

Often times, I am asked, what exercises are the most beneficial.

While these exercises are not the only ones that may improve body composition, by increasing muscle strength and muscle size, these exercises, when performed accordingly, will provide the "essential daily vitamins" for overall muscle tissue health and movement mobility. The essential 6 exercises exist to be lifelong exercises.

Together we can become the Healthier version of ourselves.

**Michael Perlet, M.S., C.S.C.S.
Michaelperlet@gmail.com
www.exerciseequalslife.com**

**EXERCISE
= LIFE**

The Essential 6 Exercises

**EXERCISE
= LIFE**

1. Dumbbell Front Squat

- Grip dumbbell with palms of both hands
- Stand tall with feet shoulder width apart
- Lower body as if sitting to a chair
- Use hip muscles to raise body fully up



2. Bulgarian Split Squat

- Grip dumbbells at sides of body
- Elevate rear foot (shoe lace side) on a bench
- Lower until back knee is on floor/foam pad
- Stay tall, raise body pressing with front foot
- Lower body until knee touches the floor/foam



3. Kettlebell Deadlift

- Place a single kettlebell on the floor
- Stand above with feet on each side
- Lower body until palms touch kettlebell
- Grip kettlebell and stand tall. Hips and shoulders will rise together
- Lower body until kettlebell touches the floor



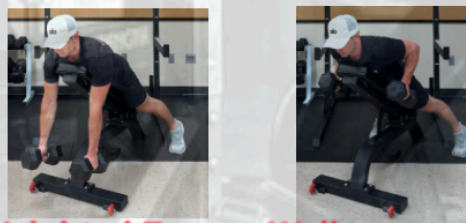
4. Dumbbell Bench Press

- Grip a dumbbell in each hand
- Sit on edge of flat bench and lay back
- Set dumbbells just above chest at sides
- Press dumbbells up until arms are straight
- Lower arms bringing dumbbells to sides



5. Chest Supported Dumbbell Row

- Place two dumbbells in-front of incline bench
- Lay on incline bench with your chest
- Grip dumbbells, allow arms to hang, pull back
- Lower dumbbells until arms are straight



6. Weighted Farmer Walks

- Place dumbbells at yours sides
- Stand between dumbbells and lower self until able to grip each
- Holding dumbbells stand tall and walk
- Stay tall, chest up, shoulders down, lift knees



Performing the Essential 6 Exercises is the first step in achieving improved overall health and wellbeing. Once comfortable with performing the Essential 6 Exercises, further expand your exercise capacity by including other exercises to supplement.

Exercise Programming

- Frequency: 2 times per week
- Sets x Reps: 3 x 12
- Rest: 3 minutes between sets
- Walks: 3 x 30 seconds @ 50 - 100% bodyweight

