



Strength training can increase circulation, relieve stress, boost energy, and improve attitude. These exercises improve muscle strength, tone and shape, boost metabolism, and lower blood pressure.

Consult with your doctor before beginning any exercise program.

strength training **EXERCISES**

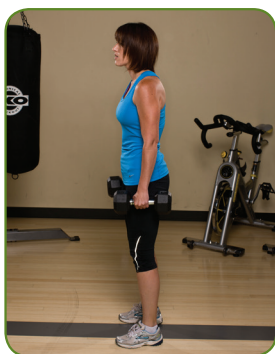
Use this guide to create a customized strength training program.



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- Strength train two to three times a week.
- Choose one exercise for each muscle group.
- Complete one to three sets of eight to twelve repetitions.

glutes and quads

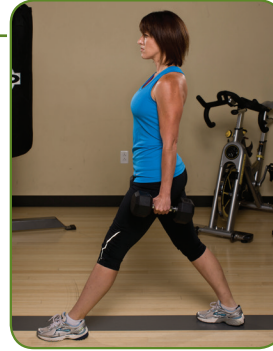


dumbbell squat

Stand up straight, chest out with your feet shoulder width apart. Grasp two dumbbells (one in each hand) hold dumbbells to your sides, palms facing your body. Keeping your head up, maintain a neutral spine position and bend at your knees by flexing your hips to lower your buttocks behind your heels (squat no lower than 90 degrees). When your thighs are parallel to the floor and your knees are flexed at 90 degrees, hold for a few seconds and push back up to the starting position. Keep weight in heels and knees behind the toes. Repeat.

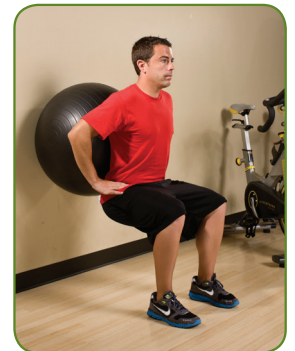
dumbbell lunge

Hold a dumbbell in each hand, palms facing your body and arms beside your body. Keep your head up and back straight. Extend your leg back and slightly to the outside (about 30 degrees away from the center of your body) with your foot flexed. Maintaining good posture, lower your body by flexing both knees at about 90 degrees. Keep your front knee behind the toes. Return to the starting position and repeat.



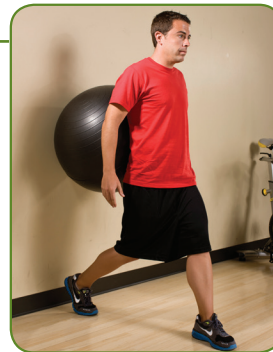
stability ball squat

Stand with the ball between your lower back and the wall with your feet shoulder-width apart. Maintaining a neutral spine position, squat no lower than 90 degrees and hold for a few seconds. Return to a standing position. Keep your knees in alignment with your second toe.



stability ball lunge

Stand with the ball between your lower back and the wall with one foot out in front of you and the other foot back by the wall. Maintain a neutral spine and bend the back knee lowering towards the floor. The front knee should bend to 90 degrees without going over the toes. Return to starting position. Repeat the same number of repetitions on the other leg.



resistance band squat

Standing on the center of the band with your feet shoulder-width apart, grasp the handles of the band with one in each hand. Your body weight should be slightly back on your heels. This should cause you to lean slightly forward, but leave your back flat. Bend your knees and push your pelvis back as if you are sitting in a chair until your thighs are parallel to the floor. Keep your head and chest facing forward. Press through your heels to return to the standing position. Repeat.



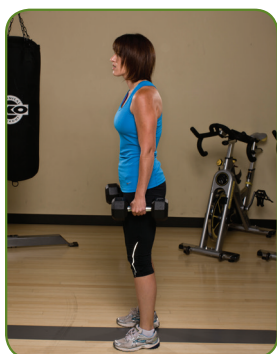
LOWER BODY EXERCISES

hamstrings



dumbbell deadlift

Stand with shoulders, hips, knees, and feet in alignment holding dumbbells in front of thighs with palms facing down. Bend slightly at the knees and flex hips to lower dumbbells toward feet. Do not bend at the waist. Keep hips pushing back and back and arms straight keeping weight in the heels. Return to starting position.



dumbbell single leg deadlift

Stand with shoulders, hips, knees, and feet in alignment, and hold dumbbells in front of thighs with palms facing down. Keeping one leg straight but not locked, lift the other leg off the floor while lowering torso forward and downward. Keep the back straight. Return to starting position by lowering leg and lifting torso simultaneously. Repeat on the other side.



stability ball pelvic lift

Lie on your back on the floor with your heels on the ball and your knees at a 90 degree angle. Press your heels into the ball while lifting your pelvis off the floor and keeping your knees bent. Hold a few seconds, return to starting position and repeat.

stability ball leg curl

Beginner: Lie on your back with your heels up on ball and your arms at your sides. Lift your hips off the ground until they are in line with the legs and upper torso. While tightening your lower abdominals, use your feet to slowly roll the ball toward your body. Hold for a few seconds, return to starting position, and repeat.

Advanced: Lie on your back with one heel up on ball and the other leg in the air. Lift your hips off the ground until they are in line with the legs and upper torso. While tightening your lower abdominals, use your foot to slowly roll the ball toward your body. Hold for a few seconds, return to starting position, and repeat on the other side.



These pictures show the Advanced technique.

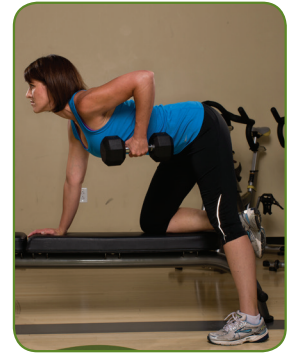
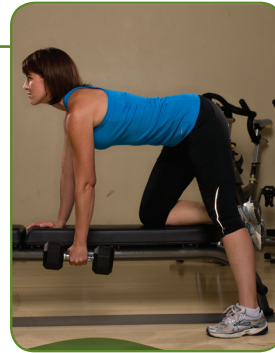
stability ball abduction

Lie on the ground or exercise mat with the ball placed between your knees and your arms relaxed by your side. Tighten your stomach muscles and, keeping your spine and feet firmly on the floor, squeeze your thighs together. Hold for a few seconds and release. Repeat.



dumbbell one-arm row

Grasp a dumbbell in one hand. Stand next to a flat bench. Lean forward, and place the opposite hand on the bench. Place your knee to the side of the resting hand on the bench to support your back. At this point, your torso should be parallel to the ground. Lift the dumbbell up by first pulling your shoulder blade and flexing your elbow. At the top of your movement, your elbow should be very close to your side at hip level, and your shoulder blades should be squeezed together. Return to starting position. Repeat.



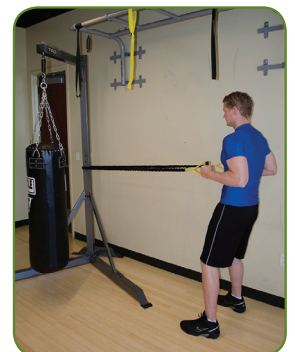
resistance band one arm bent over row

Lean on a bench or chair with your left knee and your left hand. Place middle of the band under your right foot and grasp the other with the palm of your right hand. With your right knee and right elbow slightly bent and under your shoulder, pull your hand upward with your elbow moving close to your side as you move the band toward your rib cage. Lower the band to the starting position. Repeat. Switch sides. Repeat.

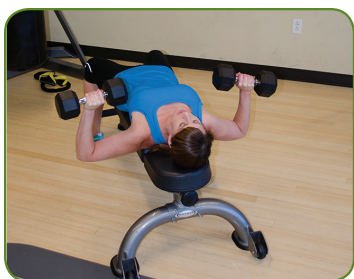


resistance band double row

Sitting or standing, attach the band to a stationary object or have someone hold the middle of the band. Keep your chest lifted, shoulders back, and your head and neck aligned with your spine. Grasp the handles of the band. Pull your hands back toward your rib cage with your elbows moving back and close to your sides. Return to starting position. Repeat.



chest — pecs



dumbbell chest press

Lie on your back on a flat bench or a stability ball. Grasp one dumbbell in each hand, with your palms facing forward, elbows bent, and dumbbells just to the sides of your shoulders. Your knuckles should be facing the ceiling. Press the dumbbells straight up by straightening but not hyperextending your arms at the elbow. At the top of the movement, the dumbbells should be over your chin. Lower to starting position. Repeat.



dumbbell chest fly

Lie on your back on a flat bench or a stability ball. Grasp one dumbbell in each hand. Begin the exercise by positioning your arms so that they extend overhead with your elbows slightly bent and the dumbbells in a palms-together position, touching. Slowly and under control, lower your upper arms until they are in line and parallel with the bench (no lower). Return them to the starting position and repeat.



stability ball pushup

Push-up with feet on stability ball. Begin kneeling behind ball. Roll over the ball, using your hands to pull you forward until the ball is under your thighs. While keeping the spine straight, bend at your elbows to lower your upper body toward the floor until you reach a 90 degree elbow bend. Keep hands directly under shoulders and a strong core to prevent the hips from dropping. Return to straight arm position and repeat. To increase difficulty, roll out so that the ball is closer to your feet.



resistance band chest press

Attach the band to a stationary object while sitting or standing. Grasp the ends of the band with the palms of your hands facing forward. Your elbows should be aligned with your shoulders and bent at 90 degrees. Push the band forward, away from your chest, straightening your arms without hyperextending. Return your arms to starting position. Repeat.

resistance band fly

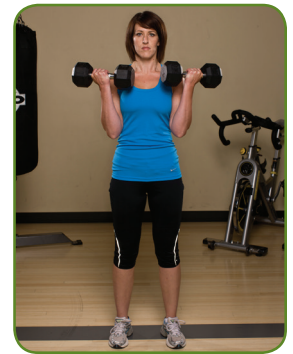
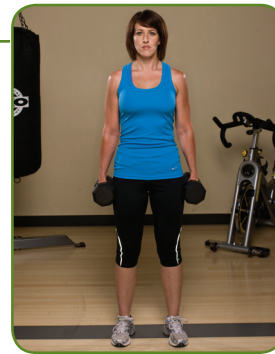
Attach the band to a stationary object while sitting or standing. Grasp the ends of the band with the palms of your hands facing in. Your arms should be extended away from your chest with a slight bend in your elbows. Open your arms out to your sides until they are aligned with your shoulders and then return your hands to the front of your chest. Repeat.



biceps

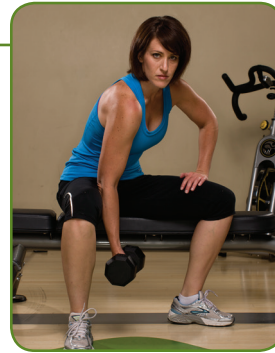
dumbbell curl

Position yourself so that your feet are firmly planted with your knees slightly bent. Grasp a dumbbell in each hand, palms facing your sides. Keeping your upper arms against the sides of your body, curl the dumbbells up by flexing at your elbow. Repeat. You may flex by alternating the dumbbells right and then left, or you may flex them simultaneously.



dumbbell concentration curl

Sit on a bench and grasp a dumbbell in one hand. Your knees should be apart, with your feet flat on the floor. With the dumbbell in your hand palm facing up, lean forward and place your forearm and elbow against your thigh and curl the dumbbell up by flexing your elbow. Return to starting position. Repeat.



resistance band curls

Standing on the center of the band with your feet shoulder-width apart, grasp the handles of the band with one in each hand. Keeping your elbows in at your waist, flex to lift your hands to your shoulders. Lower your hands to the starting position. Repeat.



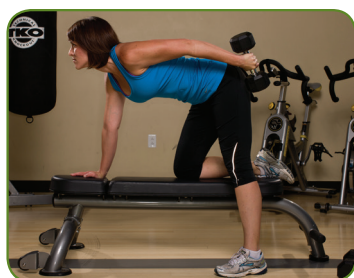
UPPER BODY EXERCISES

triceps



dumbbell supine tricep extension

Lie face up on a flat bench or stability ball. Grasp one dumbbell in one hand, with your palm facing inward. Straighten your arm with your palm and elbow on the same plane as your shoulders. Your arm should be at a 90-degree angle to your body and the bench. Lower the dumbbell to your shoulder by flexing at the elbow. Keep your elbow pointing as you lower your hand. Return to the start position by straightening but not hyperextending your elbows. Repeat.



dumbbell tricep kickback

Grasp a dumbbell in one hand. Stand next to a flat bench, lean forward, and place your opposite hand on the bench. The upper part of your working arm should be parallel with the ground and against your body. Begin with your elbow flexed at 90 degrees, with the palm of your hand facing your body. Straighten your working arm by extending at the elbow joint. Pause, then return your elbow to the flexed position. Repeat. Switch arms. Repeat.



resistance band tricep extension

Standing on one end of the band with your feet shoulder-width apart. Facing forward, grasp the other end of the band in one hand and hold it above your head with your elbow bent at 90 degrees. Keeping your elbow next to your ear and pointing forward, straighten your arm above your head.

shoulders

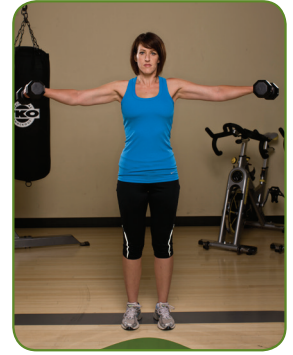
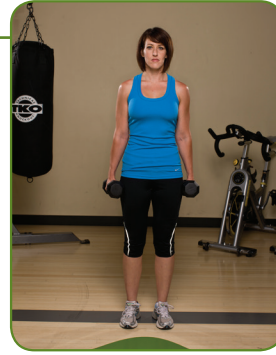


dumbbell overhead press

Stand with feet shoulder width apart. Grasp one dumbbell in each hand, with your palms facing your neck, elbows bent, and dumbbells just to the sides of your shoulders. Your knuckles should be facing the ceiling. Press the dumbbells straight up and allow the dumbbells to rotate so that your palms face forward. At the top of the movement, the dumbbells should be over your chin. Lower to starting position. Repeat.

dumbbell lateral arm raise

Stand upright or sit on a bench or stability ball. Hold one dumbbell in each hand, palms facing your sides. While keeping your elbows slightly bent, lift your arms out to your sides until they are at shoulder level. Repeat.



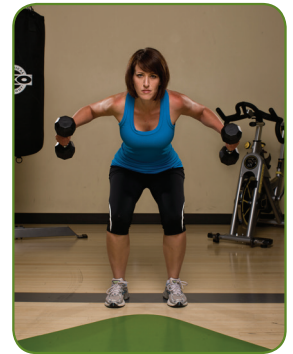
dumbbell front raise

Standing upright, hold a dumbbell in each hand with palms facing your thighs. While keeping elbows slightly bent, lift hands straight out in front to shoulder height and lower back to start. Repeat.



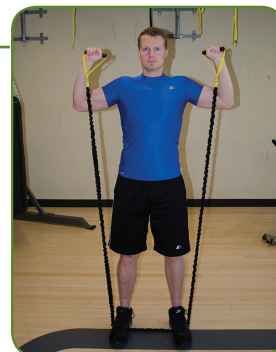
dumbbell bent over rear deltoid fly

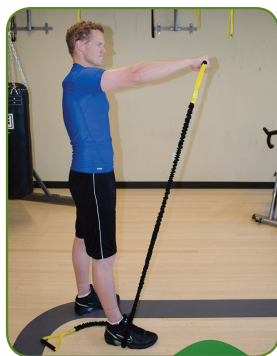
Grasp dumbbells to each side. Bend knees and bend over through hips with back flat—close to horizontal. Position elbows with slight bend and palms facing each other. Raise upper arms to sides until elbows are shoulder height. Maintain upper arms perpendicular to torso and fixed elbow position (10 to 30 degree angle) throughout exercise. Maintain height of elbows above wrists by raising “pinkie finger” side up. Lower and repeat.



resistance band overhead press

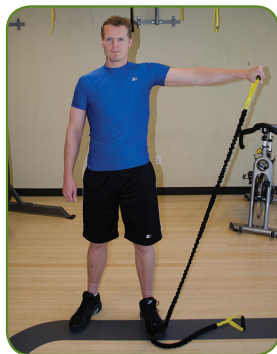
Standing on one end of the band with your feet shoulder-width apart, grasp one end of the band in one hand and hold it above your head with your elbow bent at 90 degrees and facing forward. Straighten the arm that is above your head and keep your upper arm next to your ear with your elbow pointing forward. Return to the starting position by lowering the band and flexing only at your elbow. Repeat on both sides.





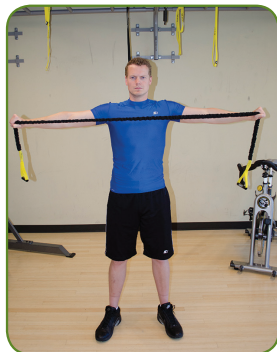
resistance band front raise

Standing with your feet shoulder-width apart, hold the band in one hand in front of your body with the palms of your hands facing your thighs. Step on one end of the band. Raise your arm up and forward until your arm is level with your shoulder. Lower your arm to the starting position. Repeat on both sides.



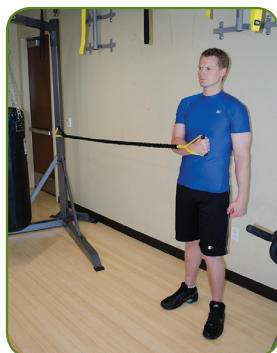
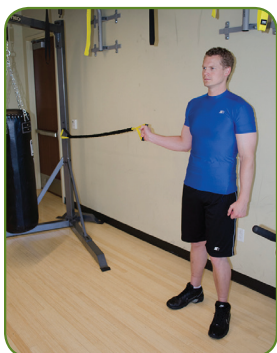
resistance band lateral raise

Standing with your feet shoulder-width apart on one end of the band, hold the band in one hand in front of your body with the palms of your hands facing your thighs. Raise your arm up and to the side until your arm is level with your shoulder. Lower your arm to the starting position. Repeat on both sides.



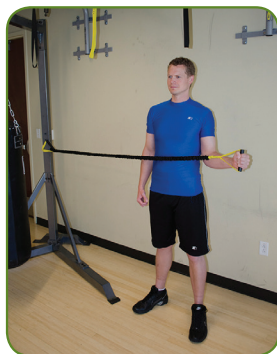
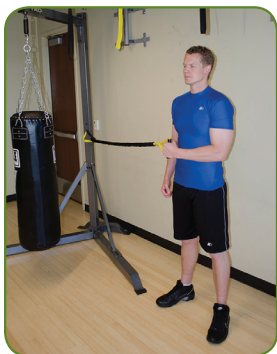
resistance band deltoid pull

Standing with feet shoulder-width apart, grasp the band with both hands at shoulder height. Pull your arms straight out to the sides stopping when the band touches your chest. Return to start and repeat.



resistance band internal rotation

Start with the band attached to a fixed point to your side. Hold the other end of the band in one hand, with the upper arm by your side, elbow bent. The hand holding the band and shoulder pointing at the anchor point. Step to the side to create resistance in the band. Without moving your upper arm, pull the band away from the object until your lower arm points in the other direction. Keeping the elbow by your side, move your hand towards your stomach as far as is comfortable. Slowly return to the starting position. Repeat.



resistance band external rotation

Secure one end of a resistance band to an object at the level of your chest. Grasp the other end of the band with one hand. Position your arm straight out to the side and bend your elbow 90 degrees so that your forearm points at the object securing the band. Step to the side to create resistance in the band. Without moving your upper arm, pull the band away from the object until your lower arm points in the other direction, away from your stomach. Return your upper arm to its original position. Repeat.

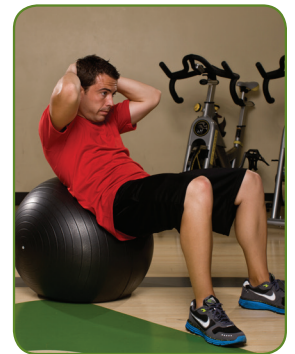
stability ball plank

Begin kneeling behind the ball. Roll over the ball, using your hands to pull you forward until the ball is under your thighs. Keep hands directly under shoulders and a strong core to prevent the hips from dropping. Hold as long as possible with correct form. To increase difficulty, roll out so that the ball is closer to your feet. Repeat.



stability ball crunch

Begin by resting the center of your back on the ball. While pressing your lower back into the ball, tighten your abdominals to curl your ribcage toward your pelvis. Return to starting position and repeat.



stability ball rollups

Start lying flat on your back with your arms above your head, holding the ball. Begin to roll up slowly, coming to a seated position. Roll back down slowly until you're back in the starting position. Repeat.



stability ball bridge

Lie on the ground or exercise mat with your arms in a relaxed position by your side. Place your feet on the ball so that it is resting just under your lower legs. Raise your pelvis from the floor by tightening the buttock muscles so that the body is diagonal from shoulders to feet. Remember to maintain neutral spine alignment, and do not allow your back to arch.



stability ball reverse crunch

Begin on your back with your hands at your sides, your legs bent with the ball between your ankles. Keeping the lower abdominals contracted, lift your knees towards your chest then lower your feet until the ball touches the floor. Keep the knees bent and only move the hips. Repeat.



stability ball knee tucks

Start in the push-up position with your feet or shins on the ball. Bring your knees and hips in at 90 degrees. Return to the starting position. Repeat.



obliques

stability ball torso twist

Begin on your back with the ball under your legs and your knees bent at 90 degrees. Reach your arms out to the side so your hands are in line with your shoulders. Keeping your shoulders planted on the floor, roll your knees, to one side, back to the center, then to the other side. Repeat.



lower back

stability ball back extension

Kneel on the ground or exercise mat and place the ball under your abdomen and pelvis with your feet shoulder-width apart. Holding your arms at either side of your head, slowly raise your upper torso from the ball as far as you can. Hold this position for two seconds, then slowly lower your back to the starting position. You can increase the difficulty by bringing your feet closer together. Remember to keep your back and neck straight and do not arch or bend your back.



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