

## Chest and Back Exercises (Day 1)

1. **Bench Press- 3 sets of 7 repetitions.** If using free weights be sure to have a partner. You can also use a machine if available
2. **Dumbbell Fly or Butterfly Machine- 3 sets of 7 repetitions.** Grasp two dumbbells. Lie flat on bench. The dumbbells are above chest with arms fixed in slightly bent position. Lower dumbbells to sides until chest muscles are stretched with elbows fixed in slightly bent position. Bring dumbbells together in hugging motion until dumbbells are nearly together. Repeat
3. **Seated Row or Bent over Row- 3 sets of 7.** Kneel over side of bench by placing knee and hand of supporting arm on bench. Position foot of opposite leg slightly back to side. Grasp dumbbell from floor. Pull dumbbell to up to side until it makes contact with ribs or until upper arm is just beyond horizontal. Return until arm is extended and shoulder is stretched downward. Repeat and continue with opposite arm.

## Shoulders

1. **Lateral Raises- 3 x 7** Grasp dumbbells in front of thighs with elbows slightly bent. Raise upper arms to sides until elbows are shoulder height. Lower and repeat.
2. **Front- Raises- 3 x 7** Grasp dumbbells in both hands. Position dumbbells in front of upper legs with elbows straight or slightly bent. Raise dumbbells forward and upward with until upper arms are above your shoulders. Lower and repeat.
3. **Shoulder Press- 3 x 7** A machine can be used if available or dumbbells. Position dumbbells to each side of shoulders with elbows bent and in line below wrists. Press dumbbells upward until arms are extended overhead. Lower to sides of shoulders and repeat.

## ABS

1. **Leg Lifts- 3 x 10** Lay flat on your back. Lift legs off the ground and straight above your head. Keep leg straight. Lower legs slowly and do not let them hit the ground.
2. **Twists- 3 x 15** each side.
3. **Push-ups into side plank. 3 x 10** Do 1 push up and on your way up turn into a side plank. Rotate between left and right sides. For each set you should do 10 push-ups and 5 left side planks and 5 right side planks.

**\*\*\*\*\*Be sure to put on enough weight to challenge yourself. Keep in mind the goal is to build some muscle.**

## **Bicep Exercise (Day 2)**

1. **Bicep Curl- 3 x 7** Grasp bar with hands shoulder width under hand grip. With elbows to side, raise bar until forearms are vertical. Lower until arms are fully extended. Repeat.
2. **Underhand Pull-up- 3 x 5** Step up and grasp bar with underhand shoulder width grip. Pull body up until elbows are to sides. Lower body until arms and shoulders are fully extended. Repeat.
3. **Hammer Curls- 3 x 7(each arm)** Position two dumbbells to sides, palms facing in, arms straight. With elbows to sides, raise one dumbbell until forearm is vertical and thumb faces shoulder. Lower to original position and repeat with alternative arm.

## **Triceps Exercise**

1. **Triceps Press- 3 x 7** Lie on bench with narrow overhand grip on barbell. Position barbell over shoulders with arms extended. Lower bar to forehead by bending elbows. Extend arms and repeat.
2. **Overhead Triceps Extension- 3 x 7** Position one dumbbell overhead with both hands under inner plate (heart shaped grip). With elbows overhead, lower forearm behind upper arm by flexing elbows. Flex wrists at bottom to avoid hitting dumbbell on back of neck. Raise dumbbell overhead by extending elbows while hyperextending wrists. Return and repeat.
3. **Cable Push Down(with Rope attachment) 3 x 7** Face high pulley and grasp rope attachment with clinched hands side by side (palms in). Position elbows to side. Extend arms down. Turn palms down at bottom. Return until forearm is close to upper arm and hands are in original position. Repeat.

## **ABS**

1. **1 set of 100's (pilates)**
2. **Double Leg Stretch (pilates)- 1 x 10** Legs in tabletop. Hands by knees, chin up looking at belly button, extend arms and legs (arms not past ears, head stays in a nod- not floating back). Return to start (knees not past hips).
3. **Criss-Cross (pilates)-** Chin up, look at belly button, fingers by ears, elbows wide. Start with left knee bent 90 degrees, right leg extended out long off ground, left elbow on ground, right shoulder (not elbow) toward knee. Twist torso opposite and switch legs (right elbow on ground and right knee bent).

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## Legs (Do on a Day when NO running is planned!) (Day 3)

1. **Hamstring Curl- 3 x 8** Machine based light weight following the instructions of the machine.
2. **Seated Leg extension working the Quadriceps muscles. 3 x 8** Machine based light weight following the instructions of the machine.
3. **Lunges- 3 x 8** Position barball on back of shoulders and grasp bar to sides. Step forward with first leg. Land on heel then forefoot. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Stand on forward leg with assistance of rear leg. Lunge forward with opposite leg. Repeat by alternating lunge with opposite legs.
4. **Calf Raises- (Machine) 3 x 10** Sit on seat and position forefeet on lever platform. Grasp handles to sides and straighten knees. Push lever by extending ankle as far as possible. Return by bending ankles until calves are stretched. Repeat. (dumbbell)- Grasp dumbbell in one hand to side. Position toes and balls of feet on calf block with arches and heels extending off. Place hand on support for balance. Raise heels by extending ankles as high as possible. Lower heels by bending ankles until calves are stretched. Repeat.

## ABS

1. **Obliques- 3 x 15** each side- Lay on 1 side on your body with legs bent the same way. Hands behind your head. Lift head and shoulders towards the hip that is up in the air. Repeat on each side.
2. **Heel Touches- 3 x 15** each side- Lay on your back with your knees in the air at about a 45 degree angle. Lift head and shoulders off the ground and rotate side to side touch the heel of your foot.
3. **Swim- 3 x 30 secs Swim-** Lie on stomach legs and arms straight out, tighten glutes, lift , flutter kick. \* Head looks at ground

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