

Resistance Training Methods

Commonly people train using **straight sets**. They do specified number of repetitions for a specified number of sets, with a rest in between. This is good for the beginning exerciser. Trying other methods periodically will allow the body to work in a new way. By periodically challenging the body with new methods you can keep the results coming. Some other basic options are **super sets, tri sets, circuits and pre-exhaustion**.

Get REAL Note: If at any time during exercise you feel faint, short of breath or have chest pains, stop immediately and seek help.

Super sets: 2 to 3 sets completed *without* a rest in between.

Tri-sets: perform **three different exercises** for the same muscle group **without a rest** in between sets.

Example: Lateral raises, front raises and upright rows (shoulders).

Circuits: completing and combining a series of exercises one after another without a rest. This can also create a cardiovascular workout.

Example: squats with kick backs, Lunge with overhead press, calf raises with bicep curls.

Pre-exhaustion: Working the larger muscle groups first so that you pre-exhaust them, allows the smaller groups to work independently without help from the larger muscles.

Get REAL Note: For week one you will choose a weight that you can perform 8 to 12 repetitions with **proper form**. At the end of that set, your muscle should feel fatigued but not sore or strained. Adjust the amount of weight used until you find the right balance. Remember—you may need to use different amounts of weight for each muscle group or exercise. You can follow a resistance training plan that gradually progresses as you become stronger. Next is an **example** of this type of exercise progression.

Weekly Resistance Training Progression

Week One

1 set of 10 repetitions

Week Two

2 sets of 8 repetitions

Week Three

2 sets of 10 repetitions

Week Four

2 sets of 12 repetitions

Week Five (increase weights)

3 sets of 10 repetitions

Week Six

3 sets of 12 repetitions

Maintenance

Increase weight to meet 2 sets of 10 repetitions or try **Tri-Sets**:

Circuits of three 1 set of 10 (same muscle group) exercises

One set (single exercise) followed by one set of the next exercise with no rest in between

Example: Lateral raises, front raises and upright rows (shoulders)

Repeat the *circuit* of three sets

Get REAL Resistance Training Menu

Get REAL Exercise Option 1—All in One Day Sequence

Or choose to take one different area each day (Daily Option):

CHEST
SHOULDERS
TRICEPS
BICEPS
BACK
ABDOMINALS
LEGS, HIPS, & BUTTOCKS
CALVES

Get REAL Exercise Option 2—Two-Day Split

Day 1:

CHEST
SHOULDERS
TRICEPS
BICEPS
BACK
ABS

Day 2:

LEGS, HIPS, & BUTTOCKS
CALVES

Get REAL Exercise Option 3—Three-Day Split

Day 1:

CHEST
SHOULDERS
TRICEPS

Day 2:

LEGS, HIPS, & BUTTOCKS
CALVES

Day 3:

ABS
BACK
BICEPS

Get REAL Resistance Training Menu

Get REAL Note: EC=Extra Challenge Option

CHEST

- Chest Press
- Dumbbell Fly
- Pec Deck
- **EC**-Push Ups

SHOULDERS

- Lateral Raises
- Front Raises
- Upright Rows
- **EC**-Shoulder Press

TRICEPS

- Dumbbell Kickback
- Press Downs
- One or Two-Arm Overhead Extensions
- **EC**-Dips

BICEPS

- Supported Angle Dumbbell Curl
- Double Dumbbell Curls (splits or together)
- Hammer Curls
- **EC**-Push Ups

BACK

- Lawn Mowers
- Bent-Over Row
- Seated Dumbbell Row
- Bent-Over Fly or Dead Lift
- **EC**-Superman

ABDOMINALS

- Legs Up Crunch
- 3 Way Slow Crunch
- Double Knee or Bicycle Crunch
- Legs Up – Oblique Twist Crunch
- **EC-** Side Crunch, Leg Curl Up Crunch or Isometric

LEGS, HIPS & BUTTOCKS

- Squats/Plies or Lunges (Alternate or do both)
- Elbows and Knees Series
- Core Floor Series
- **EC-**Standing Floor Routine

CALVES

- Calves Series (Non-Weighted and Weighted)

“Build Your Own” Exercise Log

Day 1

Day 2

<u>CHEST</u>	Set/ Rep	Wt.	<u>LEGS</u>	Set/ Rep	Wt.
<u>SHOULDER</u>	Set/ Rep	Wt.	<u>BACK</u>	Set/ Rep	Wt.
<u>TRICEPS (Back of arm)</u>	Set/ Rep	Wt.	<u>BICEPS (Front of arm)</u>	Set/ Rep	Wt.
<u>ABDOMINALS</u>	Set/ Rep	Wt.	<u>ABDOMINALS</u>	Set/ Rep	Wt.
<u>CALVES</u>	D-1	D-2	<u>CALVES</u>	D-1	D-2

2 Day FULL BODY Home WORKOUT LOG

DAY 1

DAY 2

<u>CHEST</u>	Set/ Rep	Wt.	<u>LEGS</u>	Set/ Rep	Wt.
Chest Press Dumbbell Fly			Squats/Plies Lunges		
Pec Deck			Inner/Outer Leg Lifts Thigh Blasters		
Push Up			Elbow/Knees Series		
<u>SHOULDERS</u>	Set/ Rep	Wt.	<u>BACK</u>	Set/ Rep	Wt.
Side Laterals			Lawn Mowers-One- Arm Rows		
Front Raises			Bent-Over Rows		
Upright Rows			Seated Rows		
Overhead Press			Bent-Over Fly		
<u>TRICEPS (Back of arm)</u>	Set/ Rep	Wt.	<u>BICEPS (Front of arm)</u>	Set/ Rep	Wt.
Dumbbell Kickback			Supported Angle Curl Ups		
One-Arm Overhead Extension			Double Dumbbell Curls		
Two-Arm Overhead Extension			Hammer Curls		
Dips			Push Up		
<u>ABDOMINALS</u>	Set/ Rep	Wt.	<u>ABDOMINALS</u>	Set/ Rep	Wt.
Legs Up Crunch			Legs Up Crunch		
3 Way Slow Crunch			3 Way Slow Crunch		
Double Knee or Bicycle Crunches			Double Knee or Bicycle Crunches		
Legs Up–Oblique Twist			Legs Up–Oblique Twist		
<u>CALVES</u>	Rt.	Lt.	<u>CALVES</u>	Rt.	Lt.
Toes Parallel			Toes Parallel		
Toes In			Toes In		
Toes Out			Toes Out		
Weighted			Weighted		

2 Day FULL BODY Gym WORKOUT LOG

DAY 1

DAY 2

***Gym Only Addition**

<u>CHEST</u>	Set/ Rep	Wt.	<u>LEGS</u>	Set/ Rep	Wt.
*Bench Press			Squats Lunges		
*Incline/Decline Dumbbell Fly			*Outer Leg Raise (Cables) Inner Leg Cross		
*Incline Dumbbell Press			*Leg Extension Machine		
Pec Deck Fly or*Pec Deck Machine			*Hamstring Curl Machine		
Push Up			*Leg Press Machine		
<u>SHOULDERS</u>	Set/ Rep	Wt.	<u>BACK</u>	Set/ Rep	Wt.
Side Laterals			Lawn Mowers (One-Arm Row)		
Front Raises			Bent-Over Row		
Upright Rows			*Seated Pulley Rows		
Overhead Press			*Wide Grip Pull-Down		
*Dumbbell Rear Laterals			*Pull Ups		
<u>TRICEPS (Back of arm)</u>	Set/ Rep	Wt.	<u>BICEPS (Front of arm)</u>	Set/ Rep	Wt.
Dumbbell Kickback			Single Dumbbell Curl (Options)		
Overhead Extension (One or Two Arm)			*Seated Incline Dumbbell Curls		
*Cable Press Down			*Standing Barbell Curl		
Dips			*Cable Pull Up		
DAILY			DAILY		
<u>ABDOMINALS</u>	D-1	D-2	<u>CALVES</u>	D-1	D-2
Crunches (Options)			Toes Parallel		
Double Knee Crunch			Toes In		
Leg Curl Up Crunch			Toes Out		
Side Crunches (Options)			DATE		

Appendix E

Get REAL Basic Exercises

CHEST

Instructions:

Choose **two** to **three** exercises

Rest **24 hours** before working this area again

Follow with **shoulder** and **triceps** exercises

Get REAL Trainers Note: Never overlook the chest and upper body when building lean muscle. This area responds quickly to exercise and can totally change your posture, strength and how you look.

The Chest Press (A classic chest toner!)

Lay flat on your back.

Use a step, bench or the floor

Arms out to the sides to form a (t)

Hold dumbbell in each hand

Bend elbows up to form a 90-degree angle

Hands in the air with palms forward

Press dumbbells up by straightening the arms above your head

Be sure to squeeze chest during this movement

Focus on a spot on the ceiling and keep your eyes there

Pause, feel the squeeze and slowly lower the dumbbells

Watch form—elbows are bent 90 degrees in starting position

Return to the starting position

Do not “cheat” arms in

This is one rep

Gym Alternative: ***Bench Press** on spotter stand/weight bench using barbell.

Photo A-1



GOAL: Firmer chest with noticeable cleavage line. Increases chest and upper body strength.

Dumbbell Fly

Lay flat on your back

Arms out to the side to form a (t)-palms are up

Bend elbows (soft elbow-arms still extended) hands are slightly raised

Hold a dumbbell in each hand—palms up

Squeeze with your chest as you bring dumbbells together over head

Focus on a spot on the ceiling and keep your eyes there

Watch form—this is a controlled movement

Pause and feel the squeeze

Slowly return to the starting position

Keep elbows soft and do not lock them

This is one rep

Photo A-2



GOAL: Firmer chest and bust line, also works arms and shoulders.

Gym Alternative: ***Incline Fly** on incline bench.

***Decline Fly** on decline bench.

Chair Alternative:

Sit in chair with arms out to side to form a (t)—palms forward
Take a dumbbell in each hand
Bring arms together at shoulder level
 Keep arms straight with elbows soft
Pause and feel the squeeze in the chest
Slowly return to the starting position

Get REAL Trainers Note: Great for the chest, shoulders, upper back and neck!
Consider using lighter weights to avoid strain on the neck and upper back.

Note for the ladies: Works the awful area that hangs over the bra!

Pec Deck (Pectoral Press or Butterfly)

Sit on chair
Take a dumbbell in each hand
Raise arms to parallel with shoulders
Bend elbows 90 degrees to form (L) shape—palms forward
 Keep upper arms (elbow to shoulder) flat and parallel to floor
Bring elbows and forearms together (lead with elbows)
 Watch form—squeeze chest while doing the movement
Pause and feel the squeeze
Slowly return to the starting position
 This is one rep

Gym Alternative: *Pec Deck Machine- sit on bench, place arms behind the pads, press padded bars together using forearms. Keep back pressed into bench.

Photo A-3



GOAL: Firmer chest/cleavage line, also works arms, shoulders and upper back.

Get REAL Trainers Note: For an abdominal challenge, utilize the **Ab Angle**- the exercise is done while leaning back at a 45 degree angle or into an exercise ball, using the abdominal muscles to support you.

Photo A-4



Wall Push Up (Multi-Functional Upper Body Exercise)

Stand arms length from the wall
Place hands shoulder distance apart on the wall
Lower yourself to the wall using only your arms
Press yourself back to starting position using only your arms
 Keep back flat and straight
 This is the most versatile option available!

Photo A-5



Variations: Arms close together or arms wide apart

Floor Variations: Lay on stomach and back remains flat/straight

Floor Leg Positions:

- Beginner/Easy: Keep knees directly under body
- Female/Moderate: Legs extended and knees remain on ground
- Male/Challenge: full military push up with legs fully extended—**advanced**, requires greatest core strength

GOAL: A toned upper body, chest and arms.

Traditional Push Up

Place hands at shoulder level, a hand distance from the shoulder

Rise up by extending the arms only

Keep the back flat and straight

Pause and feel the tension in the arms and chest

Slowly lower to the starting position, slightly off the floor

This is one rep

Photo A-6



GOAL: Increased upper body strength and tone.

SHOULDERS

Instructions:

Choose **two** to **three** exercises

Rest **24 hours** before working this area again

Follow with **triceps** exercises

Get REAL Trainers Note: Never overlook the shoulders and upper body when building lean muscle. This area responds quickly to exercise and promotes good posture. Sculpted shoulders define your shape and make the waist look smaller.

CAUTION: When choosing weights to work this area, consider that the neck area will also be engaged. Strain can result if weight is too heavy.

Side Laterals

Stand with arms down to your side

Use good posture—head, neck, and shoulders relaxed

Keep back straight and abs tucked in

Take a dumbbell in each hand, palms face you

Raise both arms out to the side

Keep arms parallel with your shoulders (T-Position)

Watch form—arms should be parallel to the floor

Do not bunch neck or shoulders

Pause and feel the squeeze in the shoulder and upper arm

Slowly return to the starting position

This is one rep

Gym Alternative: *Dumbbell Rear Laterals- lay belly down on a bench. Weights are held under the bench—raise weights out to sides. Works the back and shoulders.

Photo B-1



Get REAL Trainers Note: Neck strain is a signal to use lighter weights or to do fewer reps.

GOAL: Shapely toned shoulders with good definition, also tones the upper arm.

Front Raises

Stand with arms at your side

Take a dumbbell in each hand, palms to the rear

Raise both arms straight up (out away from body) until parallel with shoulder

Watch form—keep arms straight out

Body should be relaxed but held in proper posture

Do not bunch neck or shoulders

NOTE: This could indicate the need for lighter weights or fewer reps

Pause and feel the squeeze in the shoulder and upper arm

Slowly lower arms to the starting position

This is one rep

May do together or in splits (one arm at a time, alternating)

Photo B-2



GOAL: A toned and defined shoulder while adding definition to upper arms.

Upright Rows

Stand with arms straight down in front of you

Palms touching the thighs

Take a dumbbell in each hand

Pull the dumbbells up the body until under the chin

Elbows are high and out to the side

Keep the dumbbells close together during the raise

Watch form—do not scrunch neck or shoulders

Keep the proper posture and body relaxed

Pause and feel squeeze in shoulders, upper arm, upper back and neck

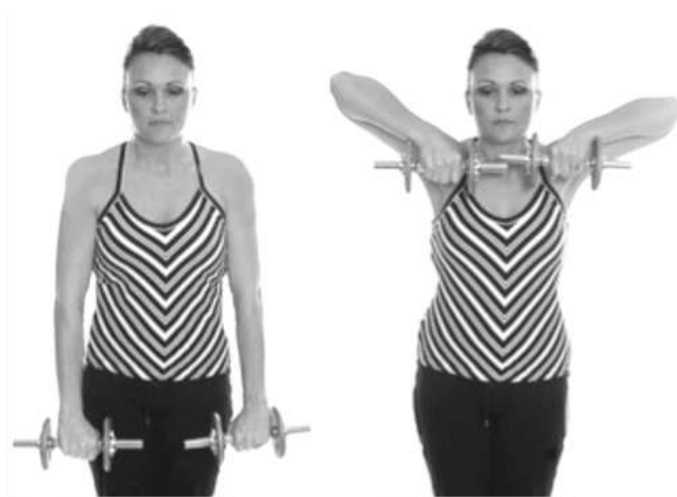
Slowly lower dumbbells to starting position

This is one rep

Get REAL Note: Sore neck may indicate need for lighter weights or fewer reps—always value *quality* over *quantity*.

Variation: May use weighted barbell or broom in place of dumbbells. Keep hands close together during the exercise, a hands distance between them.

Photo B-3



GOAL: Toned and defined shoulder while adding definition to upper back, neck and upper arms.

Overhead Press

Sit on chair

Take a dumbbell in each hand

Raise arms to parallel with shoulders, palms up

Bend elbows up 90 degrees to form (L) shape—turn palms forward

Keep upper arms (elbow to shoulder) flat and parallel to floor

Raise arms straight above head

Pause and feel the tension

Slowly return to the starting position

Maintain 90 degree angle—keep arms up in good form

This is one rep

Gym Alternative: *Incline Press- same mechanics done on the incline bench (shown).

Photo B-4



GOAL: Toned and defined shoulder while adding definition to upper back, neck and upper arms.

Chest and Shoulder Stretch

Sit in chair
Lean forward
Reach back with one arm
Grab chair
Lean shoulder forward
 Count 4 full seconds
Take a deep cleansing breath and release
Then roll shoulder back
 Count 4 full seconds
Take a deep cleansing breath and release
Repeat with other arm

Photo B-5



TRICEPS

Instructions:

Choose **two** to **three** exercises

Rest **24 hours** before working this area again

Follow with **biceps** exercises if going on, or **abdominals**

Get REAL Trainers Note: Never overlook triceps. This area responds quickly to exercise and promotes balance and strength. Toned arms define your body and reveal a fit and sculpted shape.

LADIES: This is the area that keeps on waving, long after you stopped! Remember to really work this area. Heavier weights can usually be used.

Dumbbell Kickback (Classic arm-flab toner)

Sit in a chair holding a dumbbell in your right hand
Lean forward slightly with you back flat, not arched
Bend elbow until forearm is parallel with the ground (starting position)
Press the dumbbell back by extending the elbow fully
KEY to this exercise and all triceps work:
Upper arm (shoulder to elbow) **does not** move
All motion takes place at the elbow
Pause and feel the **squeeze** in the back of the arm—important
Slowly return to the starting position
Resist both ways and go slow
Keep arm close to body—**quality over quantity**
This is one rep
Continue with same arm until set complete
Then switch arms and repeat the above

Photo C-1



GOAL: A toned and defined back of the arm—Bye-Bye *“batwings!”*

Press Downs

Stand with dumbbells placed end to end at abdomen level

Arms bent 90 degrees

Press back both arms simultaneously using kick back technique

Upper arm (shoulder to elbow) **does not** move

All motion takes place at the elbow

Pause and feel the **squeeze** in the back of the arm—important

Slowly return to the starting position

Resist both ways and go slow

Keep arms close to body—**quality over quantity**

This is one rep

May be done together or in splits (one arm at a time, alternating)

Gym Alternative: ***Cable Press Down**-Use *Rope* or *V-attachment* on the overhead pulley system. With elbows tight at sides, press down and slowly release up to start position at the waist.

Photo C-2



GOAL: A toned and defined back of the arm with no jiggle-jiggle.

Two-Hand Overhead Extension

Lie on your back (may use bench, step or on the floor)

Take one dumbbell with both hands—palms together

Raise arms so that hands are directly above head with elbows bent

Dumbbells are close to floor but not touching

Elbows are close to head and remain so

Note: This is the starting position

Extend forearm up at the elbow

Upper arm (shoulder to elbow) **does not** move (as always)

All movement is in the **elbow only**

Pause and feel the **squeeze** in the back of the arm

Slowly return to the starting position

This is one rep

Variation: Sitting in chair with arms in same position and same technique (shown).

Photo C-3



GOAL: A toned and defined back of the arm—no more flabby hangers!

One-Arm Overhead Extension

Sit in a chair

Take a dumbbell in your right hand

Raise your right arm straight up in the air

Bend your elbow behind your head

Note: This is the starting position

Extend forearm up at the elbow

Stabilize the active arm with the inactive hand

Upper arm (shoulder to elbow) **does not** move (as always)

All movement is in the **elbow only**

Pause and feel the **squeeze** in the back of the arm

Slowly return to the starting position

Keep arm close to the head at all times

This is one rep (Continue with same arm until set complete then switch arms)

Photo C-4



GOAL: A toned back of the arm that doesn't keep waving when you have stopped!

Dips (Most versatile choice)

Sit on the edge of a chair

Place your hands beside your hips on the front corner edges

Slide feet forward (choose your variation)

Position feet to reduce strain on the elbows

Slide your bottom off the chair and dip down into a squat

You should feel the work in the back of the arms

Do not cheat with legs

Use **arms only** to raise and lower

Rise back up by straightening the arms

This is one rep

Variation: Keep knees directly under you at a 90 degree angle-easiest (shown).

Photo C-5



Variation: Can do one arm dip the same way. It is a more intense targeting of the muscle more difficult and advanced move.

Advanced Variation: Can rest feet on another bench and repeat the exercise.

GOAL: Great arms with NO back jiggle.

Variation: Can bring legs straight out in front of you, either crossed at the ankle or not. This is a more advanced move (shown).

Photo C-6



✓ **Triceps Stretch**

Raise right arm straight up above head
Bend elbow behind head
Grab right hand with left hand and gently pull down
Feel the stretch in the back of the arm
Hold 4 full counts
Take a deep cleansing breath and release
Repeat on the other arm

Photo C-7



BICEPS

Instructions:

Choose **two** to **three** exercises

Rest **24 hours** before working this area again

Follow with **abdominal** or **leg** exercises, depending on your daily split

Get REAL Trainers Note: Biceps are the muscle group that most think of when you say “make a muscle.” Men spend time on this area because of its growth potential (due to their hormonal make-up). Women need to train this area in order to balance the triceps muscle and further define the arms. Women will not “bulk up” due to lack of the male hormones that allow that. Increased arm strength is important when performing daily functions and as a person ages. It keeps bones strong and joints flexible. Most people can use **heavier weight** for this muscle.

Supported Angle Dumbbell Curl

(Good start—aides control)

Sit in chair and bend forwards slightly

Hold dumbbell in right hand with palm up

Place right elbow into *the inside* of the right knee for support

Extend forearm to line up with lower leg

Fully bend elbow

This is a controlled movement

Resist up and down

Pause and feel the squeeze in the upper arm

Note: All action is in the elbow only

Key: Upper arm (shoulder to elbow) **does not** move

Extend elbow slowly to starting position

This is one rep

Continue on same side until set complete then switch arms

Photo F-1



GOAL: A toned and balanced upper arm, also adds strength and definition.

Dumbbell Curl (Classic Single)

Sit in chair or stand

Extend right arm along side

Hold dumbbell in right hand with palm up

Fully bend elbow

 This is a controlled movement

 Resist up and down

Pause and feel the squeeze in the upper arm

 May place left hand under elbow for support

Note: All action is in the elbow only

Key: Upper arm (shoulder to elbow) **does not** move

Extend elbow slowly to starting position

 This is one rep

 Complete the set then change arms and repeat

Photo F-2



GOAL: A toned and defined front of the arm, in balance with triceps.

Variations:

Double Dumbbell Curls- are same as above except you bend both elbows up at the same time (shown).

Split curls- are done on one side then the other.

Broom or Barbell Curls- are same as above except you place hands shoulder width apart. Palms up on the broom or barbell and both elbows bend up at the same time.

Gym Alternatives:

* **Incline Dumbbell Curl-** Curls done on incline bench.

***Cable Pull-Up-** Perform as above using lower pulley cable outlet with long bar attachment.

Hammer Curls

Sit in chair or stand

Extend right arm along side

Hold a dumbbell in each hand with palms **turned in** toward the body

Fully bend both elbows up at the same time (double)

May do single arm curls, double curls or split curls

This is a controlled movement

Resist up and down

Pause and feel the squeeze in the upper arm

Note: All action is in the elbow only

Key: Upper arm (shoulder to elbow) **does not** move

Extend elbow slowly to starting position

This is one rep

Complete the set then change arms and repeat

GOAL: A toned and defined upper arm.

✓ Bicep Stretch

Take right arm across body horizontally
Grab right elbow with left hand
Pull slightly
Feel the stretch in the arm
 Hold for 4 full counts
Take a deep cleansing breath and release
Repeat with left arm

Photo F-3



BACK

Instructions:

Choose **two** to **three** exercises

Rest **24 hours** before working this area again

Follow with **leg** or **bicep** exercises, depending on your daily split

Get REAL Trainers Note: The back is used for most daily functions. It can be difficult to isolate and often this fact leads people to overlook it. Balanced back strength will reduce injury and increase your coordination. The back will balance your abdominal core strength and essential to good posture. Most back exercises involve a rowing motion.

Lawn Mowers/One Arm Row

Stand next to a chair

Bend so that left hand is touching the chair seat

Extend right arm straight while holding a dumbbell—palm to body

Arms are parallel to each other

Pull right elbow back and up as if starting a lawn mower

Resist up and resist down

This is a controlled movement

Pause and feel the squeeze in the upper back

Slowly return to the starting position

This is one rep

Continue on same side until set complete then switch arms

Photo E-1



GOAL: A more toned and stronger back. Along with abdominals strengthens core.

Bent-Over Bilateral Row

Sit on a chair

Bend forward 45 degrees

Take a dumbbell in each hand

Arms at your side and hanging straight down

Pull arms up with palms facing in

Dumbbells stay close to the body

Elbows bow out slightly

Shoulder blades come close together

Pause and feel that squeeze in the upper back

Watch form—don't let posture sag

Relax the neck

Slowly return to the starting position

This is one rep

Photo E-2



GOAL: A toned and stronger back. Enhances upper back appearance and strength.

Seated Dumbbell Row

Sit on the floor

Brace your feet in front of you, shoulder width apart

Grasp dumbbells with both hands

Arms are out and parallel to the floor

Roll shoulders back and pull ribcage up which arches the back

Maintain this upright posture—important

Slowly pull the dumbbells into your rib cage

Keep arms parallel to the floor

Dumbbells will be at underarm area

Pause and feel the squeeze across the back

Push the dumbbells to the starting position

Go slowly and resist both ways

This is one rep

Gym Alternatives (Back): *Seated Pulley Row- Perform as above using lower pulley cable outlet with butterfly attachment.

Photo E-3



GOAL: A firm and toned back with added strength.

Bent-Over Fly

Sit on a chair

Bend forward 45 degrees

Take a dumbbell in each hand

Palms face each other at knee level

Raise arms up and away from your body until parallel with shoulders

Keep elbow soft and extend almost fully at shoulder level

Pause and feel that squeeze in the upper back

Watch form—don't let posture sag

Relax your neck

Slowly return to the starting position

This is one rep

Photo E-4



GOAL: A toned and stronger back. Enhances back appearance and strength.

Dead Lift

Stand straight with proper posture

Bend at waist and reach down to pick up dumbbells

Slowly straighten knees but do not lock them

Pull dumbbells up until you are in a standing and upright position

Arms remain straight—palms facing the body

Keep the weight close to the body

Slowly lower weights to the starting position without bending knees

This is one rep

Get REAL Note: It may take time to increase flexibility before you can reach the floor.

Photo E-5



GOAL: A strong back with added flexibility.

Wide Grip Pull Down (Gym Option)

Sit on the bench in front of the upper pulley cable outlet

Sit forward on bench

Use wide grip bar in the upper attachment

Brace your feet in front of you and knees comfortably under the pads

Grasp the wide handles with both hands

Slowly lower the bar to shoulder level, hands shoulder width apart

Pause and feel the squeeze across the back

Return to the starting position—slowly with resistance

This is one rep

✓ Superman

Lay flat on stomach

Arms straight above head and legs stretched out

Slowly raise right arm and left leg

Hold this for 5 full seconds

Feel the squeeze in the back area

Continue to breathe

Release arm and leg back to the floor

This is one rep

Repeat with opposite side

Photo E-6



GOAL: Stronger core muscles and back, stretches and strengthens.

Back Stretch

Sit in a chair
Bend at the waist
Arch back and grab inside of the ankles
Feel the stretch in the back
Hold 4 full counts
Take a deep cleansing breath and release

Photo E-7



ABDOMINALS

Instructions:

Choose **three** to **five** exercises

No Rest is required before working this area again

Work daily alone or in conjunction with other series

Get REAL Trainers Note: The abdominal muscle group is used for most daily functions. Balanced core strength will reduce injury and increase your coordination. The abdominal area needs to be in balance with your back. Tight abdominals hold the intestines and internal organs in place. Weak muscles allow the organs to fall forward and protrude out. Most abdominal muscles are hidden under a layer of fat. Even the tightest muscle—six pack abs—will **never** be seen if that layer of fat is not reduced through weight loss. Your body shape and genetic makeup will determine if you store excess fat in this area. Because of the dangers that fat stored around organs and in the abdominal area pose, a routine of exercise and dietary changes are needed to improve your risk factors.

Crunches (Basic)

Lie on your back with knees bent or on a chair
Place hands gently behind head or straight up in the air
 Pick a spot on the ceiling and keep your eyes there
Raise shoulders off the ground by contracting the abdominal muscles
 Keep your chin a fists distance from your chest
 Keep elbows soft
Pause and feel the abdominal area tighten
 Keep low back pressed into the floor
 Keep breathing
Slowly lower back to starting position

Get REAL Abdominal Key:

- ✓ Inhale during extension (when releasing crunch or laying back)
- ✓ Exhale during contraction (when crunching or bending up)

Variation: Decline Crunch- is done on the decline bench with legs over and tucked under the rollers (adds more resistance).

Photo G-1



3 Way Slow Crunch

Place hands gently behind head as above or straight up in the air
Raise shoulders off the ground by contracting the abdominal muscles
 Pick a spot on the ceiling and keep your eyes there
Pause 3 times on the way up to increase the abdominal tightening
 Keep your chin a fists distance from your chest
 Keep elbows soft
Pause and hold five seconds in the highest position
 Feel the abdominal area tighten
 Hold the position using only abdominals
 Keep low back pressed into the floor
 Maintain proper breathing
Slowly lower back to starting position in one fluid motion

Legs Up Crunch

Adjust so that back is flat on mat and in a comfortable position

Place fingers gently behind ears

Pick a spot on the ceiling and keep your eyes there

Keep your chin a fists distance from your chest

Raise shoulders off the ground by contracting the abdominal muscles

Keep elbows soft and open (do not bring elbows in)

Pause and feel the abdominal area tighten

Keep low back pressed into the floor

Keep breathing **(Inhale during extension/exhale during contraction)**

Slowly lower shoulders to starting position legs remain elevated throughout

Variation: Alternate raising each leg and tapping down each leg (increases difficulty).

Variations: Multiple variations of abdominal crunches can be done. Mixing up your routine can help you to avoid adaptation to the exercise. Consider balancing on a fitness ball to add greater challenge.

Photo G-2



GOAL: Tighter abdominal muscles and a flatter abdomen.

Side Crunch (Oblique Twist)

Lie on your right side with knees bent
Place hands gently behind the head
 Pick a spot on the ceiling and keep your eyes there
Twist upper body so face is up
Lift shoulders off the floor by contracting the abdominal muscles
Pause and feel the tightened abdominal and waist area
Slowly return to starting position
 This is one rep
Continue on this side until set complete
Then switch sides and repeat

Photo G-3



Double Knee Crunch

Lay on the back with knees bent
Gently place hands behind the head
 Pick a spot on the ceiling and keep your eyes there
Bring knees and elbows together by contracting abdominal muscles
 Keep a fist distance between chin and chest
 Keep low back pressed into the floor
Slowly lower to the starting position
 Do not let feet touch the ground
This is one rep

Photo G-4



Variation: Frogs

Place hands on forehead, elbows almost together
Cross ankles with knees out
Crunch elbows to the knees
Use same mechanics as above

Legs Up- Oblique Twist Crunch

Lie on your back with knees bent and legs raised (May also be done with legs down and bent, or in a

10 reps up and 10 reps down series)

Cross right foot onto left knee

Adjust so that back is flat on mat and in a comfortable position

Place fingers gently behind ears

Raise shoulders off the ground by contracting the abdominal muscles, keeping legs raised

Keep your chin a fist's distance from your chest

Keep elbows soft and open (do not bring elbows in)

Pick a spot on the ceiling and keep your eyes there

Rise up while twisting slightly to the right

Bring left elbow toward (not touching) the right knee (legs remain elevated)

Pause and feel the side and abdominal areas tighten

Return to start position

Slowly lower shoulders to starting position

Keep low back pressed into the floor

This is one rep

Complete set, switch legs and repeat series

Photo G-5



GOAL: Tighter abdominal muscles and a trim waist line.

Bicycle Crunch

Lie on back with knees bent and legs raised (remain up throughout)
With legs still elevated, straighten right leg and bring left knee closer
Take right elbow toward the left knee
Switch legs by extending the left and bring right knee close
Take left elbow toward the right knee
 Keep low back pressed into the floor
 Keep breathing
 This is one rep
Continue to repeat series

Photo G-6



GOAL: Flatter and tighter abs.

Leg Curl Up Crunch (bench)

Lie back flat on a bench or step
 Legs off the end of the bench or step
 Pick a spot on the ceiling and keep your eyes there
Grasp the top of the bench or step with both hands
Contract abdominal muscles to curl knees up
 Keep small of back pressed into the bench or step at all times
Pause and feel the squeeze in the abs
Slowly lower back to the starting position
 Feet do not touch the floor.
 This is one rep

Photo G-7



GOAL: Lower abdominal strength and tone.

Leg Curl Up Crunch (floor)

Lie flat on a back

Bend knees and lift feet slightly off floor

 Pick a spot on the ceiling and keep your eyes there

Place hands under buttocks

Contract abdominal muscles to curl knees up

 Keep small of back pressed into the floor at all times

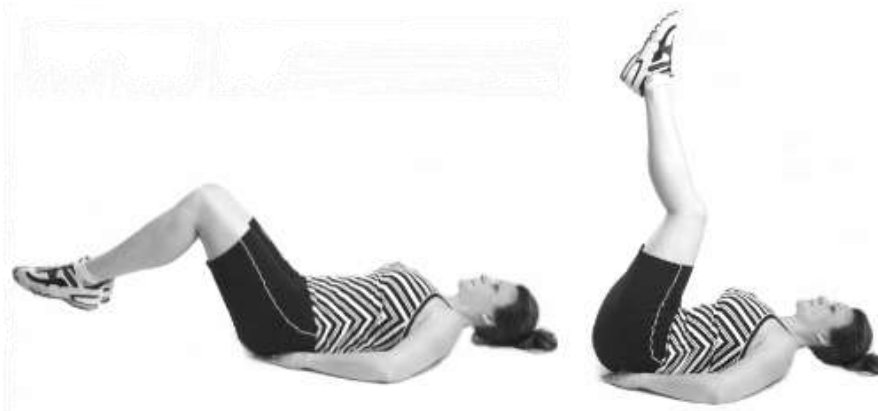
Pause and feel the squeeze in the abs

Slowly lower back to the starting position

 Feet do not touch the floor

 This is one rep

Photo G-8



GOAL: Increase abdominal core strength and flatten mid-section.

Chair Abdominals

Get REAL Note: You don't have to lay on the floor to increase abdominal strength or flatten your mid-section. The key is isolating the core muscles and tensing and releasing them. The following exercises can be done by all fitness levels and in most settings. Focus on using the abdominal muscles to produce the movement. This is a workout!

Abdominals Chair Alternative #1:

Sit on edge of chair
Lean back with legs bent in front of you
Grasp the corners of the chair with both hands
Contract the abdominal muscle to bring knees up
 Upper back may be pressed into the chair if necessary
Pause and feel the squeeze in the abs
Slowly lower back to the starting position
 Feet do not touch the floor
 This is one rep

Chair Alternative #2:

As #1 but instead of just raising knees
Kick forward slowly—keeping tension in the abdominals
Return back to start

Chair Alternative #3:

As #1 but instead of just raising knees
Kick forward slowly to the right with both legs extended
 Keep tension in the abdominals
Return back to start
Kick forward slowly to the left with both legs extended
 Keep tension in the abdominals
Return back to start

Chair Alternative #4:

Cross arms across chest
As #1 but instead of just raising knees straight up
Bring each knee to the opposite elbow
Return back to start
Repeat alternating each knee—keeping tension in the abdominals

Isometric Abdominals

Plank (first shown)

Roll onto stomach

Raise upper body onto forearms

Neck relaxed and face forward

Rise up on toes—keeping back flat and elbows on mat

Contract abdominals to hold this pose and feel the abdominal tension

Hold 10 full counts or more depending on degree of difficulty

Take a deep cleansing breath and release

Photo G-9



T- Stand (second shown)

Rise up onto your side

One hand on the floor and opposite arm mirroring it in the air

Feet start with one straight and one bent under you

Kick both legs out straight while maintaining T-position with arms

Use your core muscles to maintain this pose for intervals

Progress time as you are able to hold position

Variation: T-Stand Twist-

Take top hand and bend forward at the waist

Bring top hand down and through the space under the waist

Twist back to the original arm extended up position

GOAL: Tighter abdominal muscles and core through isolation and stabilization.

Abdominal Stretch

Roll onto stomach (below)
Lie flat with hands up by face
Raise upper body gently onto forearms
 Neck relaxed and face forward
Only rise slightly off the floor
 Feel the abdominal stretch
 Hold 4 full counts
Take a deep cleansing breath and release

Photo G-10



✓ Long Line Stretch

Lying on back, take arms above head (above)
Grasp hands and cross ankles
Stretch long and hold
Switch ankles and repeat stretch
 Do not bounce
 Feel the rib cage rise up out of the abdomen
Concentrate on breathing fully in and out abdominally

LEGS, HIPS & BUTTOCKS

Instructions:

Choose **three** to **five** exercises (more if working it alone)

Rest **24 hours** before working this area again

Follow with **back** exercises if going on or focus on this area alone

Get REAL Trainers Note: Legs are worked regularly when walking and moving. The thighs or quadriceps muscle group make up your biggest muscle area. There are many exercises that target the legs. Mixing up your exercises will prevent boredom and keep your workouts fresh. Utilize exercises that only use your body for resistance to take your leg workouts anywhere. Working the legs from all angles is important. In this session you will also engage the gluteal muscles (your backside) and your hips. Don't forget the back of the legs—your hamstrings. Choose a variety to maintain balance. Strong legs will propel you faster and improve coordination. Building this lean muscle really burns calories!

Squats (Classic leg and back side exercise)

Stand with feet shoulder width apart

Pick a spot on the wall and focus there

Keep chin up and neck relaxed

Bend knees as if sitting in a chair

Buttocks will extend out and back is angled and flat

Watch form—**DO NOT** let knees extend over ankles

Pause and feel the squeeze in the buttocks and tops of the legs

Slowly rise back to standing using the legs and tightening the buttocks

This is one rep

Repeat set with legs close together

Gym Alternative: *Weighted- Barbell resting on shoulders, adds difficulty.

Variation: *Sit and taps- Stand in front of a chair.

Sit down briefly and then immediately stand back up by squeezing the buttocks and using the larger thigh muscles.

Photo D-1



GOAL: Firm, defined legs and back side.

Plies

With legs in wide stance (greater than hip distance)

Lower body by bowing knees out to the side

Pause in the lowered position

Do not let knees extend beyond toes

Squeeze back up using gluteal muscles **only**

Photo D-2



Variation: Rise up onto your toes when returning to the standing position. Squeeze calves and then lower your heel back to the starting position. This adds a multifunctional dimension to the exercise.

GOAL: Firmer and more defined legs and buttocks. Also slims hips and adds leg strength.

Lunges

Stand with a step in front of you
Step out putting the whole right foot firmly on the step
Bend left knee to about step level, thus lowering the body
Straighten the left knee, rising up to a standing position
Bring right foot back next to the left
 Keep upper body with proper posture
 This is one rep
Repeat series using the left foot

Variation: Can use dumbbells with arms extended, do bicep curls or overhead presses. The more arm work done, the more advanced the move. Master the lunge before adding weights and use the weights for a while before adding the movements. This is more advanced and will save time by targeting two muscle groups at once.

Variation: Reverse lunges can be done by starting on the step and stepping back into the lunge.

Variation: Walking lunges can add difficulty and toning when combined with your routine.

Photo D-3



GOAL: A tight and firm buttocks, hips and thighs. This will slim the hip and outer thigh area.

Outer Leg Raise

Floor Core Exercise #1

Lay on right side with upper body raised on right elbow

Rotate forward and bring left elbow near the right

Right leg slightly bent

Left leg extended and stacked over right

Important—hips are rolled forward

Foot is flexed not pointed (lift heel)

Place left hand on hip to feel area being worked

Slowly raise left leg, leading with heel and pause

Pause and feel the squeeze (burning) in the outer hip and thigh area

This does not have to be high off the ground to be effective

It is a controlled movement

Slowly lower to the starting position

Do not let legs touch, keep top leg slightly elevated

Use resistance up and down

Quality over quantity

This is one rep

Continue with right leg until set complete then switch legs

Variation: When leg is raised and straight

Bend at the knee

Bring knee to floor with foot elevated

Extend back to straight position (elevated as start)

Lower to starting position

Photo D-4



GOAL: Slimming of the hip and outer thigh area.

Outer Leg Lift Chair Alternative:

Sit with left cheek on the right side of the chair

Right leg extended to side and straight

Turn body so that both hands support you on the left side of chair

Important—hips are rolled **forward**

Foot is flexed not pointed (lift heel)

Slowly raise right leg leading with heel and pause

Pause and feel the squeeze (burning) in the outer hip and thigh area

This does not have to be high off the ground to be effective

It is a controlled movement

Slowly lower to the starting position

Do not let legs touch, keep top leg slightly elevated

Use resistance up and down

Quality over quantity

This is one rep

Continue with right leg until set complete then switch legs

Switch to right cheek on left edge of chair and repeat the above

Gym Alternative: *Cable Raise

Stand facing the cable pulley set at the floor setting

Put your foot through the leg strap

Face so that when raising your leg to the side, you keep the tension Raise right leg out to side

Pause when you feel a squeeze in the hip and buttocks

Slowly return to the starting position

Inner Leg Lift

Floor Core Exercise #2

Lay on right side, upper body is propped on right elbow

Left leg is bent with foot flat and knee up

Right leg is out slightly and straight with toe flexed, not pointed

Slowly raise right leg off the floor

Lead with the heel using the inner thigh muscles

Pause and feel the squeeze (burning) in the inner thigh

Slowly lower the leg to the starting position

Do not let leg touch the ground

This is one rep

Continue with right leg until set is complete then switch legs

Turn onto left side and repeat the above

Photo D-5



GOAL: Slimming of the hip and inner thigh area.

Inner Leg Lift Chair Alternative:

Sit forward in the chair

Right leg down

Left leg is bent 45 degrees and elevated to the front

Left foot is flexed not pointed (raise heel)

Slowly raise left leg leading with heel and pause

Pause and feel the squeeze (burning) in the inner thigh area

This does not have to be high off the ground to be effective

It is a controlled movement

Slowly lower to the starting position

Do not let leg touch the floor

Use resistance up and down

Quality over quantity

This is one rep

Continue with left leg until set complete then switch legs

Gym Alternative: *Cable Cross

Stand facing away from the cable pulley set at the floor setting

Put your foot through the leg strap

Face so that when pulling your leg across the body you keep tension in the cable

Raise leg across your body until you feel tension in the inner thigh

Pause and feel the squeeze

Resist up and down

Slowly return to the starting position

Thigh Blasters

Floor Core Exercise #3

Sit on floor with right leg bent and left leg straight

Hug right leg

Flex left foot

Raise left leg up (lift heel off floor) until you feel a squeeze in the top of the leg

Pause and feel the tension

Resist up and down

Return slowly to the starting position

This is one rep

Continue with right leg until set complete then switch legs

Photo D-6



GOAL: Slimmer and firmer thighs. Also tones and strengthens legs.

Thigh Blaster Chair Alternative:

Sit in chair with right leg bent and left leg straight

Right heel can rest on chair or if too difficult against chair leg

Hug right leg

Flex left foot

Raise left leg up (lift heel off floor) until you feel a squeeze in the top of the leg

Pause and feel the tension

Resist up and down

Return slowly to the starting position

This is one rep

Continue with right leg until set complete then switch legs

Knees and Elbows Series

Floor exercises are done in the “knees and elbows” position with forearms on the mat.

#1 Kick Backs

Pull knee up to chest

Then kick leg back raising thigh parallel to ground

Leg is bent 90 degrees at the knee and foot is flat

Pause and feel the stretch in the buttocks and back of the legs

Return to the starting position, this is one rep

Repeat with other leg after completing the set

Photo D-7



Kick Backs Chair Alternative:

Sit with left cheek on the right side of the chair

Right leg is extended to side and bent

Leg is bent 90 degrees at the knee and foot is above floor

Turn body so that both hands support you on the left side of chair

Important—hips are rolled **forward**

Foot is flexed not pointed

Press right leg to the back, leading with heel and pause

Pause and feel the squeeze (burning) in the buttocks and outer hip

This does not have to be far back to be effective

It is a controlled movement

Slowly bring knee forward to the starting position (knee up/foot down)

Use resistance back and forward

Quality over quantity

This is one rep

Continue with right leg until set complete then switch legs

Switch to right cheek on left edge of chair and repeat the above

Knees and Elbows Series continued

#2 Kick Up Press

Kick leg back raising thigh parallel to ground

Leg is bent 90 degrees at the knee and foot is flat

Raise the thigh up, keeping knee angle and foot into the air

Pause and feel the stretch in the buttocks and back of the legs

Return thigh to parallel to floor, this is one rep

Repeat with other leg after completing the set

Photo D-8



Kick Up Press Chair Alternative:

While doing the Kick Back (See Kick Backs Chair Alternative)

Do short pulses in the press back position (Targets buttocks)

#3 Bad Dogs (Hip Rotation)

Raise knee straight out to side until entire leg is parallel to ground

Knee remains bent at 90 degree angle

Pause and feel the tension in outer leg

Return to starting position, this is one rep

Repeat with other leg after completing the set

Photo D-9



Bad Dogs Chair Alternative:

Sit with left cheek on the right side of the chair

Right leg is extended to side and bent

Turn body so that both hands support you on the left side of chair

Important—hips are rolled **forward**

Foot is flexed not pointed (Lift heel)

Slowly raise right knee up and straight out to side until entire leg is parallel to ground

Knee remains bent at 90 degree angle

Pause and feel the tension in outer leg
This does not have to be high off the ground to be effective
It is a controlled movement
Slowly lower to the starting position
Use resistance up and down
Quality over quantity
This is one rep
Continue with right leg until set complete then switch legs
Switch to right cheek on left edge of chair and repeat the above

Variation: When knee is raised and bent, straighten and return to bent position. This adds difficulty.

GOAL: Slimmer, firmer hips and thighs. Also tones and strengthens buttocks.

Hamstring Curl Machine (Gym Option)

Set appropriate weight
Lay stomach down on the bench
Adjust so that the ankles go under rollers
Chin is down on the bench throughout
Keep the hipbones pressed into the bench at all times
Slowly pull the rollers up until they touch the buttocks
Pause in the contracted position
Hold for a full 2 counts
Slowly lower it back to starting position using resistance
This is one rep

Leg Extension Machine (Gym Option)

Set appropriate weight
Sit on the extension machine
Adjust so that the ankles go under rollers
 Keep low back pressed into bench at all times
Slowly raise the rollers up
Pause when your legs are straight out in front of you
 Hold for a full 2 counts
Slowly lower it back to starting position using resistance
 This is one rep

Leg Press Machine (Gym Option)

Set appropriate weight
Lie or sit on the machine with back flat
 Keep shoulders back
Position feet on flat sled with knees bent
Extend your legs—thus pushing the sled or seat forward
Pause when your legs are straight out
 Do not lock knees
 Hold for a full 2 counts
Slowly lower to starting position maintaining resistance
 This is one rep

GOAL: Toned upper legs (quadriceps) and added strength.

✓ Quad and Hamstring Stretch

Extend right leg out

Bend forward with hands on right knee or chair back

Left leg is back and straight

Both feet are flat on the ground

Knee does not go beyond toes

Feel the stretch in the legs

Hold 4 full counts

Take a deep cleansing breath and release

Bring right leg back slightly

Flex right toes up and keep right leg straight

Lean forward and bend left knee out to side while squatting slightly

Hands on right knee or chair and pull toes up

Feel the stretch in the back of the right leg

Hold 4 full counts

Take a cleansing breath and release

Repeat with left leg

Photo D-10



CALVES

Instructions:

Choose **either weighted or non-weighted series (may do both)**

No Rest is required before working this area again

Work daily alone or in conjunction with other series

Get REAL Trainers Note: The calves are used daily when walking and can be worked daily. Strong calves will balance the look of your legs and provide functional shape. They help propel you when walking and give you a “spring” in your step.

Calve Raises (non-weighted)

Stand with feet shoulder width apart
Maintain proper posture
May use a step or not use one
If using a step, let heels fall off the edge
May use a chair or the wall for balance

FEET PARALLEL

Rise up onto the balls of the feet
Pause and feel the squeeze in the back of the lower leg
Slowly lower back to the starting position

This is one rep

Repeat above with

TOES POINTED OUT and

TOES POINTED IN

Photo H-1



GOAL: Shapely and toned calves.

Calve Raises (weighted)

Stand with feet shoulder width apart
Maintain proper posture
May use a step or not use one
If using a step, let heels fall off the edge
May use a chair or the wall for balance

FEET PARALLEL

Bend left knee
Hold a dumbbell in the right hand
Touch dumbbell to the back of the right leg
Rise up onto the ball of the right foot
Pause and feel the squeeze in the back of the lower leg
Slowly lower back to the starting position

This is one rep

Repeat above switching legs

Right leg bent/weight behind left leg
Rise up onto ball of left foot (as above)
Pause and feel the squeeze in the back of the lower leg
Slowly lower back to the starting position

This is one rep

Photo H-2



GOAL: Shapely and toned calves.

Calves/Hamstring Stretch

Lift toes up against a step or the wall

Feel the stretch in the back of the lower leg

Hold 4 full counts

Bend opposite knee and sit back being supported with the bent leg

Feel the stretch up the back of the straight leg

Take a deep cleansing breath and release

Repeat with other leg

Photo H-5



Routine for Various Fitness Machines

<u>Body part worked:</u>	<u>Name of machine to use:</u>
Chest:	Chest press Machine Fly Machine
Shoulders:	Overhead or Shoulder Press Incline Press
Triceps:	Triceps Press Triceps Extension Lat Pull-Down—Triceps Pull-Downs
Bicep:	Arm Curl Arm Extension
Back:	Lat Pull-Down—Behind Neck Pull-Down Pull Over Back Extension Row
Abdominal:	Abdominal Machine Incline Bench - Crunches
Hip/Thigh:	Hip Abduction Hip Adduction Multi Hip
Legs/Glutes:	Leg Press for Quads and Glutes Leg Extension for Quads Leg Curl for Hamstrings A Step for Lunges (Legs and Glutes)
Calves:	Calve Extension Machine

Sample Warm Up

- Stand with feet shoulder width apart
 - Inhale as you bring arms up
 - Grasp hands above head and stretch up
 - Stretch side to side using waist (4-6 times)
- Lower arms to shoulder level
 - Hands are pointed out and arms are parallel to the floor
 - Stretch to right side using the waist and hold
 - Stretch to left side using the waist and hold (repeat 4-6 times)
- Drop arms to side
 - Shoulder shrugs up and down (4-6 times)
- Front neck rolls (gently side to side 4-6 times)
 - Take right hand and touch left ear
 - Pull head to the right gently stretching the neck (hold 5 counts)
 - Repeat with left side
 - Roll shoulders forward (4-6 times)
 - Roll shoulders back (4-6 times)
 - Touch hands front to back—back to front (4-6 times)
 - Step, touch (feet together) to the right—repeat to the left (4-6 times)
 - Spread legs slightly wider than shoulder width
 - Put hands on knees
 - Pulse side to side by bending knees (left then right) (4-6 times)
 - Knees do not go past toes (feel the pull in the upper legs)
 - Plant right foot, lean to that side
 - Bend left knee, pulling foot up toward bottom
 - Straighten leg and plant left foot, repeat series with left leg
 - Optional— try arm curl ups at same time (4-6 times)
- Turn to center
 - Pivot turn by 45 degrees to the right
 - Raise both hands into air as your lunge forward onto right leg
 - Left heel will rise (4-6 times)
 - Bring arms down and pivot opposite side
 - Repeat action onto left leg
 - Right heel will rise (4-6 times)
- Return to the center; bring arms down and feet flat
 - Bend forward with a flat back
 - Arch (like a cat) roll back up slowly Repeat (4-6 times)

Quickie Chair Workout-Upper Body

These Chair exercises can be done with or without weights.
Degree of difficulty increases if you do not pause between exercises.

For beginners:

Start out using no weights

Do 5 reps per exercise

Add 5 reps each week until no longer challenging

At that point you can begin to gradually add weights

You may increase weight or reps to continue challenging muscles

KEY:

T-Position—On edge of chair, back straight abs in tight, arms out shoulder level

P-Position—On edge of chair, *bend forward* at waist, point fingers down

L-Position—From T-Position with palms down, bend elbows 90 degrees

h-Position—On edge of chair, feet on floor and legs bent (like an “h”)

Pec Deck: Sit

on edge of chair

Back straight
abs in tight

Arms out at
shoulder level

(T-position)

and palms up

Bend elbows

90 degrees, hands face forward (L-position)

Squeeze elbows together and then back out to side

20 COUNTS (chest)

It's a Hold Up: In L-position, turn palms inward

Lift up above shoulder level, and back to level

20 COUNTS (shoulders)

Chicken Dance Arms: Rotate forearm down to level

Palms face down; hands point forward in L-position

Press arms down (lead with elbows) return up to level

20 COUNTS (shoulders)

Shoulder Blade Squeeze: At level, arms parallel to ground

Press elbows to back

Squeeze shoulder blades together, return to start

20 COUNTS (back)

I'm Flying: Arms straight out to T-position, palms down

Raise arms above and lower below shoulder level

20 COUNTS (shoulders)

Cheerleader: From T-position, bring level fists together, elbows up

Upper arm remains level throughout

Extend arms out to T-position; repeat (Go Team! Style)
20 COUNTS (shoulders & chest)

Kickbacks: Start in P-position
Bring elbows up and back (start pose)
Extend arms, feel tension
KEY: Upper arm remains stationary
Return to start pose, bending elbows only, and repeat
20 COUNTS (triceps)

Dips: Sit on edge of chair
Feet on floor and legs bent (h-position)
Grip the front corners of the chair
Slip off edge, lower your body slightly by bending elbows only, no using legs
Then extend elbows fully to rise back up (use only arms for support) and repeat
20 COUNTS (triceps)

Lawn Mowers: Sit on edge of chair
Bend forward at waist, point fingers down
(P-position)
Pull elbows up and back
This squeezes shoulder blades together
Return to start, repeat
20 COUNTS (back)

Lateral Fly: Start in P-position
Raise arms straight out to sides
Feel tension in back and shoulder area
Return to start, repeat
20 COUNTS (back and shoulders)

Muscle Pose: Arms out at T-position,
Palms up and fingers point straight
Bend elbows fully (making a muscle)
Squeeze in and feel the tension
Return to T-position
20 COUNTS (biceps)

Diagonal Curl Ups: Start in P-position
Put right elbow into right inner knee
Palm up (lines up with leg)
Bend elbow fully, feeling tension
Release to start position
Repeat other side
20 COUNTS (biceps)

Abdominal Isometric Contractions:
Sit on edge of chair (h-position)

Pull in abdomen and sit up straight
Hold onto back part of the seat
Extend legs slightly out and pull up knees
Keep abs in tight, return to starting position
20 COUNTS (Belly) (Progress time as able)

Variation: In h-position, slowly lean back
Arms hang loose at sides, raise knees
Hold the pose using abdominal muscles

Get REAL Tip: Create “at home” weights by putting can goods into a doubled grocery bag. They work much like kettlebells and allow you to adjust the amount of weight used.

Quickie Chair Workout-Lower Body

Hamstring Curl: *Sit on right corner edge of chair*

Kick right leg back, knee pointing down

Lift right knee up then

Press it to the back

Complete repetitions, repeat with left

20 COUNTS (Back of legs)

Side Leg Raise: *Sit on right corner edge of chair*

Right knee pointing down

Lift right knee straight out to side

Until entire leg is almost parallel to floor

Press back down to starting position

Complete repetitions, repeat with left

20 COUNTS (Back of legs)

Forward Leg Raise: *Sit back in chair with back straight, abs in*

Extend right leg out

Raise right leg parallel to the floor

Pulse up for the ***20 COUNTS (Front of legs)***

Lower to starting position, repeat with left

Leg Squeezes: *Sit on the front edge of chair*

Lean back and raise knees up in air

Let knees fall open

Squeeze as you bring knees together

20 COUNTS (hips and thighs)

Calve Raise: *Sit back in chair with back straight, abs in*

Raise up on toes by squeezing calve

Pause and feel tightness in the muscle

Release and lower to starting position

Always stretch calve after the series

Extend leg and pull toes back

20 COUNTS (Back of lower leg)

Standing Leg Series

(Use right leg until noted leg change)

Get REAL Note: May also be done standing in a 4 foot deep swimming pool. Replace chair by holding the pool edge for balance.

Leg Circles: Stand behind a chair and to the left side

Keep elbows bent softly at sides

Tuck pelvis under and keep abs tight as you lower into a squat

 Knees do not go beyond toes

Raise right leg out to side and pull it over the chair in a circular motion

 Use abdominal core to balance and move

Slowly return to the starting position and sit back down into the squat

 This is one rep (Continue with right leg until set complete then reverse direction)

 Switch legs and repeat series

Side Kicks: Stand behind a chair and use it for balance

Lean hard to left, while supporting yourself on the chair

Raise right leg straight out to side

 Leg is parallel to ground

Bend knee while leg is out

Kick straight while still raised out to side

Pause and feel the squeeze

Slowly return to the starting position and lower

 This is one rep (Continue with right leg until set complete then reverse direction)

Back Kicks: Stand behind a chair and use it for balance

Bend slightly forward

Slowly raise right leg to rear squeezing the gluteal area

 Foot is flexed, not pointed

 Hips forward, not rolled back

Kick fully to the back

Pause and feel the squeeze

Slowly return to the starting position

 This is one rep

Leg Crosses: Stand behind a chair and use it for balance
Bring right leg across your body until you meet resistance
Pause and feel the squeeze in the inner thigh
Slowly return to the starting position
Raise straight leg out to the side until you feel squeeze in the hip
Pause and feel the squeeze in the outer thigh
Slowly return to starting position
This is one rep

Knee Up –Push Back: Stand behind a chair and use it for balance
Raise right knee up until thigh is parallel to the floor
Pause and feel the squeeze
Push straight back and up
Pause and feel the squeeze
Slowly return to the starting position
This is one rep

Knee Up –Flick Forward: Stand behind a chair and use it for balance
Raise right knee up until thigh is parallel to the floor
Pause and feel the squeeze
Extend leg by flicking lower leg forward
Pause and feel the squeeze
Slowly return to the starting position
This is one rep

Bent Leg Side Raise: Stand behind a chair and use it for balance
Bend right knee 90 degrees
Raise knee out to side until thigh is parallel to the ground
Pause and feel the squeeze
Slowly return to the starting position
Leg does not move forward only out to side
This is one rep

Get REAL Note: At this point **change legs** and complete the series again.

Standing Leg Series Continued

Get REAL Tip: For *Plies*, *Squats* and *Sit and Taps*, you may use dumbbells resting on your shoulders for added difficulty.

Plies: Stand behind a chair and use it for balance

Feet are in wide stance

Lower yourself straight down

Don't allow your knees to extend beyond your toes

Keep back straight and abs tight

Pause and feel the squeeze

Slowly rise to standing position using the legs and by tightening the buttocks

This is one rep

(This can also be done (narrow stance) against the wall with a fitness ball-back pressed into the ball, you lower into the wall sit by rolling down)

Squats: Stand with feet shoulder width apart

Bend knees as if sitting in a chair

Buttocks will extend out and back is angled and flat

Watch form, **DO NOT** let knees extend over ankles

Pause and feel the squeeze in the buttocks and tops of the legs

Slowly rise to standing position using the legs and by tightening the buttocks

This is one rep

(This can also be done (wide stance) against the wall with a fitness ball-back pressed into the ball, you lower into the squat by rolling down)

Sit and Taps: Stand in front of a chair

Sit down briefly and then immediately stand back up by squeezing the buttocks and using the large thigh muscles

This is one rep

Get REAL Cardiovascular Training Menu

#1 Beginner Cardiovascular and Aerobic Activity

Week	Suggested Total Minutes	Possibilities
One	40 min.	10 min./day for 4 days
Two	50 min.	10 min./day for 5 days
Three	60 min.	10 min./day for 6 days
Four	80 min.	20 min./day for 4 days
Five	100 min.	20 min./day for 5 days
Six	120 min.	30 min./day for 4 days

(Can be achieved in 5-minute increments)

#2 Moderate Cardiovascular and Aerobic Activity

Week	Suggested Total Minutes	Possibilities
One	80 min.	20 min./day for 4 days
Two	120 min.	30 min./day for 4 days
Three	160 min.	40 min./day for 4 days
Four	200 min.	40 min./day for 5 days
Five	225 min.	45 min./day for 5 days
Six	270 min.	45 min./day for 6 days

#3 Weight Loss Cardiovascular and Aerobic Activity In Training (Conditioning Phase)

Week	Suggested Total Minutes	Possibilities
One	120 min.	30 min./day for 4 days
Two	160 min.	40 min./day for 4 days
Three	200 min.	50 min./day for 4 days
Four	250 min.	50 min./day for 5 days
Five	300 min.	50 min./day for 6 days
Six	360 min.	60 min./day for 6 days
Seven Plus	420 min.	60 min./day for 7 days