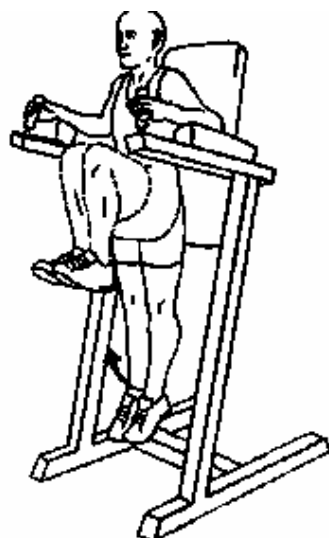


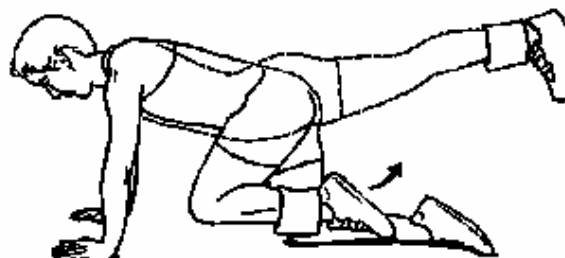
ABS - 33 Knee Raise

Tighten abdominals and bend legs, pulling knees toward chest.

Do ____ sets.
Complete ____ repetitions.



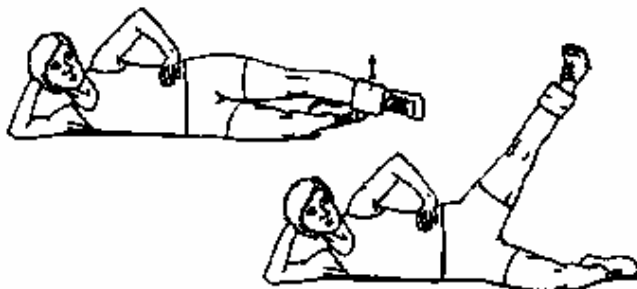
LEGS: GLUTES / THIGHS - 1 Kick Back



Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

Do ____ sets. Complete ____ repetitions.

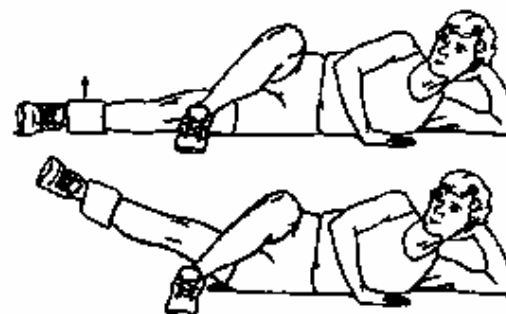
LEGS: GLUTES / THIGHS - 34 Leg Abduction: Single Leg (Ankle Weight)



Top leg weighted and straight, sweep leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do ____ sets. Complete ____ repetitions.

LEGS: GLUTES / THIGHS - 38 Leg Adduction: Single Leg (Ankle Weight)

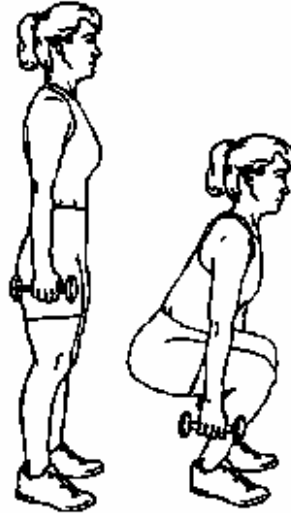


Bottom leg weighted and straight, lift leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do ____ sets. Complete ____ repetitions.

LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

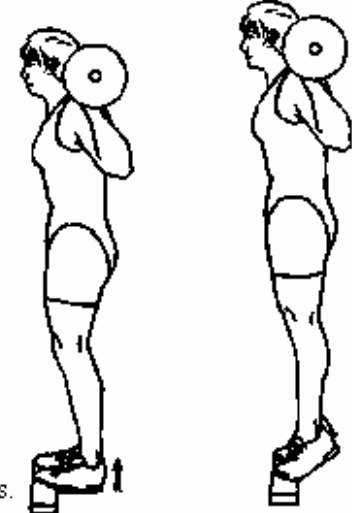
Back straight, head up,
bend knees until thighs
are parallel to floor.
Keep abdominals tight
and maintain weight
on heels.



Do ____ sets.
Complete ____ repetitions.

LEGS: CALVES - 2 Heel Raise: Standing (Barbell)

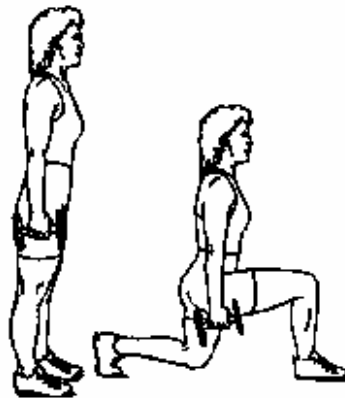
Toes on board, heels on
floor, knees slightly bent,
rise up on toes as high as
possible.



Do ____ sets.
Complete ____ repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

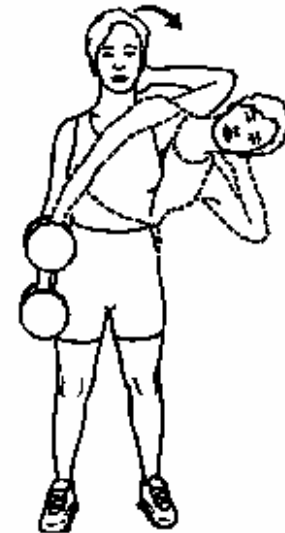
Legs shoulder width apart,
head up, back straight, step
forward bending same leg
until thigh is parallel to
floor. Alternate legs.



Do ____ sets.
Complete ____ repetitions.

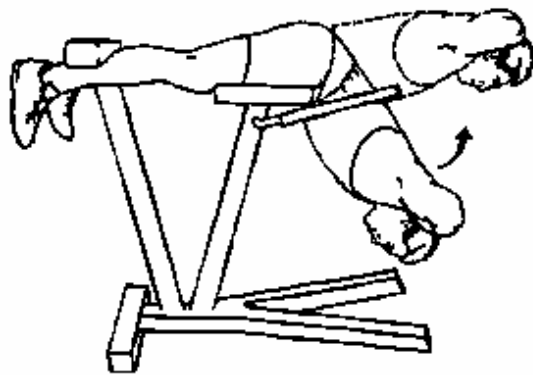
ABS - 37 Side Bend (Dumbbell)

Tighten abdominals
and bend to side
as far as possible.



Do ____ sets.
Complete ____ repetitions.

BACK: LOW - 9 Extension



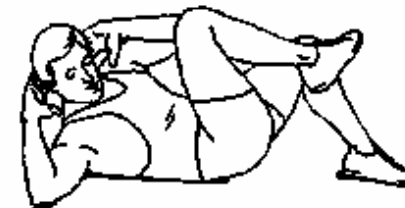
Bent at hips, back straight, hands behind head, raise torso until in line with legs. Do NOT extend past parallel to floor.

Do ____ sets. Complete ____ repetitions.

Day 1

ABS - 17 Crunch: Twist - Bent Leg, Alternating

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



Do ____ sets.

Complete ____ repetitions.

SHOULDERS - 1 Press: Standing (Dumbbell)

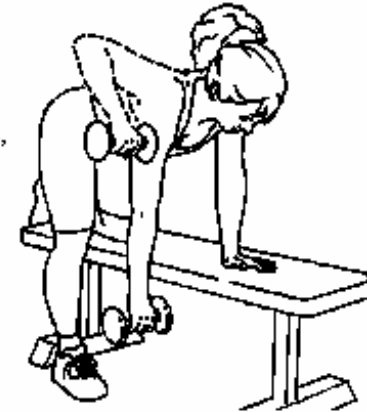
Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.



Do ____ sets.
Complete ____ repetitions.

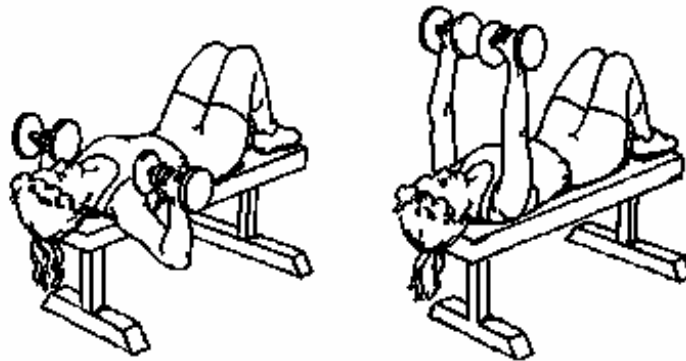
BACK LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

Lift weight to side of chest, keeping elbow close to body.



Do ____ sets.
Complete ____ repetitions.

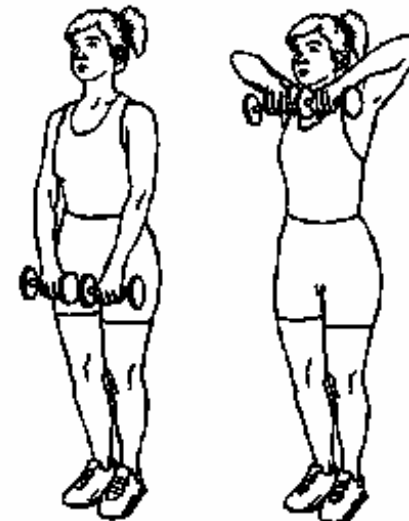
CHEST - 15 Bench Press (Dumbbell)



Press to straight arms.
Do ____ sets. Complete ____ repetitions.

BACK: TRAPS - 1 Row: Upright (Dumbbell)

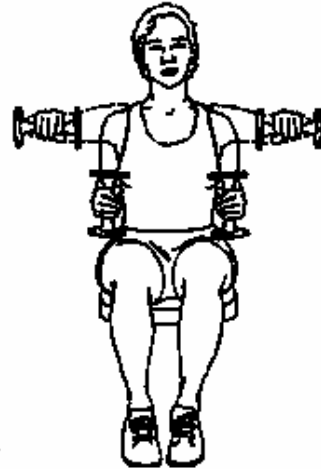
Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.



Do ____ sets.
Complete ____ repetitions.

SHOULDERS - 15 Lateral Deltoid Raise: Sitting
(Dumbbell)

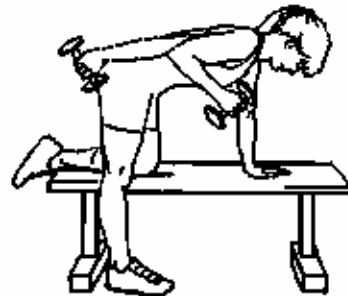
Hold elbows at 90° angle.
Raise hands and elbows
level with shoulders,
rotating to palms down
at beginning of motion.
Lead with elbows.



Do ____ sets.
Complete ____ repetitions.

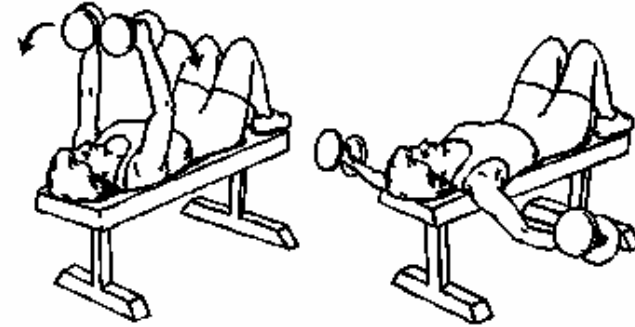
ARMS: TRICEPS - 1 Kickback: Bent Over – Single Arm
(Dumbbell)

Straighten arm, keeping
upper arm in line
with body.



Do ____ sets.
Complete ____ repetitions.

CHEST - 12 Fly (Dumbbell)



Lower arms until parallel with floor, elbows slightly bent,
palms up.

Do ____ sets. Complete ____ repetitions.

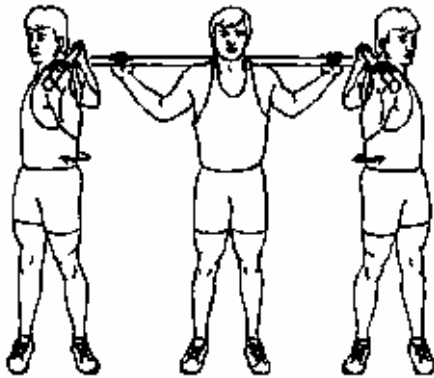
ARMS: BICEPS - 9 Curl: Standing
Alternating (Dumbbell)

Knees slightly bent, hold weights
at sides, palms in. Curl arm toward
shoulder rotating to palm up while
beginning curl. Alternate arms.



Do ____ sets.
Complete ____ repetitions.

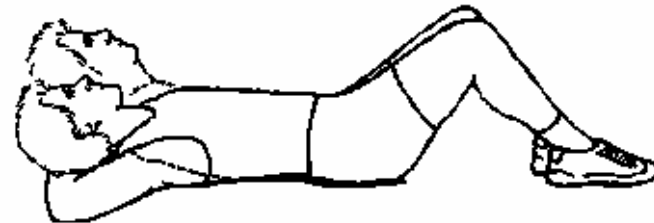
ABS - 39 Trunk Twist



Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.

Do ____ sets. Complete ____ repetitions.

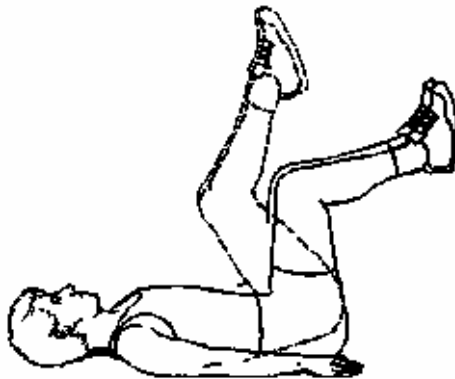
ABS - 9 Crunch: Bent Knee



Arms behind head, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do ____ sets. Complete ____ repetitions.

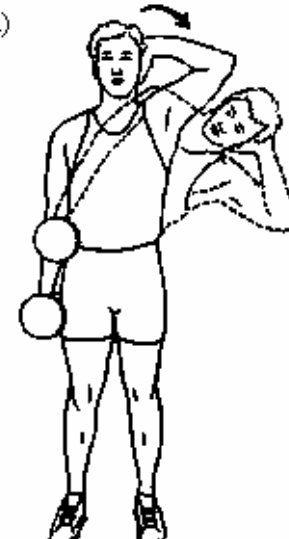
ABS - 15 Crunch: Reverse



With knees at 90° angle, tighten abdominals, curl hips up until low back clears floor.

Do ____ sets. Complete ____ repetitions.

ABS - 37 Side Bend (Dumbbell)



Tighten abdominals and bend to side as far as possible.

Do ____ sets.
Complete ____ repetitions.