
Standing on board with knees locked, rise up on toes as high as possible.



Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

LEGS: GLUTS - 4 Lunge

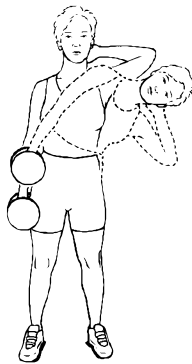
With legs shoulder-width apart, head up, and back straight, step forward, bending the leg until thigh is parallel to floor. Return and alternate legs.



Complete \_\_\_\_ times.  
 Do \_\_\_\_ sets.

ABS - 15 Side Bend

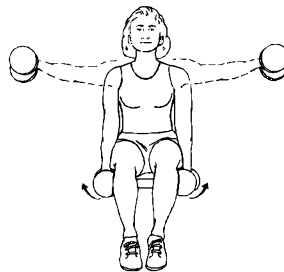
With feet shoulder-width apart, bend sideways as far as possible, then return to straight back position. Complete all repetitions to one side, then repeat to other side.



Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

SHOULDERS - 9 Seated Lateral Deltoid Raise

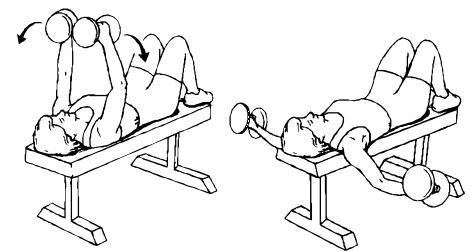
With arms slightly bent, raise dumbbells to just above shoulder height.



Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.

CHEST - 13 Bench Fly

From starting position with arms slightly bent, lower weight to shoulder level with palms facing upward. Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.



SHOULDERS - 1 Standing Press

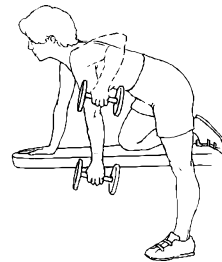
With palms facing ears, press to straight arm position, rotating palms to face forward at top of movement.



Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

BACK: LATS - 1 One Arm Bent-Over Row

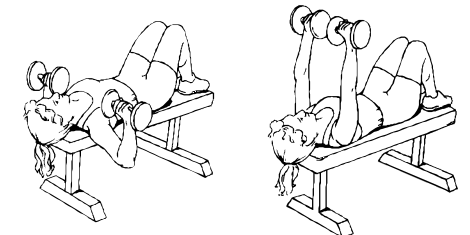
From starting position, pull dumbbell to side of chest. Complete all repetitions with one arm, then repeat with other arm.



Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

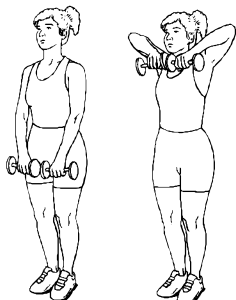
CHEST - 3 Bench Press

From starting position with dumbbells at chest level, press to straight arm position. Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.



BACK: TRAPS - 2 Upright Row

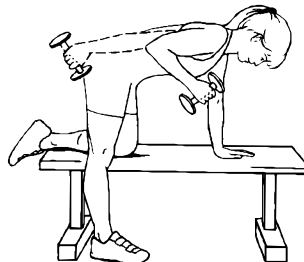
Keeping dumbbells close together, pull dumbbells to chin, keeping elbows high.



Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

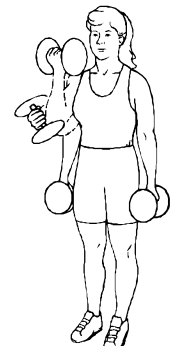
ARMS: TRICEPS - 1 Bent-Over Kickback

Straighten arm backward to elbow-locked position. Repeat with other arm. Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.



ARMS: BICEPS - 1 Standing Alternating Curl

Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Alternate arms.



Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

## Safety Guidelines

1. Start with lite weight. Slowly in crease weight every 4 workouts.
2. Begin with 6-8 repitons per set. Increase 2 reps every 4-6 workouts or when you able to move the weight through the full motion with control.
3. Stop if you feel pain. If pain persists seek a professional for a massage, accupuncture, PT or see you M.D.