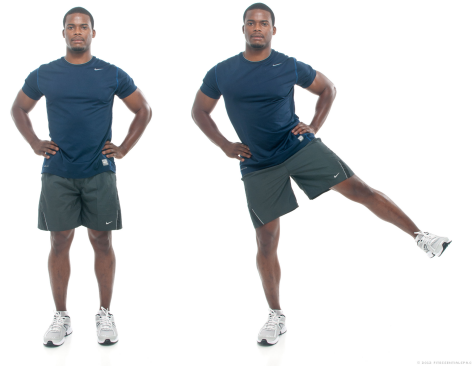


BASIC STRENGTH TRAINING ROUTINE

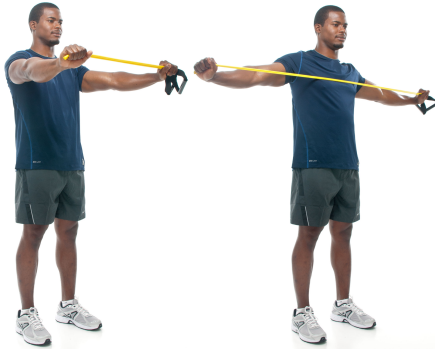
Squats (legs)



Hip Abductions (hips and glutes)



Rear Deltoid Flies (upper back)



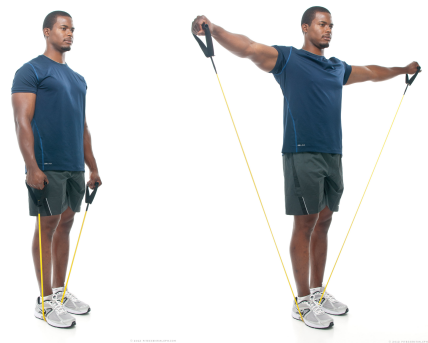
Pushups (chest)



Overhead Triceps Extension (triceps)



Lateral Shoulder Raises (shoulders)



One Arm Bicep Curls (biceps)



One Arm Row (back)



Hip Thrust (low back)



Crunches (abs)



Elbow to Knee (abs)



Leg Raises (abs)



Squats

Stand tall with your feet shoulders with apart, and your feet pointed straight. Lower your body towards the floor (like you are sitting in a chair) by extending your hips back. Keep your head in a neutral position and do not lean forward. Keep your knees aligned with your ankles. Return to the starting position and repeat. Perform 3 sets of 12 repetitions

Muscles Worked: quadriceps (primary), glutes and hamstrings

Hip Abductions

Stand tall with your feet approximately hips with apart. With control, swing your left leg away from your body and slowly return your left leg to your body. You can hold on to the wall or something very stable if feel unbalanced. Perform 3 sets of 12 repetitions

Muscles worked: hips and gluteal

Rear Deltoid Flyes

Grab the resistance tube slightly wider than shoulders width with an overhand grip. Stand in a neutral position with your abdominals tighten. Without bending your elbows pull the resistance tube apart squeezing your shoulder blades, stopping when your arms are out to your sides. Slowly return to the starting position then repeat. If you need less tension grab further apart. For more tension grab, closer together. Perform 3 sets of 12 repetitions.

Muscles worked: rear deltoids

Pushups (modified)

Start by lying on the floor (chest facing the floor) with your hands positioned slightly wider than shoulders width. Push yourself off the floor until your elbows are straight (do not lock your elbows). Keep your abdominals tight and your hips parallel to the floor. Slowly lower your body back to the floor and repeat. Perform 3 sets of 12 repetitions

Muscles worked: chest, shoulders, and triceps.

Overhead Tricep Extensions

Grab the resistance tube/band slightly wider than shoulder width with an overhand grip. Place your left hand down by your hip and your right forearm in front of your forehead. Fully extend your right elbow without locking. Slowly return to the starting position and repeat. Perform the desired amount of repetitions and then switch arms. Perform 3 sets of 12 repetitions

Muscles worked: triceps

Lateral Shoulder Raises

Stand on the resistance tube with one foot with your arms down by your side. Lift your arms up while keeping your elbows straight and palms facing downward until you reach shoulder height. Then slowly lower your arms back to the starting position. Perform 3 sets of 12 repetitions.

Muscles worked: shoulders

One Arm Bicep Curl

Stand on the resistance tube. Flex your elbow while keeping your elbow by your sides. Your hands should not go any higher than your shoulders. Slowly return to the starting position and repeat. Slowly return to the starting position and repeat. Perform the desired amount of repetitions and then switch arms. Perform 3 sets of 12 repetitions.

Muscles worked: biceps and forearms

One Arm Row

Bend forward at the waist so with your left foot out in front of you. Step on the tube with your right foot and grab the tube just below the handles with your right hand. Pull the tube bringing your elbows up and behind you as far as you can. Return to the starting position and repeat. Perform 3 sets of 12 repetitions. Repeat on the left arm

Muscles Worked: upper back, rear deltoids

Hip Thrust

Lie on your back with your knees bent. Push your heels down into the floor while lifting your glutes and lower back off the ground. Return to your starting position and repeat. Perform 3 sets of 12 repetitions.

Muscles worked: lower back, glutes, and hamstrings.

Crunches

Lie on your back with your knees bent and feet off the floor. Lift your upper back off the ground while keeping your chin pointed up. Return to the starting position and repeat. Perform 3 sets of 15-30 repetitions

Muscles worked: Abs

Elbow to knee

Lie on your back with one leg crossed. Take your opposite elbow towards that knee by lifting your upper back off the ground. Return to the starting position and repeat. Perform 3 sets of 15-30 repetitions (each side)

Muscles worked: Abs

Leg Raises

Lie on your back with your legs full extended. While keeping your legs straight, lift your legs until they are perpendicular to the floor. Return to the starting position and repeat. Perform 3 sets of 10-20 repetitions

Muscles worked: Abs



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***DISCLAIMER:** *Health Fitness Connections recommends you consult with your physician prior to starting any exercise routine.*