

LEGS: QUADS - 2 Ninety / Ninety

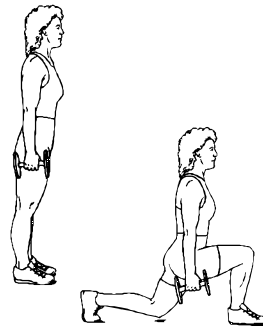
Position back against wall so that knee joints form 90° angles. Hold for 90 seconds.



Complete ____ repetitions.
 Do ____ sets.

LEGS: GLUTS - 4 Lunge

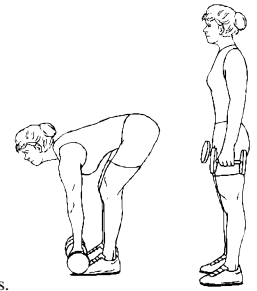
With legs shoulder-width apart, head up, and back straight, step forward, bending the leg until thigh is parallel to floor. Return and alternate legs.



Complete ____ times.
 Do ____ sets.

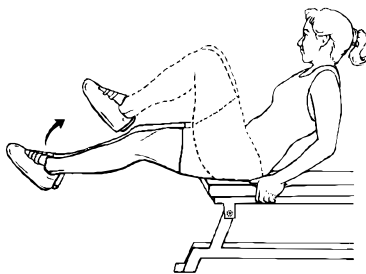
BACK: LOW - 3 Stiff-Legged Deadlift

With knees nearly locked and back flat, straighten back to upright position.



Complete ____ repetitions.
 Do ____ sets.

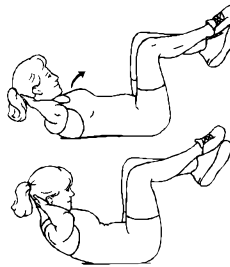
ABS - 12 Seated Knee Raise



Bending legs, pull knees toward chest.
 Complete ____ repetitions. Do ____ sets.

ABS - 7 Abdominal Curl

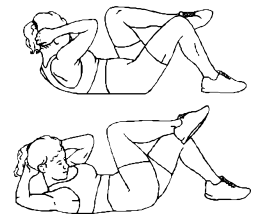
Curl upper body toward knees until shoulder blades and upper back clear floor.



Complete ____ repetitions.
 Do ____ sets.

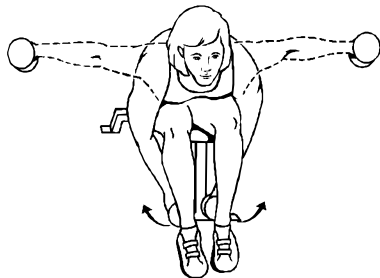
ABS - 9 Alternating Elbow to Knee Touch

Alternate touching right elbow to left knee, and left elbow to right knee.



Complete ____ repetitions.
 Do ____ sets.

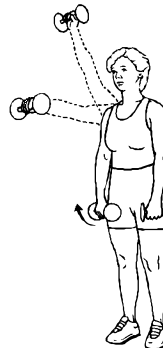
SHOULDERS - 11 Seated Rear Deltoid Raise



Raise slightly bent arms until parallel with floor.
 Complete ____ repetitions. Do ____ sets.

SHOULDERS - 8 Front Deltoid Alternating Raise

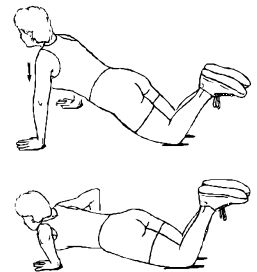
With arm locked, raise dumbbell to overhead position. Return to start and alternate arms.



Complete ____ repetitions.
 Do ____ sets.

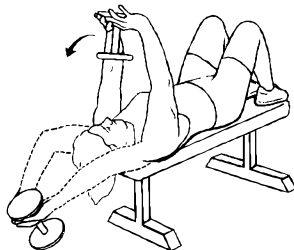
CHEST - 2 Modified Push-Up

From starting position with knees bent, hands outside shoulder width and body straight, lower body until chest touches floor.



Complete ____ repetitions.
 Do ____ sets.

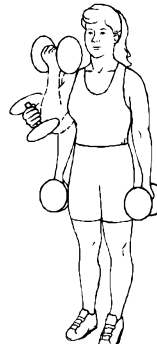
CHEST - 19 Supine Pullover



From starting position, keeping lower back flat and arms nearly straight, lower dumbbell.
 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.

ARMS: TRICEPS - 3 Standing Two-Arm Extension

Grip dumbbell with overlapping hands. Keeping elbows up and stationary, extend arms to straight arm position.



Complete ____ repetitions.
 Do ____ sets.

Weight Training Safety Guidelines

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

Phase III - Format

1. Perform series like a circuit moving from one exercise to the next.
2. At the end each circuit perform the following.
 - 10 Jumping Jacks.
 - 20 Jogging in place.
3. Perform 2-3 circuits.