**Chest • Bench Press**

**Muscles used:**
- Pectorals
- Anterior Deltoid
- Triceps

1. Lie on bench with two weights extended directly above chest, palms facing forward.
2. Bring weights down toward chest, elbows slightly below body.
3. Pause briefly, return to starting position. Repeat.
4. Inhale as you bring arms down, exhale as you press to starting position.

**Chest • Flat Flyes**

**Muscles used:**
- Pectorals
- Anterior Deltoid

1. Lie on bench with weights extended directly above chest, palms facing each other.
2. Bring weights down to side in a circular motion, bend elbows slightly as you lower weights, elbows slightly below bench.
3. Pause briefly, return to starting position. Repeat.
4. Inhale as you bring arms down, exhale as you press to starting position.

**Chest • Incline Press**

**Muscles used:**
- Pectorals
- Anterior Deltoid
- Triceps

1. Lie on bench with weights extended directly above chest, palms facing forward.
2. Bring weights down toward chest, elbows slightly below body.
3. Pause briefly, return to starting position. Repeat.
4. Inhale as you bring arms down, exhale as you press to starting position.
**Arms - Reverse Curl**

**Muscles used:**
- Wrists
- Forearms

1. Stand with dumbbell in each hand at arms length in front of thighs, palms facing thighs.
2. Slowly raise dumbbells to about shoulder height, keeping elbows in place.
3. Pause briefly, return to starting position. Repeat.
4. For proper breathing, exhale on exertion and inhale on return phase of exercise.

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**Abs - Side Bends**

**Muscles used:**
- Obliques

1. Stand with dumbbell in each hand at arms length, palms facing thighs.
2. Slowly bend to left side as far as possible. Return to starting position.
3. Slowly bend to right side as far as possible. Return to starting position.
4. For proper breathing, exhale on exertion and inhale on return phase of exercise.

**Notes:** May be done with dumbbell in one hand and the other hand on hip.

**Abs - Weighted Crunch**

**Muscles used:**
- Abdominals

1. Lie on back with knees raised and feet flat on ground.
2. Grasp a dumbbell with both hands and place flat end carefully on chest.
3. Slowly curl forward, using only your abdominal muscles, controlling dumbbell with both hands at all times.
4. Pause briefly, return to starting position. Repeat.
5. For proper breathing, exhale on exertion and inhale on return phase of exercise.
**legs • standing calf raise**

1. Stand on stable platform with toes up and heels down as in start photo.
2. With dumbbell in left hand, support yourself with right hand.
3. Slowly rise up onto tiptoes while keeping head up and back straight.
4. Pause briefly, return to starting position. Repeat.
   You may switch hands with dumbbell.
5. For proper breathing, exhale on exertion and inhale on return phase of exercise.

**Note:** To increase intensity, you may put one leg behind the other and do raised on one leg.

**Muscles used:**
- Calves (Gastrocnemius)

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**legs • seated calf raise**

1. Sit on end of bench with toes on stable platform.
2. Grasp dumbbell in each hand and place on thigh just behind knee.
3. Slowly rise up onto tiptoes while keeping head up and back straight.
4. Pause briefly, return to starting position. Repeat.
5. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

**Muscles used:**
- Calves (Gastrocnemius)

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**arms • wrist curl**

1. Sit on bench with feet about shoulder width apart.
2. With dumbbell in each hand, place forearm on thigh with dumbbell grip in the palm up position.
3. Slowly lower dumbbell downward into relaxed wrist position.
4. Curl dumbbell upward until wrist is in fully flexed position. Repeat.
5. Keep forearms in contact with thighs throughout exercise.
6. Inhale at starting position, exhale as you lift dumbbells.

**Muscles used:**
- Wrist muscles
- Fingers
**Legs - Squat**

**Muscles used:**
- Quadriceps
- Hamstrings
- Glutes

1. Stand with dumbbell in each hand as shown in start photo.
2. Head up, back straight, knees slightly bent.
3. Slowly squat down until your thighs are about parallel to the floor.
4. Pause briefly, return to starting position. Repeat.
5. For proper breathing, inhale as you lower into squat, exhale as you return to start position.

**Legs - Lunge**

**Muscles used:**
- Quadriceps
- Hamstrings
- Glutes

1. Stand with left foot forward, feet apart as in start photo.
2. Keep head up and back straight during exercise.
3. Slowly drop forward until your back knee nearly touches the floor. Do not let your front knee go forward beyond your toes.
4. Pause briefly, return to starting position.
5. Switch to right foot forward and do same number of repetitions. Can be done alternating legs.
6. For proper breathing, exhale on exertion and inhale on return phase of exercise.

**Legs - Deadlift**

**Muscles used:**
- Quadriceps
- Hamstrings
- Back

1. Start with feet about shoulder width apart, with dumbbells arms length at sides, palms facing in.
2. Bend knees slightly and keep head up and back straight.
3. Slowly squat down until your thighs are about parallel to the floor.
4. Pause briefly, return to starting position. Repeat.
5. For proper breathing, inhale as you lower into squat, exhale as you return to start position.
**Arms • Tricep Extensions**

1. Lie on bench with dumbbells pressed overhead at arms length, palms facing inward.
2. While keeping elbows in place pointed upward, slowly lower dumbbells to a position from forehead to slightly behind head.
3. Pause briefly, return to starting position. Repeat.
4. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

**Arms • Kick Backs**

1. Lean on bench with right knee and palm on bench for support.
2. Trying to keep back and upper arm parallel to floor, hold elbow to side.
3. Slowly extend arm while keeping elbow in fixed position.
4. Pause briefly, return to starting position. Repeat.
5. Repeat exercise with right hand.
6. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

**Neck • Neck Resistance**

1. Lie on end of bench with head overhanging bench.
2. Grasp dumbbell in both hands.
3. Look toward ceiling.
4. Gently place flat end of dumbbell on forehead while continuing to support it with both hands.
5. Slowly lower head down and backwards while supporting dumbbell with both hands.
6. Pause briefly, return to starting position. Repeat.

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arms • bicep curls

Muscles used:
• Biceps

1. Sit on bench with back supported.
2. Hold dumbbells at sides with palms facing inward.
3. While keeping elbow in place, lift dumbbell as you turn palm facing forward as you pass thigh.
4. Bring dumbbell up close to shoulder height.
5. Pause briefly, return to starting position.
6. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

Note: Can be done arms together or alternating.

arms • concentration curls

Muscles used:
• Biceps

1. Sit on bench with feet spread wider than shoulder width.
2. Lean forward and place right elbow on inside of right thigh for stability dumbbell hanging at arms length.
3. Keeping elbow in place, curl dumbbell upward toward chest.
4. Pause briefly, return to starting position, Repeat.
5. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

arms • hammer curls

Muscles used:
• Biceps
• Forearms

1. Sit on bench with back supported.
2. Hold dumbbells at sides with palms facing inward.
3. While keeping elbows in place, lift dumbbells upward keeping palms facing inward.
4. Pause briefly, return to starting position. Repeat.
5. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

Notes: can be done arms together or alternating.
**back - dumbbell rows**

Muscles used:
- Lats
- Rhomboids
- Rear Dels

1. Keeping back straight and legs slightly bent, bend over with dumbbell in each hand at arm's length.
2. Slowly pull the weight up to sides.
3. Pause briefly, return to starting position. Repeat.
4. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

**back - good mornings**

Muscles used:
- Legs
- Back

1. Stand with dumbbell in each hand as shown in start photo.
2. Inhale and bend at waist keeping knees slightly bent until upper body is about parallel with floor.
3. Keeping your back straight, slowly raise dumbbell to hip.
4. Return to starting position and exhale. Repeat.
5. Exercise with right hand.
6. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

**back - one arm row**

Muscles used:
- Lats
- Rhomboids
- Rear Dels

1. Grip dumbbell with left hand at arms length.
2. Support yourself with right hand.
3. Pause briefly, return to starting position. Repeat.
4. Exercise with right hand.
5. For proper breathing, exhale on the exertion and inhale on return phase of exercise.
**Shoulders - Upright Row**

- **Muscles used:**
  - Deltoids
  - Trapezius

1. Stand with knees slightly bent, feet about shoulder width apart with dumbbells in front of thighs, palms facing thighs.
2. Lift dumbbells slowly upward to about mid-chest height.
3. Pause briefly, return to starting position. Repeat.
4. Inhale at starting position, exhale as you lift dumbbells.

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**Chest - Incline Flyes**

- **Muscles used:**
  - Pectorals
  - Anterior Deltoid

1. Lie on bench with weights extended directly above chest, palms facing each other.
2. Bring weights down to side in a circular motion, bend elbows slightly as you lower weights, elbows slightly below bench.
3. Pause briefly, return to starting position. Repeat.
4. Inhale as you bring arms down, exhale as you press to starting position.

**Shoulders - Shrug**

- **Muscles used:**
  - Trapezius
  - Scapulae

1. Stand upright, knees slightly bent with a dumbbell in each hand. Slowly raise shoulders in an upward motion toward ears.
2. Keep arms and back straight. Do not arch back.
3. Pause briefly, return to starting position. Repeat.
4. For proper breathing, exhale on exertion and inhale on return phase.

**Shoulders - Shoulder Press**

- **Muscles used:**
  - Deltoids
  - Trapezius
  - Triceps

1. Start with dumbbells in the overhead position with palms facing forward, do not lock elbows.
2. Slowly lower weights to the sides of your head keeping elbows turned outward.
3. Pause briefly, return to starting position. Repeat.
4. Inhale as you bring arms down. Exhale as you press to starting position.