

ABS - BASIC AB STRETCH

Image 1 - Start



Image 2 - End



Starting Position: Lie on an exercise matt on your stomach with your palms flat on the matt on either side of your chest. Movement: -- Lift up your upper body off of the matt with your arms straightened. Push your head back as far as you can. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	20		0
Set 2	20		0

ABS - WALL TWIST

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart and your back to a wall. Movement: Twist around and place your palms on the wall. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	20		0
Set 2	20		0

ABS - TOE TOUCH

Image 1 - Start



Image 2 - End



Starting Position: Lie on your back and raise your legs straight up in the air. Movement: Exhale as you curl your upper body towards your legs while reaching for your feet with straightened arms. Inhale as you slowly lower your upper body back down. Remember to squeeze your abs, and repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0

ABS - FOUR POINT STANCE I

Image 1 - Start



Image 2 - End



Starting Position: - Get down on all-fours on an exercise matt and keep your back straight. Movement: - Exhale as you raise your left leg up until it is even with your hip. Hold this position as long as you can. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	20		0
Set 2	20		0

BACK - DUMBBELL ROW

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Image 1 - Start



Image 2 - End



Starting Position: - Place one hand and the same-side knee on an exercise bench, the foot of the opposite leg on the floor, and the hand on that side of the body holding a dumbbell in your hand hanging at arms length below your shoulder. Movement: - Exhale as you pull the dumbbell upward until it touches your outer chest. Inhale as you lower the dumbbell slowly to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		10
Set 2	15		10

BACK - MATT BACK STRETCH I

Image 1 - Start



Image 2 - End



Starting Position: Lie on your back on an exercise matt. Movement: Wrap your arms under your knees and pull them into your chest. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0

BICEPS - ALT DB CURLS

Image 1 - Start



Image 2 - End



Starting Position: - Stand on one leg with your arms by your sides and one dumbbell in each hand. Movement: - Exhale while curling the weight in your right hand up towards your shoulder, bending only at the elbow. Inhale while lowering the weight to the starting position. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		5
Set 2	10		5

TRICEPS - ONE ARM DB KICKBACK

Image 1 - Start



Image 2 - End



Starting Position: - Stand with your feet close together and knees bent and grasp a dumbbell in your right hand while keeping your upper arm and elbow in line with and against your upper body and your forearm hanging straight down. Place your left hand across your abdomen for support. Movement: - Exhale while you keep your right arm in place and extend your forearm to the rear until it is straight. Continue this movement as far as possible after the arm is fully extended and until the dumbbell is slightly above your back. Inhale as you slowly return the dumbbell to the starting position. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		10
Set 2	15		10

CHEST - BALANCE BOARD INCLINE DUMBBELL PRESS www.phonefitnesswomen.com

Image 1 - Start



Image 2 - End



Starting Position: - Start on your back on an incline bench; hold a dumbbell in each hand at shoulder height, elbows out and both feet on a balance board. Movement: - Exhale as you press the dumbbells upward to a straight-arm position. Inhale as you slowly lower the dumbbells to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		10
Set 2	15		10

LEGS - BUTTERFLY

Image 1 - Start



Image 2 - End



Starting Position: Sit on an exercise matt with your back straight. Movement: Bring the soles of your shoes together and pull them in as close to your body as you can. Allow your hands to rest on your shoes or to apply light pressure to your thighs. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0

LEGS - SITTING SPLIT STRETCH

Image 1 - Start



Image 2 - End



Starting Position: Sit on an exercise matt and spread your legs as far as you can. Movement: Lean to your right side and reach for your toes. Rest your hands on your toes or at your ankle. Hold this position for thirty seconds. Repeat as required on other side.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0

LEGS - LUNGES

Image 1 - Start



Image 2 - End



Starting Position: - Assume a standing position with your feet slightly less than shoulder width apart. Grasp a barbell with a wider than shoulder width grip and place it across your shoulders. Movement: - Inhale, keeping your back vertical and slightly arched, slowly step forward with one leg making a long stride, lowering your body down and forward until your rear knee lightly touches the floor. Exhale, shifting your weight backwards, taking several small steps rearwards to return to the starting position. To complete the Repetition, repeat, stepping out with the other leg. Repeat as required.

Notes:

If you have knee problems, please avoid this exercise. Also, I would recommend doing this exercise without any weights or dumbbells for the first 4-6 weeks.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0