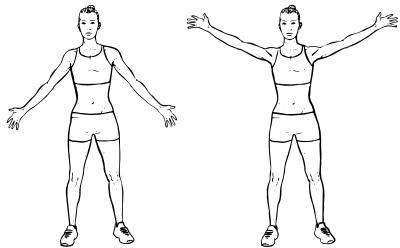


Intro to Weightlifting 1

44 min · Abs, Arms, Back, Chest, Shoulders

Welcome to workout number 1! Today, we're going to activate those muscles that may have been dormant for a little while. Before you know it they'll be smoking like a volcano! No need to go too heavy, this is simply the activation period.

Standing Arm Circles

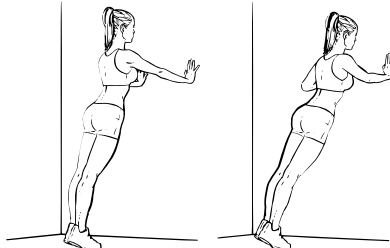


0:30
rest

2 sets 20 secs 10 sec rest

Go for 1 set forward and 1 set backward. Wakey wakey!

Wall Push-Ups

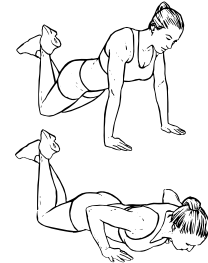


0:30
rest

2 sets 10 reps 45 sec rest

I know these are probably easy for you, but this is all part of the process. Baby steps to giant leaps.

Knee Push-ups

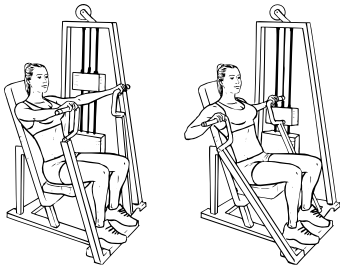


0:30
rest

2 sets 10 reps 45 sec rest

The closer the knees are to your chest, the easier the exercise. We're just warming up!

Seated Chest Press

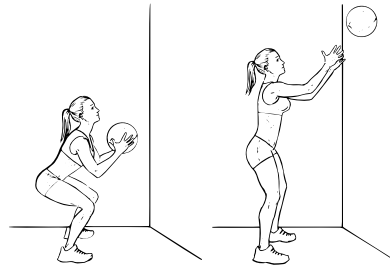


2:00
rest

3 sets 12 reps 60 sec rest

Our first big exercise. Your goal here is to feel a nice little burn at 12 reps, no shaky arms though!

Medicine Ball Wall Throw

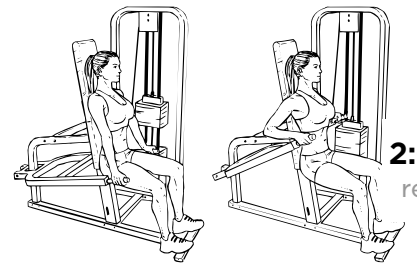


2:00
rest

3 sets 10 reps 60 sec rest

Take hold of a ball that weighs around 10 lbs and drive it upwards into the wall. Not too high; calm down...

Machine Seated Tricep Dips

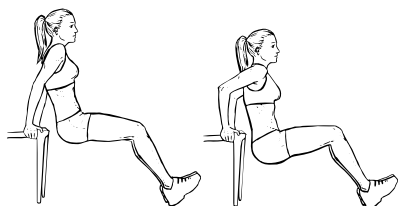


2:00
rest

3 sets 16 reps 60 sec rest

This exercise will train both the chest and triceps. Focus on spending at least 2 seconds per rep!

Bench Tricep Dips

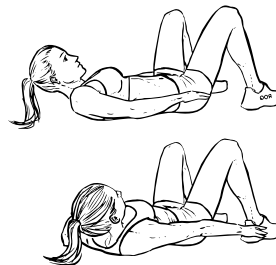


1:30
rest

2 sets 10 reps 45 sec rest

Finish out 2 sets of these, and then use the chair as your throne. Like royalty. You legend.

Alternate Heel Touchers

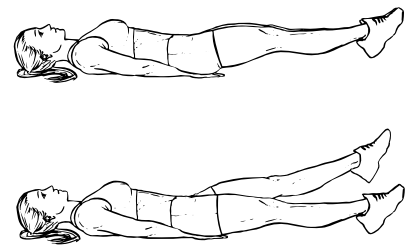


1:30
rest

2 sets 30 reps 45 sec rest

Get off your high horse! You're not finished yet! 15 reps per side.

Flutter Kicks



2 sets 30 reps 45 sec rest

Finally, 15 kicks per leg. Okay, now you're done; take your throne...again.

Standing Arm Circles

Primary muscle group(s):

Shoulders

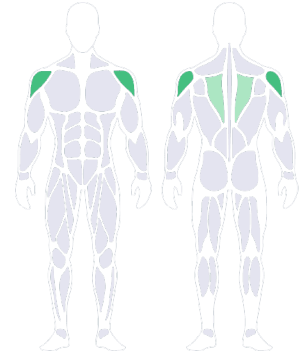
Secondary:

Upper Back & Lower Traps

Standing with a flat back and tight core, raise your arms to the sides.

While focusing on the shoulders, slowly rotate your arms in a circular motion. Start with small circles. Gradually increase the size of the circles.

After completing one set of a pre-determined number (such as 10 repetitions), reverse the direction, going counter-clockwise.



Wall Push-Ups / Pushups / Standing Press Ups

Primary muscle group(s):

Chest, Triceps

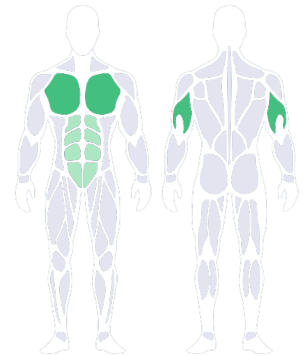
Secondary:

Abs

Stand in front of a wall, extend your arms out to measure the correct distance. Brace your core and place your hands against the wall.

Keeping a tight core, slowly lower your chest towards the wall.

Pause once your upper arms form a 90 degree angle. Contract the chest muscles and push yourself back up to the starting position. Repeat.



Modified / Knee Push-ups / Pushups

Primary muscle group(s):

Chest

Secondary:

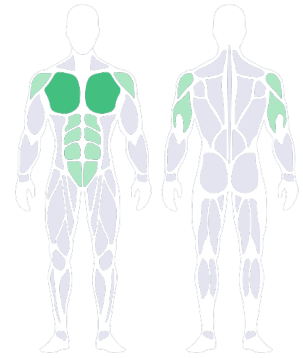
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.



Hammer Strength Machine / Seated Chest Press

Primary muscle group(s):

Chest

Secondary:

Abs, Shoulders, Triceps

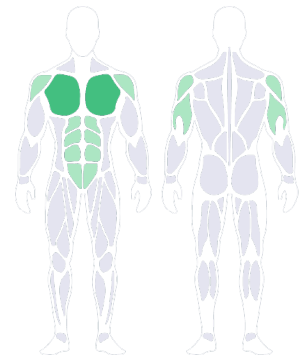
Sit on the seat with your upper chest just above the horizontal handles.

Push the foot lever until you are able to grasp the lever.

Grasp the handles using a wide overhand grip and place your elbows out to the sides just below your shoulders.

Release the foot lever and press the hand lever out until your arms are fully extended.

Return the weight until your chest muscles are slightly stretched.



Medicine Ball Wall Throw

Primary muscle group(s):

Abs, Shoulders, Upper Back & Lower Traps

Secondary:

Biceps, Hamstrings, Quadriceps, Triceps

Stand up straight with a tight core and flat back.

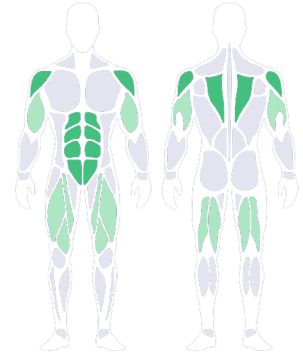
Holding a medicine ball with both hands, face a wall and make sure you have distanced yourself approximately 5 feet away.

Bring the medicine ball up and behind your head in an arc fashion.

Launch the ball forward towards the wall.

Catch the ball as it bounces back and bring it back up and behind your head.

Repeat the movement.



Assisted / Machine Seated Tricep Dips

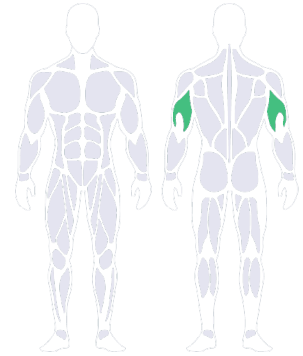
Primary muscle group(s):

Triceps

Sit at the Triceps Dip machine but make sure to brace your core throughout the movement. Place your hands on the bar with your elbows pointing behind you. Your arms will make a 90 degree angle.

Slowly push down on the bars, focusing all the movement in your triceps.

When you reach the bottom, pause and do not lock out your elbows. Slowly return to the starting position but do not let the weight touch the stack.



Chair / Bench Tricep Dips

Primary muscle group(s):

Triceps

Secondary:

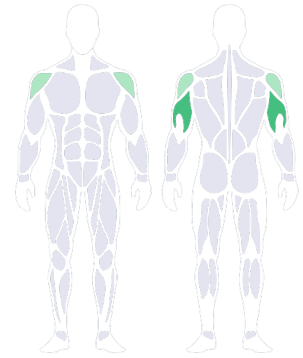
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don't lock your elbows and repeat.



Alternate Heel Touchers / Lying Oblique Reach

Primary muscle group(s):

Obliques

Secondary:

Abs

Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder width apart.

Fully extend your arms down the side of your body, palms facing in. This is the start position.

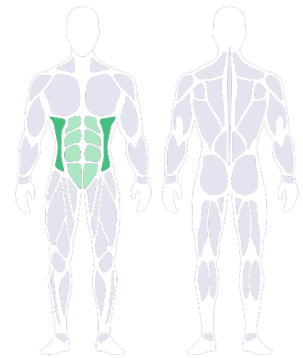
Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

return to the starting position smooth motion, inhaling as you do so.

Repeat the movement, this time to your left side.

When you have completed the movement on both sides, you have done one repetition.

Repeat.



Flutter Kicks

Primary muscle group(s):

Abs

Secondary:

Glutes & Hip Flexors

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.

