

HOW TO DO THE EXERCISES

You'll see that some of the exercises have two moves listed. The first move is the basic variation, while the second move is more advanced. Which one you choose to do will depend on your current level of fitness. Don't be afraid to start slowly—building strength takes time!

Deadlift

1. Stand behind the bar with the middle of your foot under the bar. Keep your shins relatively close to the bar. Keep your feet shoulder-width apart. Engage your lats and squeeze your core tight.
2. Push your hips back while keeping your back flat, and grip the bar just outside of your shin.
3. Make sure your hips are just below your shoulders with your knees slightly bent in a squat before you begin the lift.
4. Take a big breath, hold it and stand up while pulling the bar into your hip cavity. Keep your core and glutes engaged throughout and at top of the movement.
5. Lower the bar back to the starting position.

Pushups

1. Get into a high plank position. Place your hands firmly on the ground, directly under your shoulders. Pull your shoulder blades down and keep your core tight.

2. Begin to lower your chest and hips at the same time with your elbows tight to your body, keeping your back flat and your head in a neutral position. Get as much depth as you can while maintaining good form. Lower until your chest nearly touches the floor.
3. Push back up keeping your body flat without arching your lower back.

Dips

1. Grab the bars of a dip station and lift yourself so your arms are completely straight.
2. Lower your body by bending your arms, keeping your elbows tucked in close to your body. Lean your torso slightly forward. Go down until your shoulders are below your elbows at the bottom or as low as your shoulder flexibility can handle.
3. Balance yourself with your shoulders over your hands. Lock your elbows.

Bridge

1. Lie on your back on a mat with the back of your heel on a bench and your legs at a 90° angle.
2. Raise your hips off the floor so that your body forms a straight line from your shoulders to your knees. Squeeze your core and glutes.
3. Pause at the top, then slowly lower your body back to the floor.

Hip Thrust

1. Begin seated on the ground with a bench directly behind you. Your knees should be bent, feet flat on the floor. Rest the upper part of your back against the bench, and lean back so that your shoulder blades are near the top of it. Place your arms on the bench on either side of your body, forming a 'T.'
2. Have a loaded barbell over your legs, resting above the hips (optional). Place a pad on the bar to reduce any discomfort caused by the barbell during the exercise.
3. Begin the movement by driving through your heels, extending your hips vertically through the bar. Your weight should be supported by your shoulder blades and your heels.
4. Extend as far as possible so that your body forms a straight line from your shoulder to your knees, then reverse the motion to return to the starting position.

Standing Dumbbell Shoulder Press

1. In a standing position, place weights beside your shoulders with your hands facing each other and your elbows close to your body. Squeeze your glutes and keep your core tight.
2. Lift the weights to the ceiling with your arms aligned with your ears at the top of the movement, until your arms are straight overhead.
3. Lower the weights the same way you lifted them.

Gym Option: Hamstring Curl

1. On a hamstring curl machine, adjust the lever to fit your height and lie face down on the bench with the pad of the lever on the back of your legs (just a few inches under the calves).
2. Keeping the torso flat on the bench, ensure your legs are fully stretched and grab the side handles of the machine.

3. Flex your toes toward you and lift the pads as close to your glutes as possible. You'll feel this in the back of your legs.
4. Slowly lower your legs back to the starting position.

At Home Option: Hamstring Curl with Feet on Medicine Ball

1. Lie on your back with your legs fully extended in front of you, your heels resting on the medicine ball hip-width apart, and your hips raised up so your body is in a straight line.
2. Contract your hamstrings, keep your buttocks tight, curl the ball in toward your buttocks, keeping your feet on the ball the entire time and return to the starting position. That's one rep.

Incline Dumbbell Press

1. Lie back on an incline bench with a dumbbell in each hand at shoulder width, palms facing forward.
2. Keep your elbows close to your body, your lats engaged, and lift the weights to the ceiling.
3. Slowly lower the weights back to the starting position.

Landmine Press

1. While standing, keep your feet shoulder-width apart and slightly bent or use a staggered stance/lunge position. Rest one end of a barbell on your shoulder, while the other end stays on the ground.

2. Lean forward slightly, make sure your elbow is directly underneath your hand, and press the weight forward until your arm is fully extended. Keep your shoulder blade locked in position.
3. Lower the weight slowly the same way you lifted it. Repeat on the opposite side.

Split Squat

1. Position yourself into a staggered stance with one foot ahead of the other.
2. Pull your shoulder blades down and back and push your hip forward while keeping your core tight.
3. Lower your body by flexing your knee and hip. Push your knees slightly away from your body. Don't let your knees collapse inward. Stop when the forward leg is at a 90-degree angle.
4. At the bottom of the movement, drive through the heel of your front foot to extend your knee and hip to return to the starting position. Repeat on the opposite side.

Bulgarian Split Squats

1. Position yourself into a staggered stance with one foot ahead of the other and elevate your back foot on a step. For added intensity, place two risers under the step.
2. Pull your shoulder blades down and back and push your hip forward while keeping your core tight.
3. Lower your body by flexing your knee and hip. Push your knees slightly away from your body. Don't let your knees collapse inward. Stop when the forward leg is at a 90-degree angle.
4. At the bottom of the movement, drive through the heel of your front foot to extend your knee and hip to return to the starting position. Repeat on the opposite side.

Lat Pulldown

1. Sitting tall on a bench, bring your chest to face the bar. Keep your elbows pointed straight down.
2. Grip the bar just outside your shoulders or a little wider. Squeeze your lats, thinking of pulling from your armpits, before you bend at the elbow.
3. Lower the bar just below your clavicle, and slowly return to the starting position.
4. You may also try using the V-grip handle for variety.

Chinup

1. Grab the pullup bar with your palms facing your torso.
2. From a full hang position, pull your shoulder blades down before you bend at the elbow. Keeping your core engaged and leading with your chest, lift your torso as high as you can to the bar. Pull yourself high enough so that your chin is higher than the bar.
3. Throughout the movement, engage your lats without shrugging your shoulders. Make sure your elbows don't flare outward.
4. Pause at the top and slowly lower your body the same way you lifted it.

Goblet Squat

1. Start in a standing position, holding a light kettlebell by the horns close to your chest or cradle the head of a dumbbell close to your chest with both hands.
2. Pull your shoulder blades down and squeeze your core and glutes.

3. Squat down until your hamstrings are on your calves while pushing your knees away from your body to create room in your hip capsule. Protect your knees from collapsing inward.
4. Drive from your heels, keeping your chest flat and upright and your core engaged, as you stand back up to starting position.

Front Squat

1. Grasp a barbell from a rack with an overhand open grip, slightly wider than shoulder width, and rest the bar on the top of the front of your shoulders. Lift your elbows up as high as you can, keeping them close together. Pull your shoulder blades down and squeeze your core and glutes. Step away from the squat rack.
2. Squat down with depth while pushing your knees away from your body to create room in your hip capsule and protect your knees from collapsing inward. Keep your elbows up the entire time.
3. Drive from your heels, keeping your chest flat and upright and your core engaged, as you stand back up to the starting position. Squeeze your glutes at the top of the movement.

Dumbbell Row

1. Place your right leg on top of the end of the bench, bend your torso forward from the waist until your upper body is parallel to the floor, and place your right hand on the other end of the bench for support. Your left foot is flat on the ground. Push your butt out and keep your back flat. Grab a dumbbell with your left hand.
2. Pull your left shoulder blade down and back before you bend at the elbow so the weight is at chest height, keeping your arm at a 90-degree angle. Pull your shoulder back versus leading with your elbow as you lift the weight.
3. Lower back to the starting position. Repeat on the opposite side.

Barbell Row

1. Start in a standing position, bend your knees slightly and bring your torso forward by bending at the waist, while keeping your back straight until it is almost parallel to the floor. Set a loaded barbell in front of your body.
2. Keep the bar close to your body and grip the bar with your palms facing you and your hands wider than shoulder width apart.
3. Keeping your torso stationary, pull the bar to just below your chest. Keep your elbows close to your body.
4. Lower the bar the same way you lifted it.

Stepup (with or without dumbbells held in each hand by your thighs)

1. Stand up tall, place your right foot on an elevated step or platform, keeping your left leg straight. Straighten your right leg so that your left foot lifts off the ground.
2. Push only from the foot elevated on the step and make sure you push your knee away from your body. Don't let the knee elevated on the step or platform collapse inward.
3. Lower the same way you pushed up. Alternate feet once the set is finished.

Body-Weight Row

1. Position a bar in a rack to about waist height and set a flat bench underneath it. You can also use a smith machine.
2. Lie on the bench on your back and position yourself hanging underneath the bar with your feet shoulder-width apart. Take a wider-than-shoulder-width-grip hand position on the bar. Your body should be straight with your heels on the ground or bent at a 90-

degree angle with your arms fully extended.

3. Keep your shoulder blades down and pull them back before you bend at the elbows, lift yourself toward the bar and make contact with the bar just below your chest. Elevate the bar and lie on an angle if the movement is too difficult.

Face Pull with Rope

1. Stand facing a pulley with a rope, your legs in either a staggered stance or lunge position. Make sure the cable pulley is at chest height.
2. Grab the pulley and pull the weight directly toward your forehead or neck, separating your hands and squeezing your shoulder blades together as you pull. Try not to bend your wrists or arch your lower back.
3. Slowly bring the weights back to the starting position.

Neutral Grip Lying Tricep Extension (Skull Crusher)

1. Lie on a flat bench while pulling your shoulder blades down and back.
2. Holding one dumbbell in both hands (one hand holding each end of the weight), lifting your arms above your shoulders with your palms facing each other.
3. Lower the dumbbell nearly to your forehead by bending your elbows, all while keeping the elbows above shoulder level, and then fully extend back to the start position. The shoulders and elbows should always stay in the same position.

Tricep Extension with Rope

1. Connect a rope attachment to a high pulley and grab the rope with a neutral grip (palms facing each other).
2. Standing upright with your torso straight and a very small inclination forward, bring your elbows close to your body and pull your shoulder blades back. This is your starting position.
3. Using your triceps, bring the rope down to full extension and spread the rope apart while lowering your hands. Only the forearms should move and the upper arms should always remain stationary next to your torso.
4. At the end of the movement, pause for a second, then bring the rope slowly up to the starting point.

Bicep Curl

1. Hold a dumbbell in each hand, facing your palms outward (supinated grip). Pull the shoulder blades down, squeeze your core tight and keep your elbows close to your body.
2. Bend at the elbows and curl both weights toward your chest while keeping your shoulder to your elbow in a static position. Get as much range of motion as you can. Slowly lower the weight back to the starting position.

Incline Bench Dumbbell Curl

1. Sit back on an incline bench with a dumbbell in each hand held at arms' length. Keep your elbows close to your torso and keep your hands in a supinated (palms facing out) position to start.
2. While holding the upper arms in a stationary position, curl the weights forward toward your chest while contracting the biceps. Only the forearms should move. Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a second.
3. Slowly begin to bring the dumbbells back to the starting position.

Thruster (Squat into Press)

1. Hold a dumbbell in each hand, keeping your hands slightly outside of your shoulders, palms facing forward, with your elbows close to your body.
2. Squeeze your core and glutes tight, and descend or squat until your knees and hips are fully bent or until your thighs are touching your hamstrings. Your knees should travel slightly outward in direction of your toes.
3. Raise your body upward by extending your knees and hips. Accelerate when nearing the top of the squat and drive the dumbbells up off your shoulders, pressing the weights overhead by extending your arms upward. Align your arms with your ears at the top.
4. Lower the weights by bending your arms. After the weights descend to your shoulders, repeat the movement sequence in quick succession.

Trap 3 Raise

1. Lie down stomach first on an incline bench. Choose a very light dumbbell for each hand or just use your body weight to start.
2. Start with your arms loose or dangling toward the ground, holding a dumbbell in each hand (if using), and pull your shoulder blades down and back.
3. Lift the dumbbells up at a 45-degree angle from your head position, with your thumbs up facing the ceiling. Get as high up as you can without shrugging your shoulders and while keeping your shoulder blades down.
4. Lower the dumbbells slowly and under control.
5. Let your arms dangle again, then re-engage the shoulder blades and repeat.

Single Arm Dumbbell Snatch

1. Using an overhand grip, grab a dumbbell in one hand and stand with your feet slightly wider than shoulder-width apart.
2. Push your hips back and bend your knees while lowering the dumbbell to knee level. Quickly pull the dumbbell toward the ceiling while simultaneously extending your knees and hips and raising your body up on the balls of your feet. Keep the dumbbell close to your body.
3. Get underneath the weight as it reaches the highest point and extend your arm. The dumbbell will rest over the top of your shoulder with your palm facing away from your body.
4. Lower the weight slowly to your shoulder and curl down toward your hip.

Burpee

1. Begin by standing with your legs shoulder-width apart.
2. Place your hands on the floor and jump your legs back so you end up with your stomach and thighs on the floor. Your elbows should be bent in a pushup position.
3. From this position, press up like you're doing a pushup (you can use your knees) and push your hips up. Jump your feet under your hips and stand.
4. Finish the movement by jumping in the air and bringing your hands over your head.

Kettlebell Swing

1. Stand with your feet shoulder-width apart, your toes pointed out, and your knees slightly bent; look straight ahead. Hold a kettlebell between your legs using a two-handed, overhand grip.
2. Keeping your core tight, bend your hips back until the kettlebell is between and behind your legs; squeeze your glutes and core to extend your hips and swing the weight forward, up from between your legs, to eye level.
3. In a controlled motion, let the weight swing back between your legs as you bend your hips and slightly bend your knees, keeping your chest up. Don't try to slow the kettlebell down.
4. Extend your hips and knees to reverse the momentum as you immediately begin the next rep.

Lying Twist (Windshield Wiper)

1. Lie on your back on the floor and raise your feet (to modify the movement, only raise your knee). Spread your arms straight out to your sides for support.
2. Rotate your legs to one side, stopping short of touching the floor. Rotate to the other side. As you improve, bring your arms closer in to your body so they offer less stability. Aim your knees or feet toward your shoulders.
3. Make sure your shoulders do not lift off the ground as you rotate your legs.

Leg Lifts or Knee Tucks

1. Lie with your back flat on the floor and push your lower back against the mat. Place your hands by your sides and lift your legs toward the ceiling, keeping your feet slightly apart. This will be your starting position.
2. Slowly lower your legs toward the ground in a controlled manner. Make sure your lower back stays on the mat the whole time. Bend your knees or lower one leg at a time if you can't keep your lower back on the mat.
3. Bring your feet as close as you can to the ground, without actually touching the ground, and lift your legs back up to the

starting position.