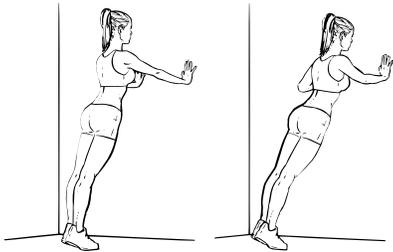


Intro to Weightlifting 4

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

Welcome back! Similarly to last week, we're going to activate those muscles, though, we're going to alter or add an exercise here or there just to throw a new challenge in the mix!

Wall Push-Ups

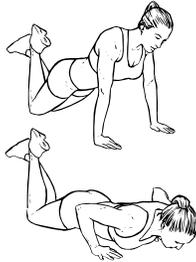


0:30
rest

2 sets 12 reps 45 sec rest

These will be all but a distant memory as of next week!

Knee Push-ups

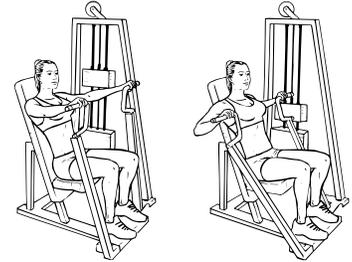


0:30
rest

2 sets 10 reps 45 sec rest

If you can, push your knees a little further away than last week; for the added challenge.

Seated Chest Press

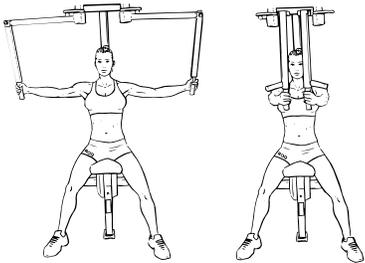


2:00
rest

3 sets 12 reps 60 sec rest

For the final set, try to increase your weight just a little.

Seated Machine Flyes

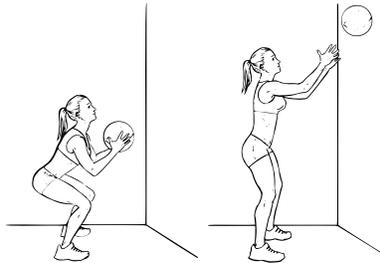


2:00
rest

3 sets 12 reps 60 sec rest

Like hugging a barrel (of beer...ummmm beer....). Focus on keeping the arms relatively straight.

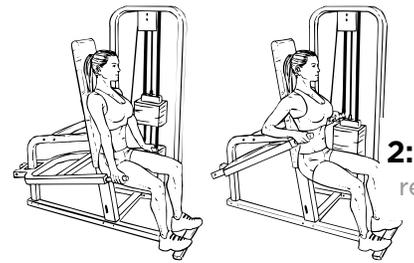
Medicine Ball Wall Throw



3 sets 10 reps 45 sec rest

Use the same amount of weight as last week (10 lbs), though the rest time is slightly reduced.

Machine Seated Tricep Dips

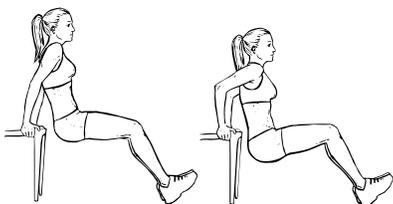


2:00
rest

3 sets 16 reps 60 sec rest

You should be feeling burn in your triceps first, and then your chest muscles.

Bench Tricep Dips



1:30
rest

2 sets 12 reps 45 sec rest

Your throne welcomes you back; make sure it's nice and steady before repping these out!

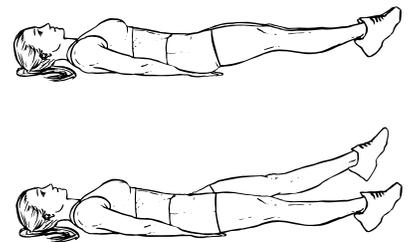
Alternate Heel Touchers



2 sets 36 reps 45 sec rest

Back to the upper abs, only with more reps! 18 reps per side.

Flutter Kicks



1:30
rest

2 sets 36 reps 45 sec rest

Try not to flutter too quickly, we want to avoid take off. 18 kicks per leg.

Wall Push-Ups / Pushups / Standing Press Ups

Primary muscle group(s):

Chest, Triceps

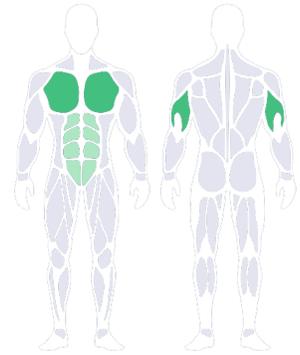
Secondary:

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:

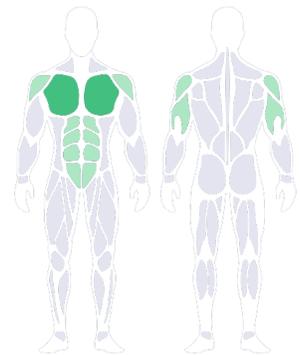
Abs, Shoulders, Triceps

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

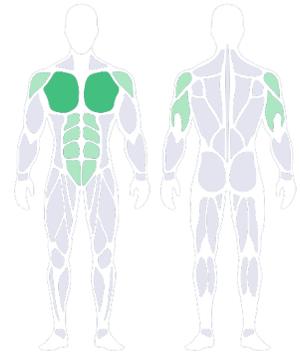
Sit on the seat with your upper chest just above the horizontal handles.

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.



Butterflies / Pec Deck / Seated Machine Flyes

Primary muscle group(s):

Chest

Secondary:

Shoulders, Triceps

Sit on a pec deck machine with your back flat against the back rest.

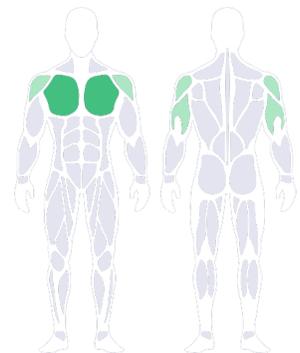
Grip the handles and make sure your arms are parallel to the floor. If not parallel, adjust the seat or handles accordingly. This is the start position.

Exhale and slowly push the handles together squeezing your chest to the middle as you do so. Hold for a count of one.

Inhale as you return to the starting position in a controlled movement.

Repeat.

i This exercise can be performed using an exercise band or pulleys. There are a variety of different machines with different placement of your forearms. With these, place your forearms on the pad, with your elbow bent to 90 degrees. Perform the exercise by squeezing your elbows together.



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.

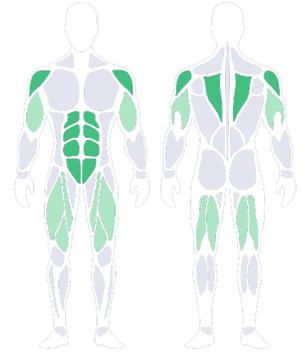
Holding a medicine ball with both hands, face a wall and make sure you have distanced yourself approximately 5 feet away.

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

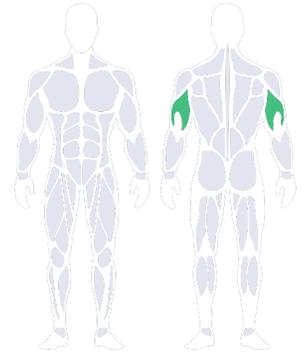
Primary muscle group(s):

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:

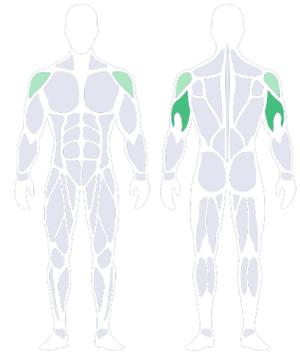
Shoulders

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.

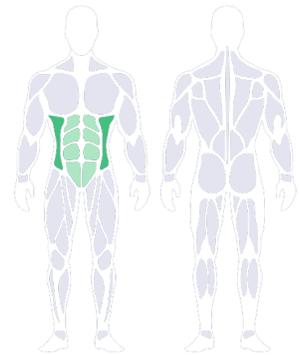
Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

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.

