

# Strength Training Exercises

Use this guide to create a customized strength training program.



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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.

## Create Your Program

Use this guide to create a customized strength training program.

- 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.

**Tip:** if you are able to easily complete 12-15 reps on an exercise try increasing the resistance.

**Remember to breath!** Exhale during the exertion portion of an exercise and inhale on the return.

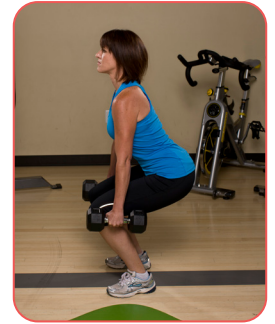


# LOWER BODY EXERCISES

**GLUTES AND QUADS**

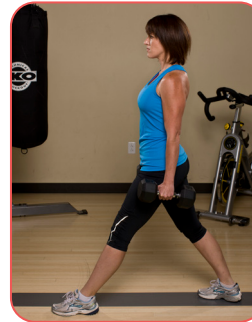
**Dumbbell squat**

Stand tall in a comfortable stance, chest up. Hold a dumbbell in each hand at your sides, palms facing in. Keep your head up and spine neutral. Squat by bending knees and hips, lowering until thighs are parallel to the floor (no lower than 90°). Pause, then push through your feet to return to standing. Keep weight evenly distributed throughout your feet. Repeat.



**Dumbbell lunge**

Hold a dumbbell in each hand, arms at your sides, palms facing in. Keep your head up and back straight. Extend one leg back. With majority of your weight on your front leg, lower and bend both knees to 90°, keeping the front knee behind the toes. Push back up to start.



**Stability ball squat**

Stand with a stability ball between your lower back and the wall, in a comfortable stance. Keep your spine neutral and bend at the knees. Hold briefly, then return to standing.



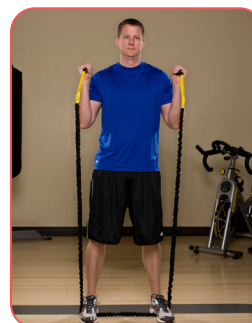
**Stability ball lunge**

Stand with a stability ball between your lower back and the wall. Step one foot forward, keeping the other near the wall. Maintain a neutral spine, with most of your weight on your front leg, bend your front knee toward the floor. Return to start. Repeat on each leg.



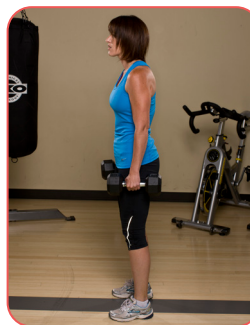
**Resistance band squat**

Stand on the center of the band, in a comfortable stance, holding a handle in each hand. Keeping your weight evenly distributed throughout your feet. Squat by bending knees and pushing hips back like sitting in a chair. Keep head and chest up. Press through your feet.

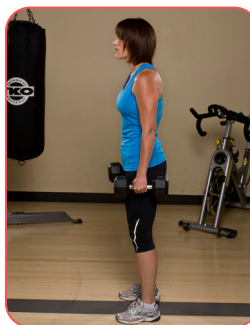


**HAMSTRINGS****Dumbbell deadlift**

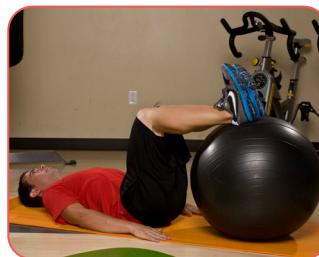
Hold dumbbells in front of your thighs, keeping your knees slightly bent. Hinge at your hips to lower the weights down your legs until you feel a stretch in your hamstrings. Drive your hips forward to return to starting position.

**Dumbbell single leg deadlift**

Stand tall with dumbbells in front of your thighs. Shift weight onto one leg, and keep your knee slightly bent. Lift the opposite leg behind you while hinging forward at the hips to lower your torso and dumbbells toward the floor. Keep your back flat and core engaged. Return to standing by lowering the leg and raising the torso together. 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 for a few seconds, return to starting position and repeat.

**Stability ball leg curl**

Beginner: Lie on your back with heels on the ball, arms at your sides. Lift hips until aligned with legs and torso. Engage lower abs and roll the ball toward you with your feet. Hold briefly, then return to start.

Advanced: Lie on your back with one heel on the ball, and the other leg raised. Lift hips into alignment. Tighten abs and roll the ball in with your foot. Hold, then return to start. Switch legs and repeat.

**INNER THIGH****Stability ball abduction**

Lie on your back with a stability ball between your knees and arms at your sides. Tighten your abs, keep your spine and feet flat on the floor. Squeeze the ball with your thighs. Hold for a few seconds, then release and repeat.

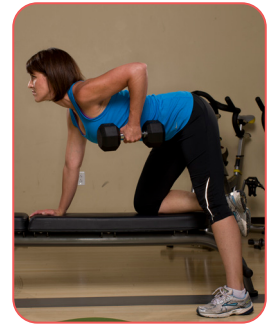




# UPPER BODY EXERCISES

**UPPER BACK — LATS****Single arm dumbbell row**

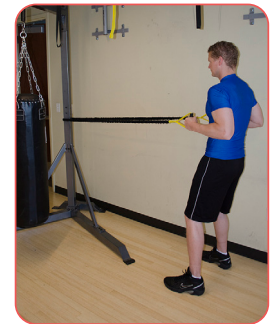
Hold a dumbbell in one hand and stand beside a flat bench. Lean forward and place your opposite hand and knee on the bench for support. Your torso should now be parallel to the ground. Begin the movement by pulling your shoulder blade back and bending your elbow to lift the dumbbell. The top, your elbow should be close to your side near hip level. Lower the dumbbell back to the starting position in a slow controlled pace and repeat.

**UPPER BACK — LATS****Resistance band row**

Lean forward and place your opposite hand and knee on a bench for support. Place one end of the resistance band securely under your standing foot and grasp the handle. Begin the movement by pulling your shoulder blade back and bending your elbow to pull the resistance band up towards your shoulder keeping your elbow close to your side near hip level. Lower the handle back to the starting position in a slow controlled pace and repeat.

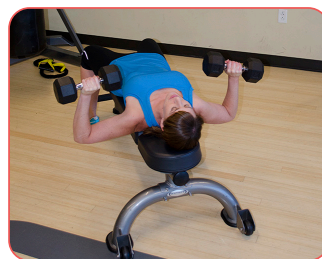
**Resistance band double row**

Sitting or standing, attach the band to a stationary object. 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 flat on a bench or stability ball with a dumbbell in each hand, palms facing forward and elbows bent.

Keep the weights beside your shoulders, knuckles pointing up. Press the dumbbells straight up until they're above your chin, avoiding locking out your elbows. Lower them back down with control and repeat.



**CHEST — PECS**

**Dumbbell chest fly**

Lie on your back on a flat bench or stability ball, holding a dumbbell in each hand with your palms facing each other and the weights touching above your chest. Keep your elbows slightly bent. Slowly lower your arms out to the sides in a wide arc until they're parallel with the bench, then bring them back up to the starting position with control.



**Stability ball pushup**

Start by kneeling behind a stability ball. Roll forward over the ball until it's positioned under your thighs, into a pushup position. Keep your spine straight and your hands directly under your shoulders. Lower your chest toward the floor by bending your elbows, maintaining a tight core to prevent your hips from sagging. Push back up to the starting position and repeat. For a greater challenge, position the ball closer to your feet.



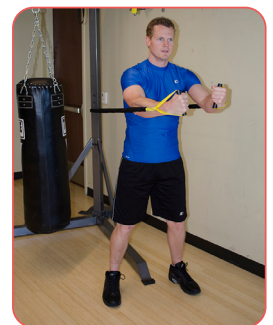
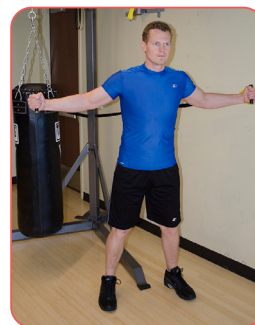
**Resistance band chest press**

Sit or stand with the resistance band anchored behind you at chest level. Thread the ends under your armpits and hold them with your palms facing forward and elbows aligned with your shoulders. Press the band straight forward until your arms are extended, keeping control and avoiding hyperextension. Slowly return to the starting position and repeat.



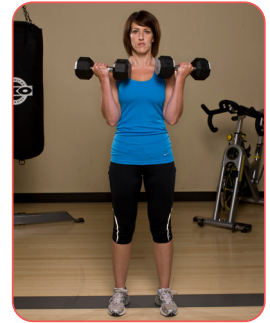
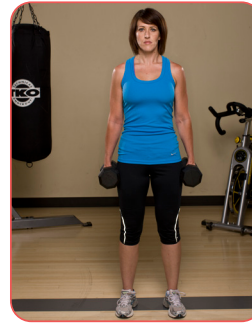
**Resistance band fly**

Sit or stand with the resistance band anchored behind you. Holding the band with your arms extended out beside you. Slowly bring your palms together in front of your chest. In a controlled motion return to starting position and repeat.

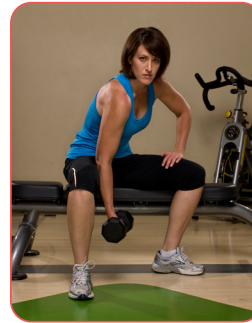


**BICEPS****Dumbbell curl**

Stand tall with a dumbbell in each hand, arms at your sides and palms facing forward. Keep your elbows close to your torso and curl the weights up toward your shoulders. Pause at the top, then lower slowly to the starting position. Repeat.

**Dumbbell concentration curl**

Sit on a bench with your knees apart and feet flat. Hold a dumbbell in one hand, palm facing up. Lean forward and rest your elbow against the inside of your thigh. Curl the dumbbell upward by bending your elbow, then lower it back down with control. 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.

**TRICEPS****Dumbbell supine tricep extension**

Lie on your back on a flat bench or stability ball, holding a dumbbell in one hand with your palm facing inward. Extend your arm so it's aligned with your shoulder and perpendicular to your body.

Lower the dumbbell toward your shoulder by bending at the elbow, keeping your elbow pointed upward. Straighten your arm to return to the starting position without locking the elbow. Repeat.



**TRICEPS**

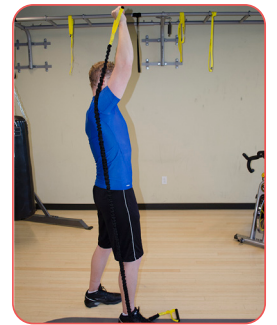
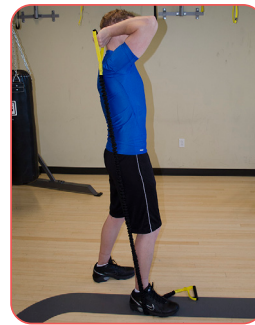
**Dumbbell tricep kickback**

Hold a dumbbell in one hand, lean forward with your opposite hand on a bench, and keep your working arm close to your body, upper arm parallel to the ground. Start with your elbow bent at 90 degrees, then extend your arm straight back by straightening the elbow. Pause briefly, then return to the starting position. Switch arms and repeat.



**Resistance band tricep extension**

Stand with your feet shoulder-width apart, one end of the resistance band anchored under your foot. Hold the other end above your head with your elbow bent at 90 degrees and close to your ear. Keeping your elbow steady, extend your arm straight overhead, then return to the starting position.



**SHOULDERS**

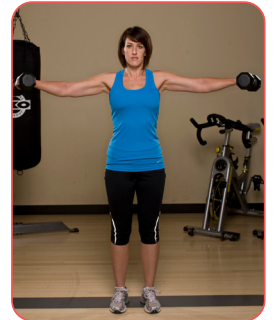
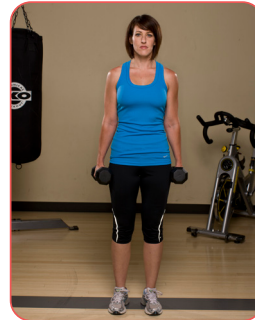
**Dumbbell overhead press**

Standing or seated, holding a dumbbell in each hand at shoulder level, palms facing your neck. Press the weights straight overhead, rotating your palms to face forward as you lift above your head. Lower them back down with control and 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.



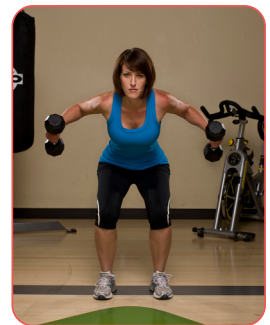
## Dumbbell front raise

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.



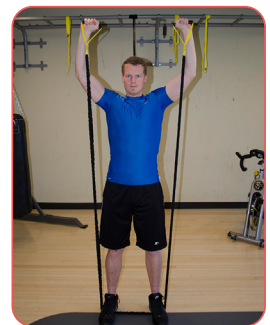
## Dumbbell bent over rear deltoid fly

Standing with a dumbbell in each hand and hinge forward at the hips until your torso is nearly parallel to the ground. Keep a slight bend in your knees and let your arms hang straight down with palms facing each other. With a soft bend in your elbows, raise both arms out to the sides until they're in line with your shoulders, squeezing your shoulder blades together at the top. Lower the weights back down with control and repeat.



## Resistance band overhead press

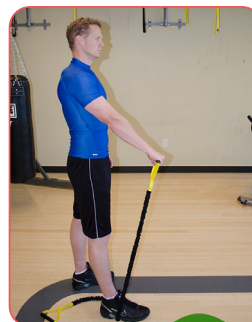
Stand with your feet shoulder-width apart, anchoring the resistance band under your feet. Hold the ends overhead with your elbow bent and pointing forward, keeping your upper arm close to your ear. Extend your arm straight up, then lower it back down by bending only at the elbow. Repeat the movement, then switch sides.



## Resistance band front raise

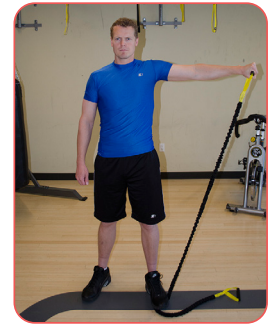
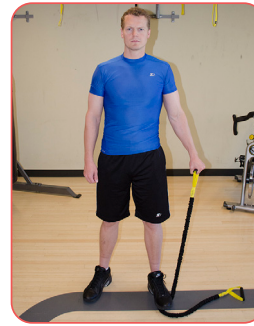
Standing with your feet shoulder-width apart, hold the band in one hand in front of your body with the palms of your hands facing your thighs.

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 on one end of the band and holding the other end in your hand at your side. Keeping your arm extended raise it to shoulder height. In a controlled motion return to starting position and repeat on both sides.



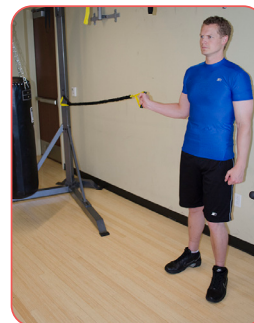
## Resistance band deltoid pull

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.



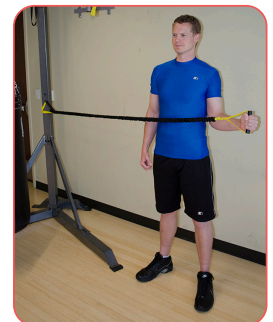
## Resistance band internal rotation

Anchor one end of the band at elbow height. Standing next to the anchor point holding the other end of the band with your elbow bent at 90 degrees and anchored to your side. Rotate your forearm inward across your body, then slowly return to starting position. Repeat on both arms.



## Resistance band external rotation

Anchor one end of the band at elbow height. Standing next to the anchor hold the other end of the band with the hand furthest from the anchor point. With your elbow bent at 90 degrees and tucked into your side. Pull the band across your body, away from the anchor point, while keeping your elbow pinned to your side. Return to start and repeat on both arms.





# CORE EXERCISES

**UPPER ABS**

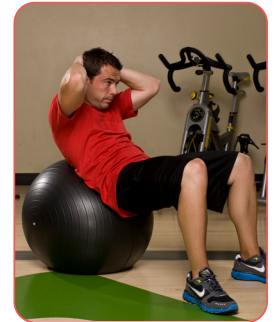
**Stability ball plank**

Begin kneeling behind the ball. Roll over the ball, using your hands to pull you forward until the ball is under your thighs. Keeps 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.



**LOWER ABS**

**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

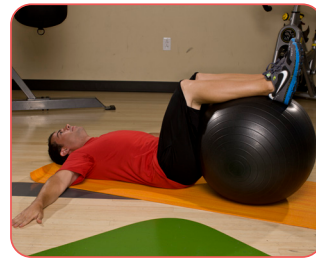
Start in the push-up position with your feet or shins on the ball. Bring your knees and hips in at 90 degrees. Return to the starting position. Repeat.



## 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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