



Bench Press (Chest) Lie on a bench, step or floor, and hold a medium-heavy barbell straight up over your chest. Bend your elbows and lower the weight until elbows are at 90 degrees. Press back up and repeat.

Lateral Raise (Shoulders) - Hold light-medium dumbbells and, keeping elbows slightly bent, lift arms out to the sides to shoulder level. Lower and repeat.



Barbell Row (Back) Hold a medium-heavy barbell and tip forward to 45 degrees, keeping your back flat. Squeeze back to pull the weight in towards the belly. Lower and repeat.

Back Extension (Lower Back) Lie face down and squeeze the lower back to lift your chest a few inches off the floor. Lower and repeat.



Hammer Curls (Biceps) Holding medium-heavy dumbbells, perform hammer curls with your palms facing each other. For added intensity, stand on one leg for a balance challenge, switching legs with each set.

Kickbacks (Triceps) Bend forward, keeping back flat and abs in, and hold light-medium weights, elbows bent. Straighten the elbows to engage the triceps. Lower and repeat.



Deadlifts (Glutes, hamstrings and back) Stand with feet hip-width apart, and hold weights in front of your thighs. Tip from the hips and lower weights towards the floor, keeping your back flat and shoulders back. Return to start and repeat.

Static Lunge (quads, hamstrings, glutes)

Stand in split stance and bend both knees, lowering into a lunge while keeping your front knee behind the toe. Lift back up and repeat before switching sides.



Squats (quads, hamstrings, glutes) Place a medium-heavy barbell on the upper back/shoulders or hold dumbbells in either hand. Bend the knees and lower into a squat, knees behind the toes. Push back to start and repeat.

Bicycle (abs) Lie on the floor and bring the knees into the chest. Straighten the right leg as you twist the body, bringing the right elbow towards the left knee. Repeat on the other side in a cycling motion.



Ball Crunch (abs) Lie down with the exercise ball under the lower/mid-back. Squeeze the abs to lift the shoulders off the ball in a crunch. Lower and repeat.

Squat with Barbell

Stand with feet wider than shoulders with barbell resting on meaty part of shoulders. Bend knees and, keeping chest up, lower into a squat. Keep abs in and the knees behind the toes. Push through the heels to raise back up and repeat.



Plie Squat

With barbell or dumbbells, stand with feet wide, toes out. With knees in line with toes, lower into a squat. Knees should be behind toes. Push through the heels and lift back up.



Lunge

Using barbell or dumbbells (or no weight) stand with feet apart, toes forward. Slowly lower into lunge position, keeping body erect and abs in, knees at 90 degree angles. Push through the front heel, squeeze butt and slowly lift up to starting position (without locking knees). Repeat for one set and switch legs.



Plank on Elbows and Toes



The plank exercise ranked number 10 in the ACE study and is a great way to build endurance in both the abs and back, as well as the stabilizer muscles

How to:

1. Lie face down on mat resting on the forearms, palms flat on the floor.
2. Push off the floor, raising up onto toes and resting on the elbows.
3. Keep your back flat, in a straight line from head to heels.
4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.
5. Hold for 20 to 60 seconds, lower and repeat for 3-5 reps.

TRICEP DIPS



Sit on a bench or chair.

1. Begin with the hands next to or slightly under the hips.
2. Lift up onto the hands and bring the hips forward.
3. Bend the elbows (no lower than 90 degrees) and lower the hips down, keeping them very close to the chair. Keep the shoulders down.
4. Push back up without locking the elbows and repeat for 10-16 reps.