Learn how to gain more muscle, lose weight or just get yourself in better physical shape without the hassles and the expense of health clubs.

Let's get started and you're on your way to a better, healthier lifestyle!

Note: It is vital that you consult your doctor before you start lifting weights. You may find that you have issues that make you more susceptible to injury or health complications brought on by intensive training.
When it comes to exercise, there’s certainly no limit to the number of options you have. Bike riding, aerobics, power walking, weight lifting -- the list goes on and on. Even vacuuming the house, mowing the lawn, or playing a neighborhood game of softball can give the cardiovascular system a good workout.

Of course, the occasional sports activity or somewhat strenuous household chore is a random event, one you don’t necessarily take part in more than once or twice a week (if that). And for most of us, the result is generally sore muscles and an aching back.

That’s because the average person doesn’t take part in any sort of on-going exercise routine that would keep their body in relatively sound physical condition. Nor do they care to. In the past, you may have developed an exercise program or even joined a gym, attending regularly for about a month.

And, like many other physical routines you’ve started, you probably abandoned the idea and went back to your comfortable and relatively inactive lifestyle.

Not this time, though. Now you’re really committed, motivated and determined to get in shape. All you have to do is get up and get moving.

So what’s the best method you can use to get your entire body in shape quickly, safely, and efficiently?

**Dumbbells.**

Of all the different options in fitness equipment, free weights offer the most bang for your buck, especially dumbbells. With a good set of adjustable dumbbells, you can work your entire body, and can do so in the comfort of your home.
Add a few inexpensive accessories, such as an incline bench and an exercise ball, and you have all the equipment you’ll ever need.

This comprehensive guide provides you with the best techniques to use to ensure you get maximum benefit from your workouts. Use it for building muscle and toning your body so that you can enjoy the body you deserve!

So, if you’re ready…let's go!

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Part 2 - Your Home Gym

Increasingly, many people find that they have little time for working out and limited funds for a gym membership. Well, using a relatively small space, you can create the perfect home gym. Also, working out at home instead of traveling to a gym or health club means it may be easier to incorporate exercise into your daily routine.

If these statements apply to you, then you are ready for a home gym:

• You want the equipment ready when you are, 24 hours a day, 7 days a week.
• You do not want to drive to the gym and struggle to find a place to park.
• You do not like to use equipment soiled by the sweaty person before you.
• You do not look forward to fighting germs all winter long.

Working out at home is easy to do. You must begin by finding the right equipment to accomplish your goals, whether it is to build muscle, lose weight, increase your cardio fitness, or a combination of all three. Appropriate for all levels of fitness, dumbbell exercises are varied enough for you to work your entire body because it offers you the ability to include resistance exercise in your workout.

Resistance Exercise

Resistance exercise, also called strength training, is used to increase muscle strength and mass. This can result in bone strength and increase your body's metabolism enabling you to lose weight more easily. It can also give a strong sense of well being which improve your body image and self-esteem.

You probably have adequate muscle strength that enables you to perform daily chores and activities such as climbing stairs, getting in and out of bed and carrying items around the house. Resistance exercise will increase your strength because it demands more than the usual amount of energy and strains your muscles. Resistance exercise also stimulates the growth of protein inside muscle cells.
One of the best tools you can use in your resistance exercise program is the dumbbell, since it allows you to determine the weight and ability to control your body position throughout the range of motion.

**Types of Dumbbells**

Dumbbells come in many different weight selections, so you will always be able to select the desired weight for your routines. A dumbbell is usually 10 to 15 inches long and weighs from 5 lbs to more than 100 lbs. You also can find dumbbells in 1, 2 or 3 lbs that are great for toning exercises. Dumbbell exercises are generally performed with a dumbbell in each hand.

You’ll find set-weight dumbbells and adjustable dumbbells that have small collars that clip on, or screw on the ends of the dumbbells to hold on the weight plates. Adjustable dumbbells are less expensive and take up less space making them ideal for a home gym. The reason for this is that you do not need to buy new dumbbells when you are ready to lift heavier weights. With adjustable dumbbells you simply add additional weight plates as you progress.

There also are non-slip neoprene-coated dumbbells that are great for performing dumbbell exercises. Their major benefits are they are quiet and comfortable to use.

**Benefits of using dumbbells**

With a pair of dumbbells you can avoid the hassles of a gym and have effective workout sessions in the privacy of your home. You can exercise your legs, arms (biceps, triceps and forearms), shoulders, chest muscles, oblique muscles, and much more.

Staying fit and healthy is important regardless of your age. Using dumbbells the right way can help you increase your fitness levels, flexibility and endurance. Increasing muscle mass will allow your body to burn more calories, important because weight loss often prevents diseases and makes you more confident and active.

Weight training with dumbbells can help you tone muscles in key areas that begin to defy gravity as time goes on. The results will be a leaner and healthier look (one that you won’t be ashamed to show off in public!)
Incline or Flat Bench

For many of your exercises, you may want to use a weight bench. You'll find that it is very effective for chest exercises, back exercises and for bench dips. There are several types, but you may want to consider an adjustable bench. That way you can do incline and decline exercises.

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Swiss Ball

The Swiss (or gym) ball has been used for three decades in Switzerland, and is very useful in gyms and physical therapy facilities nationwide. The gym ball is filled with air and is soft, unlike medicine balls, providing a cushion for you as you stretch and exercise. Many people substitute a Swiss ball for the incline bench.

You can perform a variety of strengthening exercises and stretches on the ball, as well as warm-up and cool-down routines. Gym ball workouts require the use of multiple muscle groups and improve your coordination, balance, and posture.

By sitting and bouncing on the ball, you work your hamstrings, quadriceps, abdominals, and back muscles. Add arm movements, and you also get an upper-body workout.
**Exercise Mat**

If you're going to be working on your abs and including stretches into your daily routine, you may want to purchase an exercise mat. It serves two purposes. First, it prevents you from sliding around during certain exercises. Second, it is a cushion, allowing you to lie or kneel comfortably on the floor.

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**Chin-up Bar**

Doorway chinning bars are very portable; you just remove them from the doorway when you are not using them. Chin-ups are a great upper body workout, targeting biceps, deltoids and shoulders. A chin-up bar is generally a metal bar that can be adjusted for people of different heights. Chin-up bar counts have been a part of the U.S. President's Council on Physical Fitness program for evaluating the physical health of schoolchildren since the 1960s. It's also used by the military to gauge fitness.

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Part 3 - Training and Safety Tips

One recommendation is to start with one exercise per muscle group and add additional exercises and reps as you progress. You should exercise at least three times per week at least 30 minutes a day, adding cardio to your workouts. Pause between sets for at least 20 seconds (up to 2 minutes), depending upon how you feel. You should not continue working out if you feel pain or excessive discomfort.

*Consult your physician before starting any new exercise plan.*

Do's and Don’ts

In addition to warming up, with either stretches or 5 minutes of cardio, you should consider these tips to work out effectively and to avoid injuries.

**Do**

- Perform each exercise according to its description.
- Exhale on the most difficult phase and inhale during the easiest.
- Control your movements
- Use your back, not your knees, when lifting dumbbells from the floor.
- Pause in between sets.
- Finish each set or rep, pushing the muscle to fatigue.

**Don’t**

- Do not rush your workout. Work out for at least 30 minutes.
- Wait at least two hours after eating a large meal to workout.
- Do not hold your breath when in the middle of the rep
- Do not slouch. Keep your spine straight when standing.
- Do not lose good form. If you do, stop and reposition yourself.
- Do not exercise if you are injured.
- Do not work a muscle two days in a row. Alternate your workout.
Coping With Stress

People often think of stress as outside forces that put pressure on us. A better definition, according to Patrick Gauthier, contract services director for Business Psychology Associates, is our reaction to that pressure—not the pressure itself. And while we experience real strain from our physical environment, “stress exists in the mind,” he explains.

Physiologically speaking, some strain is good—like the need to feed hunger or to avoid danger. But other strain is simply unhealthy—and we need to better cope with it.

“We aren’t taught to cope with external pressures,” he says. So we cope in the only way we know how—that behavior modeled to us by parents or teachers. “Good coping skills exist,” he notes. It’s just a matter of learning about them.

Coping with stress is a priority whether we realize or not. Gauthier notes the level of spending individuals do in the name of stress reduction. From tobacco and alcohol products to fitness and wellness to eating out to traveling—we are ready and willing to spend our hard-earned money to reduce stress.

A better plan is learning to cope with it head-on. Think about how you can control stress in your life. Maybe your exercise routines are the answer.

Cool Down

It's important to include a cool-down period in your workout. Cooling down is important because it helps reduce your risk for injury. Take a few minutes to cool down and lower your heart rate. You can do this by stretching your muscles.

Stretching improves your flexibility and helps to prepare you for your next workout. Use the stretches in this guide and then walk slowly in the room to cool down. Make sure you drink water to hydrate yourself.

Training Tips

- Always use a closed grip (thumbs around) when pressing. Many people are seriously injured due to accidents involving the bar slipping out of their hands when using an open (thumbless grip).

- Warm-up! Your muscles will thank you for it by performing better when you exercise. Properly warmed-up muscles are much less likely to become
injured as well. Perform at least 5 minutes of a rhythmic exercise like cycles or walking, followed by at least 5 minutes of stretching.

- Always consult with your physician before combining medication with certain herbs or foods to avoid possible drug interactions. Some over-the-counter medications such as aspirin act as blood thinners. Taking such medications with more than 400 international units of vitamin E or the herb ginko biloba can increase the risk of excessive bleeding.

- How many calories should you be eating a day? Take your body weight in kilograms (pounds multiplied by .45) and multiply that number by 24. This is the amount of calories necessary for you to maintain your current weight at rest. Next, add 30-50% of your base number to itself to account for your activity level. Add or subtract 500 calories a day from this number depending on whether you want to gain or lose weight.

- Mix your pre-workout creatine with apple or grape juice or some kind of fruit punch. The sugar in these drinks acts as a transport and enables the creatine to be used more efficiently. Do not mix your creatine with acidic juices like orange or grapefruit.

- If you are bored working out by yourself, try exercising with a partner. It is a great way to be more consistent with your program and it can be very fun and rewarding as well a motivating.

- Females concerned with getting bulky from weight training should not be. Exercising with weights is a great way to boost your metabolism. For every pound of muscle you gain your body burns an additional 50 calories per day at rest.

- Caffeinated drinks such as coffee or colas, even diet colas, dehydrate your body because caffeine is a diuretic. So drink a glass of water for every caffeinated drink you consume.

- Remember to perform all of your weight exercise repetitions slowly and in a very controlled manner. Jerking or slinging weights or performing exercises using momentum places a high amount of stress on the joints and can cause injuries.

- When performing any type of squatting exercise, remember to keep your back straight and your head up. Never round your back or lean over at the waist as it will place undue stress on your lower back.

- As a means of weight reduction or maintenance, cutting out carbohydrates and eating only protein and fats can have side effects. Your body needs carbs to perform daily tasks and for your brain to function correctly. Try
reducing your sugars and starches, such as white rice, white bread, pasta, potatoes, and sugary drinks, and replacing them with whole grain breads, vegetables, and fruits.

• A balanced diet is always the way to go. Cutting certain food groups out of your diet is not healthy, you may not get all the vitamins, and minerals you need to sustain your health. A balance of dairy, meat, poultry, and eggs, whole grains foods, vegetables, fruit, and fat is important.

• A mid-morning and mid-afternoon protein snack such as a protein bar or a protein shake, without a high amount of sugar, can help keep you energized throughout the day.

• Remember that growth and progress when weight training does not happen in the gym. The workout is most certainly the toughest step, but during the actual training you are tearing down your muscles. Growth and progress come at the dinner table, eating what you need to meet your fitness goals and not eating what you don’t need, and in bed, getting the proper amount of rest and recuperation; generally 7 to 9 hours a night.

• A multi-vitamin is an excellent way to ensure that your body is receiving all the vitamins and minerals that it needs and does not get from your regular diet. Don’t be too stingy when considering a multi-vitamin. There are high and low end multis, just like any other item on the market. Consider purchasing a quality product from a reputable dealer that carries a quality-controlled multi-vitamin.

• Water consumption is a crucial part of your fitness regimen. Try to consume 10-15 glasses of water each day. Every time you pass through your kitchen or walk by a water fountain, guzzle a glass down.

• There is no such thing as spot reduction. You cannot just do crunches and automatically achieve a ripped stomach. You must combine 30-40 minutes of semi-intense cardiovascular activity (stationary bike, treadmill, stepper, jogging) 3-4 times a week and perform a well balanced abdominal and oblique routine to get the returns you have always dreamed of. Think of your body as a swimming pool. If you were to scoop water out of one area of the swimming pool that area wouldn’t become shallower. Body fat works the same way.

• Do not try to work out or exercise when you are feeling under the weather. When you exercise, you lower your immune system’s defenses. When you are already sick working out can prolong your sickness or possibly make it worse.

• Change your workout program every 4 to 6 weeks. Your body, muscles,
and mind get used to the program you are on and you will probably plateau with your progress instead of making strides. Your muscles will get accustomed to the regimen you are doing and you will feel stale, so try changing up your sets, reps, rest intervals, poundages, and diet every 4 to 6 weeks to stay fresh.

- Setting specific, attainable goals is a good way to keep you focused. Set long term, intermediate and short-term goals to keep track of your progress.

- If you have been sedentary for quite some time and are just starting, don’t be too overzealous and start off too quickly. Ease into your exercise program. This way you will be able to become accustomed to the work you are doing instead of being overwhelmed by it and becoming discouraged.

- Meal replacement shakes or bars can be an excellent way to shed a few unwanted pounds. A meal for the average individual is estimated at 600-800 calories. Cut out one of those meals a day and substitute a meal replacement shake or bar that runs in the range of 250-400 calories depending on the brand and type. A good meal replacement is loaded with quality protein, complex carbs, and a broad spectrum of vitamins and minerals.

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Part 4 - Exercise Routines and Groups

Eight dumbbell routines have been designed for people of all skill levels. Prior to beginning any workout, it is necessary to determine what your personal fitness goals are. You need to ask yourself, "Where would I like to be at the end of the 10 week period?"

Repetition range is an essential component of any workout program. Remember that low repetition ranges between 3-6 are specifically for strength increases. Middle repetition ranges from 7-12 are for muscle growth and size. The high repetition ranges of 12-15+ are for toning and overall muscle health.

These eight programs will benefit any person, male or female, of all ages and ability. The exercises chosen for the following 8 programs are all from the list found in this ebook from parts 5-8. For variety, it is encouraged that these particular movements be substituted with other movements after initially completing all 8 programs. The end result is an unlimited approach to new and exciting exercise routines. Please be careful, be dedicated and of course, have fun!

The Routines can be found at the end of this ebook so that you can easily print the training charts and keep track of your workouts.

These are the routines supplied to you:

Two Beginner Routines, Two Intermediate Routines, and Four Advanced Routines. Again the training charts for these routines can be found at the end of this ebook.

If there are exercises that you have done on this program that you did on previous programs remember to bump your weight up. Remember to use a weight that you can perform the listed amount of reps with, without struggling or using bad form. The last few reps of each set should be tough and if you breeze through the set you probably are not using enough weight or are using incorrect form.
The following section lists all of the exercises that are prescribed in your workout plans. Before performing any of the exercises mentioned in your dumbbell routines be sure to look them up in this section to make sure you are using proper and safe technique. They are organized into the categories of:

Part 5: Dumbbell Exercise Descriptions
Part 6: Stretching Descriptions
Part 7: Body Weight Abdominal Exercises
Part 8: Bonus Stability Ball Exercises

**Dumbbell Exercises By Muscle Groups Described in Part 5**

*Chest*
- Incline Dumbbell Press
- Flat Dumbbell Press
- Dumbbell Fly
- Incline Dumbbell Fly

*Shoulders*
- Seated Dumbbell Shoulder Press
- Dumbbell Shoulder Press On Stability Ball
- Front Raises
- Lateral Raises
- Bent-Over Lateral Raises
- Dumbbell Shrugs
- Dumbbell Upright Rows

*Back*
- One-Arm Bent-Over Dumbbell Row
- Pullover
- Two-Arm Bent-Over Dumbbell Row

*Biceps*
- Incline Dumbbell Curl
- Preacher Curl
- Seated Concentration Curls
- Hammer Curls
- Cross Body Hammer Curls

*Triceps*
- Laying Tricep Extensions
- Two-Hand Overhead Tricep Extensions
- Kickbacks
- One-Arm Overhead Tricep Extensions
- Close Grip Dumbbell Press
**Legs (Quads, Glutes, Hamstrings, Calves)**
- Dumbbell Squat
- Dumbbell Lunges
- Dumbbell Stiff-Legged Deadlifts
- Dumbbell Sumo Squat
- Dumbbell Step-Ups
- Two-Legged Calve Raises
- Donkey Calf Raise

**Forearms**
- Wrist Curl, Dumbbells, Palms Up
- Reverse Grip Dumbbell Forearm Curls

**Abs**
- Dumbbell Side Bends

**Stretches Described in Part 6**
- Trunk Twist
- Hamstring Stretch
- Single-Leg Hip Glute Stretch
- Crossover Stretch
- Butterfly Groin Stretch
- Calve Towel Stretch
- Quad Stretch
- Chest Stretch
- Shoulder Stretch
- Flatfoot Wall Push

**Body Weight Abdominal Exercises Described in Part 7**
- Abdominal Crunch
- Abdominal Crunch Arms Extended
- Crunches with Legs Up
- Abdominal Crunch Variation (feet up, knees bent)
- Leg Raises from the Floor
- Reverse Crunch
- Reverse Crunch With Straight Legs
- Air Bike
- Side Crunch
- Laying Trunk Twist
- Heel Touches
- Butt Ups
- Sit Ups
- Chin Ups
Chin Up Crunch
Hanging Knee Raise
Hanging Leg Raise

**Bonus Stability Ball Exercises Described in Part 8**
Wall Squats with Ball
Wall Squats with Ball and Dumbbells
Dumbbell Shoulder Press on Ball
Supine Dumbbell Bench Press on Ball
Dumbbell Flys on Ball
Lateral Raise on Ball
Front Raise on Ball
Bent-Over Lateral Raise on Ball
Abdominal Crunches on Ball
Ball Crunches
Ball Crunches Arms Extended
Laying Trunk Twist With Ball
Trunk Twist on Ball
Bench Dips on Ball
Crunch Reach Pass
Split Squat
Log Roll
Ab Tuck
Leg Curl

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Part 5 - Dumbbell Exercise Descriptions

This section is where you will actually find all of the dumbbell routines, along with pictures and instructions. You can refer to these when going through the 12-week program from the last section.

Chest Exercises

Exercise name: Incline Dumbbell Press
Muscles worked: Upper chest, anterior shoulder, triceps

Description: Lay seated with your bench set at a 45-degree incline. The higher the bench setting, the more the shoulders are involved. Place your feet approximately shoulder width apart with your feet flat on the floor. Raise the dumbbells at the top of your shoulders in a comfortable position, with your palms facing your feet, and your grip firm. Press up, in an arc like movement, both of the dumbbells at the same time bringing them together at the top, squeezing the muscles of the chest. Slowly bring the dumbbells back down to the top of the shoulder with your hands just outside your chest.
Exercise name: Flat Dumbbell Press
Muscles worked: Middle chest, anterior (front) shoulder, triceps

Description: Stand with your heels no more than 3 inches in front of flat bench. Sit down on the edge of the bench, taking care not to miss it, resting the upright dumbbells on top of your thighs. Slowly lay back on the bench, simultaneously drawing the dumbbells up your body until they are resting on the outer part of your chest. Turn your palms toward your feet or leave them facing each other depending on which position is more comfortable. Press the dumbbells up, bringing them together as they are pressed. Squeeze the muscles of your chest at the top. Slowly lower the dumbbells so that your hands are touching the outer part of your chest.
**Exercise name: Dumbbell Fly**  
*Muscles worked: Middle chest and front of shoulder*

To view video online [click here](#)

**Description:** Lay back on a bench with your feet placed firmly on the ground. If you are having lower back pain try placing weight plates beneath your feet. Do not put your feet up on the bench as this will take away much of your balance and stability thereby increasing your risk for injury. Slide the dumbbells up your body as you lay back so they are resting on your chest. Press the dumbbells straight up.

You may turn your hands toward each other or you may keep them facing your feet depending on which is more comfortable. Bend your elbows slightly, to alleviate some of the stress on the elbows. Lower them out away from your body as far as is comfortable. Keep the dumbbells even with your chest throughout the movement; do not let them float up by your head. Squeeze them back up to starting position.
Exercise name: Incline Dumbbell Fly
Muscles worked: Upper chest and front of shoulder

Description: Lay back on an incline bench with your feet placed firmly on the ground. Slide the dumbbells up your body as you lay back so they are resting on your chest. Press the dumbbells straight up. You may turn your hands toward each other or you may keep them facing your feet depending on which is more comfortable. Bend your elbows slightly, to alleviate some of the stress to the elbow. Lower them out away from your body as far as is comfortable. Squeeze them back up to starting position.
Shoulder Exercises

Exercises name: Seated Dumbbell Shoulder Press
Muscles worked: Anterior shoulder (front), triceps

To view video online click here

Description: Sit on a bench with vertical or near vertical back support. Raise the dumbbells to the tops of your shoulders. Place your feet approximately shoulder width apart and flat on the floor. Turn your hands to face your feet or keep them facing your body, depending upon which is more comfortable. Push up in an arc like movement, bringing the dumbbells closer together throughout the movement until they are almost touching at the top. Lower the dumbbells back to the bottom position keeping a firm grip.
Exercise name: Front Raise
Muscles worked: Anterior deltoids (front of shoulder)

Description: Dumbbells, a barbell, or a weight plate can be used. You either may choose a standing or seated position depending on which position you find more comfortable. If you choose to perform this exercise standing, bend your knees slightly to alleviate back strain. Holding firmly onto the weight, slowly raise it up to eye level. Keep your arms as straight as possible. Squeeze the front of your shoulders at the top for a moment, and then slowly lower the weight. Raise the weight back up just before you get to the bottom of the range to keep a constant tension on the muscles you are working.

To view video online click here
Exercise name: Lateral Raise
Muscles worked: Medial deltoids (outside shoulder)

Description: Using dumbbells, weight plates, or a machine, this exercise can be done standing or seated. If done standing, bend your knees slightly to alleviate back strain. Hold the weight to your sides. Turn your thumbs down slightly to use less anterior deltoid (front shoulder) and biceps and more middle/outside deltoid (shoulder). Slowly raise your hands until they are even in height with your shoulders. Squeeze at the top for a moment, and then slowly lower the weights until they are almost at your sides. Raise the weights back up before they get to the bottom to keep the tension on the muscle.

To view video online click here
Exercise name: Bent-Over Lateral Raise
Muscles worked: Posterior deltoid (rear shoulder)

Description: Using dumbbells or weight plates, this exercise can be done standing or seated. If done standing, your knees and waist must be bent so that your upper body is almost parallel with the ground. Keep your thumbs turned down slightly and keep your hands in line with your feet. Slowly raise your hands back away from the ground. Squeeze the backs of your shoulders then slowly lower the weights. Keep good form and do not curve your back.

To view video online click here
Exercise name: Dumbbell shrug
Muscles worked: Trapezius dorsi

To view video online click here

Description: Stand upright with a dumbbell in each hand. Hold the dumbbells at your sides with a firm grip. Keeping your arms straight and using only the muscles of your shoulders and back, shrug your shoulders up, squeeze your muscles at the top, then slowly lower back down, and repeat.
Exercise name: Dumbbell Upright Row
Muscles worked: Anterior Deltoids

To view video online click here

**Description:** Hold dumbbells, hanging, against your upper thighs. Keep dumbbells about 10 inches apart, thumbs facing in. Pull dumbbells straight up until nearly even with your chin. Keep your elbows up and out! Keep weights close to your body and slowly return to the starting position.
Back Exercises

Exercise name: One-Arm Bent-Over Dumbbell Row
Muscles worked: Latisimus dorsi, rhomboids, middle trapezius, biceps (this exercise mainly works the muscles of the upper back and front of the arm)

Description: Kneel on a bench with one knee. Place the hand of the bent knee on the bench in front of your knee so that your back is parallel with the ground. Keeping your shoulders level, let the dumbbell hang straight down. Using the muscles of your upper back, pull your arm back without twisting your body. Keep your elbow in close to your body as you pull the weight up. Slowly lower the weight to stretch the upper back.

To view video online click here
Exercise name: Pullover

Muscles worked: Latisimus dorsi (muscles of the upper back)

To view video online click here

Description: Holding either a weight plate, dumbbell, or barbell (preferably an EZ curl bar), lay down on a bench with your head at the edge. Hold the weight straight up away from your chest. Slowly lower the weight back over your head, keeping your arms as straight as possible. Inhale deeply as the weight is lowered back. Stretch back as far as is comfortable then exhale forcefully while raising the weight back to the starting position.
Exercise name: Two-Arm Bent-Over Dumbbell Row
Muscles worked: Latisimus dorsi, rhomboids, middle trapezius, biceps (this exercise mainly works the muscles of the upper back and front of the arm)

Description: Stand with feet shoulder width apart and a bend in the knees. Bend at the waist with your head up and grasp a pair of dumbbells with an overhand grip. By bending your arms, lift the dumbbells straight up until they touch your upper abdominals. Reverse the movement to lower the dumbbells but do not let them touch the floor until after your last rep.

Tip: It is very important that you do not round out your lower back as you perform this exercise as this could easily lead to an injury. Instead, focus on sticking your butt out and keeping a nice arch in your lower back. It is also okay to move naturally throughout the exercise and allow your back to rise up slightly as you lift the weight.
Bicep Exercises

Exercise name: Hammer Curls
Muscles worked: Biceps (and other muscles of the front of the arm)

Description:  Stand with your feet about shoulder width apart and pick up a pair of dumbbells off the ground using your legs (not your back). With your palms facing inward, curl the dumbbells up one at a time. When you get to the top of the movement, squeeze your bicep, pause briefly, and then return the weight to the starting position. Alternate between arms until you reach muscular failure. This exercise can also be performed curling both arms at the same time. Make sure to move naturally throughout the movement by swaying your body slightly as you lift the weights. This will help to protect against injuries and will also maximize muscle stimulation. It is also important not to curl the weights past the point where tension will leave the biceps.
Exercise name: Cross Body Hammer Curls
Muscles worked: Biceps (and other muscles of the front of the arm)

To view video online click here

Description: Stand with your feet about shoulder width apart and pick up a pair of dumbbells off the ground using your legs (not your back). With your palms facing inward, curl the dumbbells up one at a time across your body. When you get to the top of the movement, squeeze your bicep, pause briefly, and then return the weight to the starting position. Alternate between arms until you reach muscular failure. Hammer curls are a good mass building exercise for the biceps.

Make sure to move naturally throughout the movement by swaying your body slightly as you lift the weights. This will help to protect against injuries and will also maximize muscle stimulation. It is also important not to curl the weights past the point where tension will leave the biceps. You want to contract at the top of the lift not rest.
Exercise name: Incline Dumbbell Curl
Muscles worked: Biceps (and other muscles of the front of the arm)

To view video online click here

Description: Sit back on a bench that is slightly reclined back from vertical. Lower the dumbbells to your sides. Your palms may be turned up in a supine position, to emphasize your biceps or you may keep your hands in a neutral position with your palms facing your body, to emphasize other muscles in the front of your arm and forearm such as your brachioradialis.

Curl the weight up, squeezing at the top of the movement. Keep your elbows in against your body and back throughout the movement to focus the pressure on the biceps.
Exercise name: Preacher Curl
Muscles worked: Biceps

To view video online click here

**Description:** A barbell, dumbbell, or a weight plate may be used. Sit at a preacher bench with your arms over the pad. The back of your arms should be resting comfortably on the pads with your elbows touching. If your elbows are raised off the pad, adjust the seat position. Pick up the weight.

Using your biceps, without swinging the weight, raise the weight to the point at which you feel you are beginning to lose tension. Squeeze your biceps for a moment then slowly lower the weight almost to the bottom, then repeat the movement. Note: For variety, different types of bars may be used such as an EZ curl bar (wide or narrow grip), a straight bar, or a cable from a low pulley.
Exercise name: Seated Concentration Curls
Muscles worked: Biceps, forearms

Description: Sit on a bench with your feet wide on the floor. Grasp a dumbbell and place your elbow against the inside of your knee. With your palm facing towards the opposing foot, curl the weight up towards your shoulder and flex the bicep at the top of the movement. Slowly lower the weight back down and repeat. Keep your wrist locked throughout the exercise. This will allow your bicep to do the work.

To view video online click here
Exercise name: Hammer Curls
Muscles worked: Biceps, forearms

Description: This exercise can be done either seated or standing. For seated hammer curls, sit on a bench with your back straight and a dumbbell in each hand. Hold the dumbbells so that your palms are facing your body. Your hand position will remain constant throughout the movement. Keeping your upper arms stationary and your elbows in towards your body, bring the dumbbells up until they nearly touch your shoulder. Slowly lower the weight to the starting position and repeat. The same arm movement is utilized in the standing form of hammer curls.

To view video online click here
Triceps Exercises

Exercise name: Laying Dumbbell Triceps Extensions
Muscles worked: Triceps

To view video online click here

Description: Lay face up on a flat or inclined bench with a dumbbell in each hand. Press the dumbbells up just like a dumbbell bench press. With your arms straight, slowly lower the dumbbells down until they are even with your head. Raise the weight back up to the starting position. During this movement, make sure your elbows are not flaring out; keep elbows pinched in close to your head.
Exercise name: Two-Hand Overhead Tricep Extensions
Muscles worked: Triceps

To view video online click here

Description: Stand upright and grasp a dumbbell holding it long ways with your palms facing up against the inside face of the top dumbbell plate. Raise the dumbbell over your head keeping your arms straight. Slowly lower the dumbbell back behind your head until it is completely below your head. Raise the dumbbell back up to the starting position and repeat. Try to keep your elbows pinched in towards your head during this exercise.
**Exercise name: One-Arm Overhead Tricep Extensions**  
*Muscles worked: Triceps*

To view video online [click here](#).

**Description:** While seated on a flat bench, grab a dumbbell and lift it straight overhead. Keeping your elbow in place at all times, lower the weight behind your head until you feel a full stretch in your triceps. Pause briefly at the bottom and then drive the weight back up to the starting position, fully locking out your elbow at the top. Repeat the exercise using the other arm.

**Tips:** Make sure to use a full range of motion on this exercise in order to maximize muscle stimulation. This means lowering the dumbbell until your triceps are fully stretched, and locking the weight out at the top of the movement. You don't have to be super-strict with your form, but try and keep your elbow as in place as possible.
Exercise name: Close Grip Dumbbell Press
Muscles worked: Triceps

Description: Lye down on a flat bench holding a set of dumbbells. With your feet, butt and shoulders firmly planted on the bench, lower the dumbbells until they touch the middle of your chest. Pause briefly at the bottom and then drive the weight back up to the starting position. The difference between this exercise and the chest press is the fact that you will NOT let your elbows flare out. They need to stay close to your sides the entire movement to fully target the triceps.

Tips: Make sure to use a full range of motion and stay in control of the weight at all times.
Exercise name: Dumbbell Kickbacks
Muscles worked: triceps

Descriptions: Kneel on a bench with one knee. Place the hand of the bent knee on the bench in front of your knee so that your back is parallel with the ground. Keeping your shoulders level, let the dumbbell hang straight down. Bring your arm up so that your upper Hold a dumbbell in your other hand and position your upper arm parallel to the floor; your elbow should be bent 90 degrees. With your palm facing in, press the dumbbell back to full extension by straightening your arm, keeping your elbow locked into your side. Squeeze your triceps at full extension, then lower the weight slowly to the starting position.

To view video online click here
Leg Exercises

Exercise name: Dumbbell Squat
*Muscles worked: Quads, Glutes and Hamstrings*

To view video online [click here](#)

**Description:** Place a thirty-five or forty-five pound plate on the ground, face down. With a dumbbell in each hand, place your heels on the plate. Feet should be shoulder width apart with your feet pointed out slightly. Keeping your arms straight and your head looking up, squat down until your upper leg is parallel with the ground. Keep your back straight and do not bend over at the waist. Press up with your legs and return to the top of the position.
Exercise name: Dumbbell Lunges  
Muscles worked: Quadriceps, glutes, hamstrings

To view video online click here

Description: With a split leg stance and your toes pointed straight ahead, grasp a dumbbell in each hand. Keeping your arms straight and your back upright, lunge forward until your back knee nearly touches the ground. Your front knee should not extend out beyond your toes. Remember to look forward and not down and to perform slowly and in a controlled fashion. Return to the top and repeat.
Exercise name: Dumbbell stiff-leg deadlifts
Muscles worked: Hamstrings, erector spinae

To view video online click here

Description: Stand with your feet shoulder width apart and with a dumbbell in each hand. Hold the dumbbells in front and against your legs with your palms facing towards your legs. Keeping your legs unlocked at the knee but still straight, slowly descend. Keep the dumbbells close to your legs and lower until they reach the toe of your shoe. Return to the top of the position and repeat.
Exercise name: Dumbbell Sumo-Squat
Muscles worked: Quads, Glutes, Hamstrings

To view video online [click here](#)

Description: Stand with your feet a bit wider than shoulder width and with your toes pointed outwards about forty-five degrees. Grasp a dumbbell at the top with both hands. Hold the dumbbell between your legs with your arms straight. Slowly squat down keeping your arms straight and your back upright until the dumbbell barely touches the ground and then press up to standing position using your legs.
Exercise name: Front Dumbbell Step-ups
Muscles worked: Quads, Glutes, Hamstrings, Calves

To view video online click here

Description: Grasp a Dumbbell in each hand and hold the dumbbells at your side. Standing upright and keeping your back straight, step up on to the platform or step and then follow with the other foot. Step back down with the first foot and then follow with the second. Repeat.
Exercise name: Two-Leg Dumbbell Calve Raise
Muscles worked: Calves, tibialis

Description: Stand on a raised object such as a step or block with a dumbbell in your hand. Place the weight of your body all on the balls of your feet so that your heels are hanging free. Raise up on to your toes and squeeze your calve muscles and then lower down. Support yourself by placing your free hand on a wall or any fastened structure.
Exercise name: Donkey Calf Raise
Muscles worked: Calves, tibialis

To view video online click here

Description: Step onto the handle of the dumbbells or any raised platform with the entire balls of your feet. Lean forward at a 90-degree angle and hold onto something for support. In this example the trainee is holding an exercise bike for balance. This exercise is called a donkey calf raise because someone could sit on your lower back to add resistance. It is important that you do not cheat by using your arms to lift your bodyweight. To complete a repetition simply stand up on the balls of your feet contracting your calf muscles. It is okay to perform this exercise with either bent knees or straight knees to fully recruit the gastrocnemius muscle. Go as high as you can on each rep and descend under control.
Forearm Exercises

Exercise name: Dumbbell Wrist Curls  
*Muscles worked: Forearms, wrists, hands*

Description: Sit on a flat bench with a dumbbell in each hand. Place your forearms on your thighs, palms up. Let your hands and your wrists hang off the edge of your thighs. Slowly lower the weight down letting your wrist roll over your knee and letting the dumbbell roll down in your fingertips. Curl the weight back up slowly so that your wrist is turned up and then repeat. Do not let your elbows leave contact of the thighs during the movement.
Exercise name: Reverse Dumbbell Forearm Curls  
Muscles worked: Forearms, wrists, hands

To view video online click here

Description: Grasp a set of dumbbells. Let them hang at arms length in front of your body with a pronated grip. Your palms should be facing your body. Tighten your abs, look straight ahead and keep your shoulders back. You should be standing with your feet shoulder width apart. Your elbows should remain stationary against your sides throughout the entire movement. Now curl the dumbbells either both at the same time or one at a time so that your bring the back of your hand towards your shoulder. Lower and repeat. Make sure to breathe out as you contract and take a deep breathe in as you lower the weight during the negative or eccentric phase.

Tip: Keep your elbows locked to your sides. Your upper arm should not move during this exercise.
Abdominal Exercises

**Exercise name: Dumbbell side bends**

*Muscles worked: External obliques*

**Description:** Stand upright with good posture with a dumbbell in one of your hands. Place your free hand on your waist. Slowly lower the dumbbells down the side of your leg until it is just above your knee then, using the muscles in your side, crunch over to the opposite side of the dumbbell and squeeze the muscles in your side. Repeat.

**Note:** It is vital that you consult your doctor before you start lifting weights. You may find that you have issues that make you more susceptible to injury or health complications brought on by intensive training.
Why is stretching so important?

Stretching is an important component of fitness. It improves your flexibility and it can help you build stronger muscles. Before you begin these stretching exercises, warm up with some light, rhythmical activity (cardio) such as stationary bike or jogging in place, for five-ten minutes.

Stretching works in tandem with strength training, helping you move more fluidly and rapidly. Everyone, young and old, can benefit from a flexibility routine because it helps you increase performance while decreasing your risk of injury. Your muscles are attached to your bones by tendons, while bones are connected to one another at joints by mostly ligaments. It's the muscles -- not the bones, tendons, and ligaments -- that make your body move. So for optimal movement, you've got to stretch your muscles.

Over time, your soft tissue dehydrates and the tendons and ligaments become brittle. But the majority of age-related inflexibility is because of lack of activity. You've got to move it, or lose it.

You also can become inflexible if your muscles regularly perform an activity that is a short, repetitive motion for a long duration or high intensity. Repetitive motions such as sitting and typing on a keyboard can cause damage, as can playing golf (you're always rotating on one side) because the connective tissue can become thicker. You need to perform activities that require your joints to go through a full range of motion.

Proper breathing control is important for a successful stretch. Proper breathing helps to relax the body, increases blood flow throughout the body, and helps to mechanically remove lactic acid and other byproducts of exercise. You may wish to practice "belly breathing" using your total lung capacity, inhaling fully and deeply down to the abdomen, several times before you begin your stretching exercises.

Take it easy. You need to go slow at first and keep in mind that flexibility training can be difficult in the beginning. Your muscles aren't used to the new demands and moves, so don't be surprised if you feel a little sore. Also, you may not get into every position correctly at first. Give yourself some time and room for error. Within a few weeks, you'll feel the difference.
**Trunk Twist**  
*Muscles worked: Obliques, serratus, back muscles.*

**Description:** Sit on the floor with your legs together and out in front. Bend your right leg to a 90-degree angle, crossing it over your left leg, keeping your foot flat on the mat. Twist your torso away from your bent knee and put both hands flat on the floor. Do not bounce or lunge. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat.

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**Hamstring Stretch**  
*Muscles worked: Hamstrings, glutes*

**Description:** Sit on the floor with your legs together and out in front. Keep your toes pointed toward the ceiling and slowly lean forward, reaching for your toes. Do not bounce or lunge. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat.

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**Single-Leg Hip Glute Stretch**  
*Muscles worked: Hip flexors, hamstrings, glutes*

**Description:** Lay down on a mat face up with your legs bent at the knee, your feet flat on the floor. Keep your left foot flat and bring your right leg up towards your chest, keeping the bend in the knee. Bring your leg as close to your chest as possible. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat. Do the same for your left leg.
Crossover Stretch  
*Muscles worked:* Adductors, hamstrings, glutes

*Description:* Lay on the floor face up, with both of your legs straight out and together. Bend your right leg to a 90-degree angle and fold it over top of your left leg, keeping your torso and head flat on the mat. Hold your right leg across your left leg with your left hand. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat. Do the same for your left leg.

Butterfly Stretch  
*Muscles worked:* Groin

*Description:* Sit on the floor with your back straight, your knees bent. The soles of your feet should be touching each other and your legs down to the sides. Hold on to your toes and slowly lean forward until you feel the stretch. Do not bounce or lunge. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat.
Calve Towel Stretch
Muscles worked: Hamstrings, calves

Description: Sit on the floor with your legs together and out in front. Wrap a towel or rope around the top of your shoes and slowly pull back. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat.

Quad Stretch
Muscles worked: Quadriceps

Description: This stretch can be performed laying or standing. If standing, brace yourself with your free hand against a wall. Lay on your side with the arm closest to the mat bracing your upper body. Bring the foot of your upper leg towards your rear and grab your foot with your free hand. Pull your foot towards your rear and pull until the muscle is stretched. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat. Switch sides and repeat.
Chest Stretch
Muscles worked: Chest, shoulders

**Description:** Stand close to a wall and place the palm of your left hand flat against the wall with your extended straight from your shoulder. Slowly lean your forward into the wall until your face almost touches the wall. Your shoulder will be stretched and close to the wall if stretch is done correctly. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat. Then switch sides.

Shoulder Stretch
Muscles worked: Anterior and posterior deltoid

**Description:** Stand with your feet shoulder-width apart. Reach your left arm straight across your chest. Grab your left arm at the elbow with your right hand and pull until you feel the stretch. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat. Switch arms.
Flatfoot Wall Push
Muscles worked: Calves

**Description:** Stand with a split-leg stance and with your hands (arms slightly bent) against the wall about shoulder height. With your feet flat on the floor, push against the wall with the pressure from your back leg. Remember to keep your foot flat on the floor. This should be a slow, constant stretch for 30 seconds or more. Relax, then repeat. Do the same for the other leg.

**Note:** It is vital that you consult your doctor before you start lifting weights. You may find that you have issues that make you more susceptible to injury or health complications brought on by intensive training.
Exercise name: Abdominal Crunch
Muscles worked: Upper area of abdomen

Description: Lie on the floor (or a mat) on your back. Bend your knees so that they are bent at approximately 90 degrees. This is to alleviate low back strain. Place your hands behind your head only to support its weight. Do not pull on your head during the exercise; the tension needs to be in your abdomen not your neck. Squeeze your abdominal muscles and "crunch up" to approximately 30 degrees. Slowly lower your torso then repeat movement.
**Exercise name: Abdominal Crunch (arms extended)**  
*Muscles worked: Upper area of abdomen*

![Abdominal Crunch (arms extended)](image)

**Description:** Lie on the floor (or a mat) on your back. Bend your knees so that they are bent at approximately 90 degrees. This is to alleviate low back strain. Place your arms extended straight up over your head so that they are in line with your body. Your arms should stay in the same position throughout the movement in relation to your head. Squeeze your abdominal muscles and "crunch up" to approximately 30 degrees. Slowly lower your torso then repeat movement.

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**Exercise name: Crunches with Legs Up**  
*Muscles worked: Abdominals*

![Crunches with Legs Up](image)

**Description:** Lie on the floor (or a mat) face up with your hands behind your head. Keeping your legs straight and together, bring them up towards your head until your body is at a 90-degree angle. Keep your legs stationary throughout this movement. Slowly crunch up to where your shoulder blades just barely come off the floor and return to the starting position and repeat. Be careful not to pull up with your arms during this exercise, your abs should do all of the work.
Exercise name: Abdominal Crunch Variation (feet up, knees bent)
Muscles worked: Upper abdominal muscles

Description: Lie on the floor (or a mat) on your back. Bend your knees so that they are bent approximately 90 degrees with your feet about 8 inches off the floor. Place your hands behind your head only to support its weight. Do not pull on your head during the exercise, the tension needs to be in your abdomen not your neck. Squeeze your abdominal muscles and "crunch up" to approximately 30 degrees. Slowly lower your torso then repeat movement.
Exercise name: Leg Raises from the Floor  
*Muscles worked: Abdominals*

**Description:** Lie on the floor face up with your hands underneath your lower back. Keep your legs together and straight and raise them 90 degrees off of the floor. Keeping your back and head flat on the floor, slowly push your legs up in the air until your hips just come off of the ground. Slowly return to the starting position and repeat.

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Exercise name: Reverse crunch  
*Muscles worked: Lower abdominal area*

**Description:** Lie on the floor (or a mat) on your back. Place your hands in the small of your back to alleviate low-back strain. Bend your knees so that your heels are almost touching the backs of your legs. Squeeze your abdominal muscles and "crunch up" so that your hips are rotating back toward your head. Slowly lower your knees then repeat movement.
Exercise name: Reverse crunch variation (with straight legs)
Muscles worked: Lower abdominal area
Exercise Name: Air bike
Muscles worked: Abdominals

Description: Lay flat on your back as if doing a crunch. Lift your legs up with the upper leg being parallel to the floor but not resting on it. Start the exercise just like a normal crunch whereby you lift your upper shoulders off the floor but in a twisting motion. Perform a "one shoulder at a time" crunch and in a bicycle fashion, bring the left knee and your right shoulder off the floor towards the centre of your body. Next repetition, switch your crunch so that your left shoulder and your right knee come closer together.

Tip: Remember to slowly but deliberately lift your shoulder off the floor and focus on the abdominal muscle doing the work. Don't aim to get your shoulder off the ground as much as possible but to feel the abdominal contraction. You should not focus on bringing the shoulder up with any other muscle group such as the neck and shoulder.
Exercise name: Side crunch  
*Muscles worked: Obliques (sides of abdomen)*

**Description:** Lie on the floor (or a mat) on your back. Place your hands behind your head only to support its weight. Do not pull on your head during the exercise; the tension needs to be in your abdomen, not your neck. Bend your knees so that they are bent approximately 90 degrees. Next, roll both knees off to the same side. Using an imaginary line from your chin to your exposed hip, squeeze the abdominal muscles of your exposed side and "crunch up" to approximately 30 degrees. Slowly lower your torso then repeat movement. When finished with one side, roll knees to other side and repeat the exercise.

Exercise name: Laying Trunk Twist  
*Muscles worked: Obliques*

**Description:** Lie on the floor or a mat on your back. Bring your legs together and bend your knees to a 90-degree angle. Your arms should be straight out with your palms on the floor. Keeping your head and torso stationary, rotate your legs from one side to the other until they touch the floor. Keeping your legs together, your shoulders should remain flat on the floor throughout the movement.
**Exercise name: Heel Touches**  
*Muscles worked: Obliques (sides of abdomen)*

**Description:** Lie down on the floor. Bend your knees and keep your feet about 12-20 inches apart. Keeping your arms straight down at your sides, crunch forward and up to approximately 30 degrees. Keep your lower back pressed flat to alleviate low-back strain. Alternate touching your right heel and then your left heel. To complete one repetition, each heel must be touched once.

**Exercise name: Butt Ups**  
*Muscles worked: Abdominals*

**Description:** Begin in a pushup position but with your elbows on the floor (or a mat), resting on your forearms. Your elbows should be bent at a 90-degree angle. Keep your back slightly arched. Raise your glutes toward the ceiling, squeezing your abdominals to close the distance between your ribcage and hips. You will end up in a high bridge position. Slowly lower back to your starting position and do not let your back sag.
**Exercise name: Sit up**  
*Muscles worked: Abdominals*

![Exercise Image]

**Description:** Lie on your back on the floor with your feet about shoulder-width apart. Raise your torso, bending at the waist until you're sitting up vertically. Keep your arms crossed in front of you or behind your head. Do not use your arms to pull yourself up and do not lift your feet. Slowly lower your body to the starting position.

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**Exercise name: Chin Up Crunch**  
*Muscles worked: Abdominals*

![Exercise Image]

**Description:** Hang from a pull-up bar with your knees bent at a 90-degree angle and your hands about 12 inches apart with an underhand grip. Pull yourself up with your arms and crunch your knees up at the same time. You should finish the chin and crunch at the same time.
Exercise name: Hanging Knee Raise
Muscles worked: Lower abdominals, obliques

Description: Hang from a pull-up bar with your legs and feet together. Slowly lift your knees to one side as high as you can. Do this by curling your back from the bottom up, not just by lifting your legs.
Exercise name: Hanging Leg Raise
Muscles worked: Abdominals

Description: Hang from a chin-up bar with your legs straight down. Raise your legs until your hips are fully flexed. Continue to raise knees toward shoulders by flexing your waist. Do not swing.

Note: It is vital that you consult your doctor before you start lifting weights. You may find that you have issues that make you more susceptible to injury or health complications brought on by intensive training.
Part 8 - Bonus Workout -- Swiss Ball Exercises

The Swiss, or gym ball has been used for three decades in Switzerland, and are now considered very useful in gyms and physical therapy facilities throughout the nation. The gym ball is filled with air and are soft, unlike medicine balls, providing a cushion for you as you stretch and exercise.

Swiss balls provide a much more efficient workout when combined with dumbbells. They're also very effective when used alone. According to a study by the University of Waterloo in Ontario, Canada, people who use the Swiss Ball for crunches and other abdominal exercises doubled the tension on their rectus abdominus, the large muscle that forms your "six pack," and quadrupled the activity of their obliques, the muscles that form the sides of your abdomen and waist.

The reason for the ball's added tension is the inherent instability of its round surface. When working out only with dumbbells or an incline bench, you focus only on a few muscles at a time. For example, when you do biceps curls, you work your biceps. When the same exercise is performed on a Swiss Ball, you will use the muscles in your legs, butt, abdomen and lower back because these muscles keep you balanced and from falling off the ball.

You can perform a variety of strengthening exercises and stretches on the ball, as well as warm-up and cool-down routines. Gym ball workouts require the use of multiple muscle groups and improve your coordination, balance, and posture. By sitting and bouncing on the ball, you work your hamstrings, quadriceps, abdominals, and back muscles. Add arm movements, and you also get an upper-body workout.

It's recommended that you sit on the ball as you would a chair or bench, with your thighs parallel to the ground. Be sure you work in an open space so it you lose your balance you won't fall onto anything. You may want to consider having a person in the room with you, to act as a "spotter" — someone who will stand alongside you and make sure you don't fall off the ball.

Gym balls come in different sizes, for people of varying heights. For instance, a 65-centimeter (about 24-inch) ball is recommended for those between 5'8" and 6'. Here are a few bonus exercises that you can perform using the Swiss Ball.
Wall Squats with Ball
Muscles worked: Quadriceps, glutes, hamstrings

Description: Place a ball between the wall and yourself with your back to the wall. The ball should rest into the small of your back. Cross your arms across your chest. Your feet should be slightly out in front of body and a bit wider than shoulder width apart. Your toes should be pointed straight ahead. With your arms and back straight and head up, slowly descend down until your thighs are parallel to the floor. Press back up to the top of the position with legs and repeat. Do one set of 15 repetitions of this exercise with good form.

Wall Squats with Ball and Dumbbells
Muscles worked: Quadriceps, glutes, hamstrings

Description: Place a ball between the wall and yourself with your back to the wall. The ball should rest into the small of your back. Grasp a dumbbell in each hand and keep your arms straight. Your feet should be slightly out in front of body and a bit wider than shoulder width apart. Your toes should be pointed straight ahead. With your arms and back straight and head up, slowly descend down until your thighs are parallel to the floor. Press back up to the top of the position with legs and repeat. Do one set of 15 repetitions of this exercise with good form.
Dumbbell Shoulder Press
Muscles worked: Anterior shoulder (front), triceps

Description: Carefully sit on your exercise ball with your dumbbells in hand. Raise the dumbbells to the tops of your shoulders being sure to keep your balance. Place your feet approximately shoulder width apart and flat on the floor. Turn your hands to face your feet or keep them facing your body, depending upon which is more comfortable. Push up bringing the dumbbells closer together throughout the movement until they are almost touching at the top. Lower the dumbbells back to the bottom position. Do one set of 15 repetitions of this exercise with good form.

Supine Dumbbell Bench Press
Muscles worked: Pectoralis, anterior (front) deltoid, triceps

Description: With dumbbells in hand, carefully sit on the exercise ball making sure to keep your balance. Your feet should be shoulder width apart on the floor to ensure proper balance. Walk your feet out until the only part of your body touching the ball is your back. Your lower torso, your butt and your legs should be up and not sagging towards the floor; just as you would be if you were lying on a bench. Turn your palms toward your feet or leave them facing each other depending on which position is more comfortable. Press the dumbbells up, bringing them together as they are pressed. Squeeze the muscles of the chest at the top. Slowly lower the dumbbells so that your hands are touching the outer part of your chest. Do one set of 15 repetitions of this exercise with good form.
Dumbbell Fly
*Muscles worked: Middle chest and front of shoulder*

**Description:** Sit on an exercise ball with dumbbells in hand and with your feet placed firmly on the ground. Slide the dumbbells up your body as you walk your feet out. Walk your feet out until you are lying parallel to the ground. Press the dumbbells straight up. You may turn your hands toward each other or you may keep them facing your feet depending on which is more comfortable. Bend your elbows slightly, to alleviate some of the stress on the elbows. Lower them out away from your body as far as is comfortable. Keep the dumbbells even with your chest throughout the movement; do not let them float up by your head. Squeeze them back up to starting position. *Do one set of 15 repetitions of this exercise with good form.*

Lateral Raise
*Muscles worked: Medial deltoids*

**Description:** Using dumbbells, sit down on an exercise ball. Be sure to sit with good posture with your back straight and your head up. Hold the weights to your sides. Turn your thumbs down slightly so as to use less anterior deltoid (front shoulder) and biceps and more middle/outside deltoid (shoulder). Slowly raise your hands until they are even in height with your shoulders. Squeeze at the top for a moment, then slowly lower the weights until they are almost at your sides. Raise the weights back up before they get to the bottom to keep the tension on the muscle. *Do one set of 15 repetitions of this exercise with good form.*
Front Raise
Muscles worked: Anterior deltoids

Description: Sit down on an exercise ball with your back straight and your head up. Holding firmly onto your dumbbells, slowly raise them to eye level. Keep your arms as straight as possible. Squeeze the front of your shoulders at the top for a moment, then slowly lower the weight. Raise the weight back up just before you get to the bottom of the range so as to keep a constant tension on the muscles you are working. Do one set of 15 repetitions of this exercise with good form.

Bent-Over Lateral Raise
Muscles worked: Posterior deltoid

Description: Using dumbbells, sit down on an exercise ball with the dumbbells in hand. Bend over so that your upper body is almost parallel to the ground. Keep your thumbs turned down slightly and keep your hands in line with your feet. Slowly raise your hands back away from the ground. Squeeze the backs of your shoulders then slowly lower the weights. Do one set of 15 repetitions of this exercise with good form.
Abdominal Crunches
Muscles worked: Abdominals

Description: Lie on your back on the ball. Bend your knees so that they are bent 90 degrees to alleviate low-back strain. Place your hands behind your head only to support its weight. Do not pull on your head; the tension should be in your abdomen as you squeeze and crunch up slightly. Slowly lower. Do one set of 15 repetitions of this exercise with good form.

Ball Crunches
Muscles worked: Abdominals

Description: Lie face up on a mat and place a ball between your legs, pinching the ball with your knees. Bring your feet off of the floor and bring your legs up towards your head. Place your hands behind your head and using the muscles in your stomach crunch up towards the legs. This exercise should be performed slowly, smoothly and in a very controlled fashion. Do one set of 15 repetitions of this exercise with good form.
**Ball Crunches, Arms Extended**  
*Muscles worked: Abdominals*

**Description:** Lie face up on a mat and place a ball between your legs, pinching the ball with your knees. Bring your feet off of the floor and bring your legs up towards your head. Extend your arms out behind your head and using the muscles in your stomach crunch up towards the legs. This exercise should be performed slowly, smoothly and in a very controlled fashion. *Do one set of 15 repetitions of this exercise with good form.*

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**Laying Trunk Twist with Ball**  
*Muscles worked: Obliques*

**Description:** Lie face up on a mat and place a ball between your legs, pinching the ball with your knees. Bring your feet off of the floor and bring your legs up towards your head. Extend your arms out to your side, your palms flat on the floor. Keeping your head and torso stationary, rotate your legs from one side to the other until they touch the floor. Your shoulders should remain on the floor. This exercise should be performed slowly, smoothly and in a controlled fashion. *Do one set of 15 repetitions of this exercise with good form.*
Trunk Twist
Muscles worked: Obliques, serratus, muscles of the back

Description: Sit on a ball with your legs bent at the knee. Place a pole (a broom or mop handle will do) behind your neck and twist the torso so that you are actually looking back. Hold this stretch for about a 30 count and relax. Repeat and then switch and perform the same stretch the other way.

Do one set of 15 repetitions of this exercise with good form.

Bench Dips
Muscles worked: Triceps

Description: Sit on a bench cross-way with your feet propped up on a separate box or bench. Grasp the edge of the bench you are sitting on directly on both sides of your body. Raise your body off of the bench using your arms to press you up. Do one set of 15 repetitions of this exercise with good form. Shift your body out away from the bench you were sitting on far enough that you will not be in contact with it when you lower yourself. Slowly lower yourself down until your butt nearly touches the floor. Raise yourself back up and repeat. Do one set of 15 repetitions of this exercise with good form.
Exercises name: Dumbbell Shoulder Press (off of ball)
Muscles worked: Anterior shoulder (front), triceps

To view video online click here

Description: Carefully sit on your exercise ball with your dumbbells in hand. Raise the dumbbells to the tops of your shoulders being sure to keep your balance. Place your feet approximately shoulder width apart and flat on the floor. Turn your hands to face your feet or keep them facing your body, depending upon which is more comfortable. Push up in an arc like movement, bringing the dumbbells closer together throughout the movement until they are almost touching at the top. Lower the dumbbells back to the bottom position keeping a firm grip.
Crunch Reach Pass
Muscles worked: Abdominals

[Images of a person performing the exercise]

View Video Demo Online Here

Description: Lay on the floor in a supine position with your arms over your head holding the stability ball while it rests on the floor. Begin to crunch and raise your arms up at the same time begin to raise your legs up until the two meet. Now pass the ball from your hands to your feet and lower your arms and legs back to the floor. Continue to firmly hold the stability ball between your legs and continue with the same motion raising your arms and legs using your midsection bringing the two together.
Split Squat
*Muscles Worked: Quads, Glutes, Core*

**Description:** In a standing position place the stability ball on your back up against the wall. It should reside between your upper back and helps contouring your natural spinal curvature. Place one leg out in front of you a reasonable distance and one leg behind you close to the wall. This is just like the regular squat only in this exercise your front leg will perform most of the lift. Slowly lower yourself until the front and rear leg have come close to or just past 90-degrees. Now push hard with the front leg to return to the starting position. After finishing your set, switch legs and repeat.
Log Roll
Muscles worked: Obliques, Abs

Description: In a prone position with the stability ball under your legs between your knees and feet hold a stiff push-up position. Twist your body from the hip/torso area keeping your upper body from shifting too much. Twist as much as 90-degrees to the right and than to the left. Be sure to reposition the stability ball if it shifts out of place.
Ab Tuck
Muscles worked: Abdominals

**Description:** In a prone push-up position place the ball under your legs between the knees and feet. The closer the ball is to the knee the easier the exercise, the closer the ball to the feet the more difficult. Holding yourself in a strict push-up position begin to pull the stability ball in towards your chest raising your hips upward until your body has formed a tucked position. Once you've brought your knees close to your chest as possible, slowly extend your body back to a straight line. A more advanced progression involves toes only on the stability ball or even one leg at a time!
Leg Curl
Muscles worked: Hamstrings, Core

Description: In a supine position on the floor position the stability ball under your legs between your knees and feet. The further the stability ball is from your hips the more difficult. Raise your hips into the air as you push down into the exercise ball. At the top of the lift your body should be straight on a 30 degree angle with the floor. Hold the position. Pull the physio ball in towards your glutes keeping your hips off the floor. Bring it in as far as possible and slowly release it back to the start position. The exercise is more difficult when you maintain your hips off the floor in between each curl but it might be better to begin by resting your hips back to the floor between each rep until you become comfortable with the exercise.
Note: It is vital that you consult your doctor before you start lifting weights. You may find that you have issues that make you more susceptible to injury or health complications brought on by intensive training.
BEGINNER ROUTINE #1
SAME WORKOUT 3X/WK. 10 WEEK PROGRAM
(ex. Mon., Wed., Fri.)
1 exercise per muscle group
1 set per exercise

<table>
<thead>
<tr>
<th>BODY PART</th>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEST</td>
<td>Flat Dumbbell Press</td>
<td>1X</td>
<td>8-12</td>
</tr>
<tr>
<td>SHOULDERS</td>
<td>Lateral Raises</td>
<td>1X</td>
<td>8-12</td>
</tr>
<tr>
<td>BACK</td>
<td>One-Arm Bent-Over Dumbbell Row</td>
<td>1X</td>
<td>8-12</td>
</tr>
<tr>
<td>BICEPS</td>
<td>Hammer Curls</td>
<td>1X</td>
<td>8-12</td>
</tr>
<tr>
<td>TRICEPS</td>
<td>Kickbacks</td>
<td>1X</td>
<td>8-12</td>
</tr>
<tr>
<td>LEGS</td>
<td>Dumbbell Squat</td>
<td>1X</td>
<td>8-12</td>
</tr>
<tr>
<td>FOREARMS</td>
<td>Wrist Curl, Dumbbells, Palms Up</td>
<td>1X</td>
<td>8-12</td>
</tr>
</tbody>
</table>

ABDOMINALS- Sit-Ups in Part 7 and Wall Squats with Ball in Part 8
Perform all stretches described in Part 6

BEGINNER ROUTINE #2
SAME WORKOUT 3X/WK. 10 WEEK PROGRAM
(ex. Tues., Thurs., Sat.)
1 exercise per muscle group
1 set per exercise

<table>
<thead>
<tr>
<th>BODY PART</th>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEST</td>
<td>Incline Dumbbell Fly</td>
<td>1X</td>
<td>8-12+</td>
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<tr>
<td>SHOULDERS</td>
<td>Seated Dumbbell Shoulder Press</td>
<td>1X</td>
<td>8-12+</td>
</tr>
<tr>
<td>BACK</td>
<td>Pullover</td>
<td>1X</td>
<td>8-12+</td>
</tr>
<tr>
<td>BICEPS</td>
<td>Incline Dumbbell Curl</td>
<td>1X</td>
<td>8-12+</td>
</tr>
<tr>
<td>TRICEPS</td>
<td>Laying Triceps Extension</td>
<td>1X</td>
<td>8-12+</td>
</tr>
<tr>
<td>LEGS</td>
<td>Dumbbell Step-Ups</td>
<td>1X</td>
<td>8-12+</td>
</tr>
<tr>
<td>FOREARMS</td>
<td>Reverse Grip Dumbbell Forearm Curls</td>
<td>1X</td>
<td>8-12+</td>
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</tbody>
</table>

ABDOMINALS- Leg Raises from the Floor in Part 7 and Leg Curl in Part 8
Perform all stretches described in Part 6
# Intermediate Routine #1 // Upper/Lower Body Workout

## 10 Week Program

(ex. Mon., Thurs. **Upper** // Tues., Fri. **Lower**)

2 exercises per body part // 2-3 sets per muscle

## Upper Body

<table>
<thead>
<tr>
<th>Body Part</th>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
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<tbody>
<tr>
<td><strong>Chest</strong></td>
<td>Incline Dumbbell Press</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Dumbbell Fly</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>Shoulders</strong></td>
<td>Bent-Over Lateral Raises</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Dumbbell Shoulder Press on SB</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>Back</strong></td>
<td>Two-Arm Bent-Over DB Row</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Pullover</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>Biceps</strong></td>
<td>Seated Concentration Curls</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Preacher Curl</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>Triceps</strong></td>
<td>Close Grip DB Press</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>One-Arm Overhead Triceps Ext.</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>Forearms</strong></td>
<td>Wrist Curl, DB, Palms Up</td>
<td>2-3</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Reverse Grip DB Forearm Curls</td>
<td>2-3</td>
<td>8-12</td>
</tr>
</tbody>
</table>

**Abdominals** - Reverse Crunch and Abdominal Crunch Arms Extended in Part 7/8

Perform all stretches described in Part 6

## Lower Body

<table>
<thead>
<tr>
<th>Body Part</th>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
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</thead>
<tbody>
<tr>
<td><strong>Legs</strong></td>
<td>Dumbbell Lunges</td>
<td>2-3</td>
<td>10-15</td>
</tr>
<tr>
<td>(Quadriceps,</td>
<td>Two-Legged Calve Raises</td>
<td>2-3</td>
<td>10-15</td>
</tr>
<tr>
<td>Hamstrings and</td>
<td>Wall Squat With Ball</td>
<td>2-3</td>
<td>10-15</td>
</tr>
<tr>
<td>Calves)</td>
<td>Split Squat</td>
<td>2-3</td>
<td>10-15</td>
</tr>
</tbody>
</table>

**Abdominals** - Butt Ups and Laying Trunk Twist in Part 7/8

Perform all stretches described in Part 6
INTERMEDIATE ROUTINE #2// UPPER/LOWER BODY WORKOUT
10 WEEK PROGRAM// (ex. Mon., Thurs. Upper// Tues., Fri. Lower)
2 exercises per body part// 2-3 sets per muscle

<table>
<thead>
<tr>
<th>UPPER BODY</th>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
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<tbody>
<tr>
<td>CHEST</td>
<td>Flat Dumbbell Press</td>
<td>2-3</td>
<td>10-15</td>
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<tr>
<td></td>
<td>Incline Dumbbell Fly</td>
<td>2-3</td>
<td>10-15</td>
</tr>
<tr>
<td>SHOULDERES</td>
<td>Seated DB Shoulder Press</td>
<td>2-3</td>
<td>10-15</td>
</tr>
<tr>
<td></td>
<td>Dumbbell Upright Rows</td>
<td>2-3</td>
<td>10-15</td>
</tr>
<tr>
<td>BACK</td>
<td>One-Arm Bent-Over DB Row</td>
<td>2-3</td>
<td>10-15</td>
</tr>
<tr>
<td></td>
<td>Pullover</td>
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<td>10-15</td>
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<tr>
<td>BICEPS</td>
<td>Cross Body Hammer Curls</td>
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<td>10-15</td>
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<tr>
<td></td>
<td>Incline Dumbbell Curl</td>
<td>2-3</td>
<td>10-15</td>
</tr>
<tr>
<td>TRICEPS</td>
<td>Two-Hand Overhead Triceps Ext.</td>
<td>2-3</td>
<td>10-15</td>
</tr>
<tr>
<td></td>
<td>Kickbacks</td>
<td>2-3</td>
<td>10-15</td>
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</tbody>
</table>

ABDOMINALS- Crunches with Legs Up and Side Crunch in Part 7/8

Perform all stretches described in Part 6

<table>
<thead>
<tr>
<th>LOWER BODY</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEGS</td>
</tr>
<tr>
<td>(Quadriceps, Hamstrings and Calves)</td>
</tr>
<tr>
<td>Dumbbell Sumo Squat</td>
</tr>
<tr>
<td>Leg Curl</td>
</tr>
<tr>
<td>Dumbbell Stiff-Legged Dead-lifts</td>
</tr>
<tr>
<td>Donkey Calf Raise</td>
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</tbody>
</table>

ABDOMINALS- Laying Trunk Twist and Ball Crunches Arms Extended in Part 7/8

Perform all stretches described in Part 6
### ADVANCED ROUTINE #1: 10 WEEK PROGRAM

Only train each body part once per week // 3-4 exercises per body part // 4 sets per exercise

4 day split

<table>
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<th>BODY PART</th>
<th>EXERCISE</th>
<th>SETS</th>
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<tr>
<td>CHEST</td>
<td>Supine DB Bench Press on Ball</td>
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<tr>
<td></td>
<td>DB Fly on Ball</td>
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<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Incline DB Press</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td>BICEPS</td>
<td>Incline DB Curl</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Hammer Curls</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Seated Concentration Curls</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BACK</td>
<td>One-Arm Bent-Over DB Row</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Two-Arm Bent-Over DB Row</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Pullover</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td>TRICEPS</td>
<td>Kickbacks</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>One-Arm Overhead Triceps Extension</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Close-Grip DB Press</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>SHOULDER</td>
<td>Bent-Over Lateral Raise on Ball</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td>Seated DB Shoulder Press</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td>Front Raises</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Dumbbell Shrugs</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td>LEGS</td>
<td>Dumbbell Squat</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>DB Stiff-Legged Dead-lifts</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Dumbbell Step-Ups</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Donkey Calf Raise</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td>ABDOMINALS</td>
<td>Perform 2 of these AB exercises each workout in Part 7 and 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hanging Leg Raise</td>
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<tr>
<td></td>
<td>Heel Touches</td>
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<td></td>
<td>AB Crunch Arms Extended</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Crunch, Reach, Pass</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chin Up Crunch</td>
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</tbody>
</table>

**Perform all stretches described in Part 6**
## ADVANCED ROUTINE #2: 10 WEEK PROGRAM

Only train each body part once per week//3-4 exercises per body part//4 sets per exercise

### 4 day split (version 2)

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<tr>
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<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
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</thead>
<tbody>
<tr>
<td><strong>CHEST</strong></td>
<td>Dumbbell Fly on Ball</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Flat DB Press</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Incline DB Fly</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>TRICEPS</strong></td>
<td>Bench Dips on Ball</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Laying Triceps Extension</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Two-Hand Overhead Triceps Extension</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>BACK</strong></td>
<td>Pullover</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Two-Arm Bent-Over DB Row</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>One-Arm Bent-Over DB Row</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>BICEPS</strong></td>
<td>Preacher Curl</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Cross Body Hammer Curls</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Incline DB Curl</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>SHOULDER</strong></td>
<td>Seated DB Shoulder Press</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Lateral Raises</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td>Dumbbell Shrugs</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td>Front Raise on Ball</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>LEGS</strong></td>
<td>Wall Squats with Ball and Dumbbells</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Leg Curl</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>DB Sumo Squat</td>
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<td>8-12</td>
</tr>
<tr>
<td></td>
<td>DB Lunges</td>
<td>4</td>
<td>8-12</td>
</tr>
</tbody>
</table>

### ABDOMINALS-
Perform 2 of these AB exercises each workout in Part 7 and 8

- Hanging Knee Raise
- Abdominal Crunch Variation (feet up, knees bent)
- Log Roll
- Crunch, Reach, Pass
- AB Tuck

Perform all stretches described in Part 6
## ADVANCED ROUTINE #3: 10 WEEK PROGRAM

Only train each body part once per week // 3-4 exercises per body part // 4 sets per exercise

### 3 day split

<table>
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<tr>
<th>BODY PART</th>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHEST</strong></td>
<td>Dumbbell Fly on Ball</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Flat DB Press</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td>Incline DB Press</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Incline DB Fly</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>BACK</strong></td>
<td>Pullover</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>One-Arm Bent-Over DB Row</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Two-Arm Bent-Over DB Row</td>
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<td>8-12</td>
</tr>
<tr>
<td><strong>BICEPS</strong></td>
<td>Incline DB Curl</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Cross Body Hammer Curls</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td>Seated Concentration Curls</td>
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</tr>
<tr>
<td></td>
<td>Preacher Curl</td>
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<td>8-12</td>
</tr>
<tr>
<td><strong>TRICEPS</strong></td>
<td>Kickbacks</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Laying Triceps Extension</td>
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<td>8-12</td>
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<tr>
<td></td>
<td>Bench Dips on Ball</td>
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<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Two-Hand Overhead Triceps Extension</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>SHOULDERS</strong></td>
<td>Bent-Over Lateral Raise on Ball</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>DB Shoulder Press on Ball</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Front Raises</td>
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<tr>
<td></td>
<td>Dumbbell Shrugs</td>
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</tr>
<tr>
<td><strong>LEGS</strong></td>
<td>DB Sumo Squat</td>
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<td>8-12</td>
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<tr>
<td></td>
<td>DB Stiff-Legged Dead-lifts</td>
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<td>8-12</td>
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<tr>
<td></td>
<td>Dumbbell Step-Ups</td>
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<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Two-Legged Calve Raises</td>
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<td>8-12</td>
</tr>
<tr>
<td><strong>ABDOMINALS</strong>-</td>
<td>Hanging Leg Raise</td>
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<tr>
<td></td>
<td>Trunk Twist on Ball</td>
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<tr>
<td></td>
<td>Reverse Crunch</td>
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</tr>
<tr>
<td></td>
<td>Crunch, Reach, Pass</td>
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<tr>
<td></td>
<td>Air Bike</td>
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</table>

Perform all stretches described in Part 6
### ADVANCED ROUTINE #4: 10 WEEK PROGRAM

Only train each body part once per week//3-4 exercises per body part//4 sets per exercise

5 day split

<table>
<thead>
<tr>
<th>BODY PART</th>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
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<tbody>
<tr>
<td><strong>CHEST</strong></td>
<td>Flat DB Press</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Supine DB Bench Press on Ball</td>
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<td>8-12</td>
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<tr>
<td></td>
<td>Incline DB Fly</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td>DB Fly on Ball</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>BACK</strong></td>
<td>One-Arm Bent-Over DB Row</td>
<td>4</td>
<td>8-12</td>
</tr>
<tr>
<td></td>
<td>Two-Arm Bent-Over DB Row</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td>Pullover</td>
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<td>8-12</td>
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<tr>
<td><strong>LEGS</strong> (QUADRICEPS) AND BICEPS</td>
<td>DB Squat</td>
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<td>8-12</td>
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<tr>
<td></td>
<td>DB Lunges</td>
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<tr>
<td></td>
<td>Wall Squat with Ball and DB’s</td>
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<tr>
<td></td>
<td>Incline DB Curl</td>
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<tr>
<td></td>
<td>Preacher Curl</td>
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<td>Hammer Curls</td>
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<td>8-12</td>
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<tr>
<td><strong>LEGS</strong> (HAMSTRINGS) AND TRICEPS</td>
<td>DB Step-Up</td>
<td>4</td>
<td>8-12</td>
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<tr>
<td></td>
<td>DB Stiff-Legged Dead-lifts</td>
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<td>8-12</td>
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<tr>
<td></td>
<td>Leg Curl</td>
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<tr>
<td></td>
<td>Close Grip DB Press</td>
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<td>Laying Triceps Extension</td>
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<td>Two-Hand Overhead Triceps Extension</td>
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<tr>
<td><strong>SHOULDERS</strong></td>
<td>DB Upright Rows</td>
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<tr>
<td></td>
<td>DB Shoulder Press On Stability Ball</td>
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<tr>
<td></td>
<td>Bent-Over Lateral Raises</td>
<td>4</td>
<td>8-12</td>
</tr>
</tbody>
</table>

**ABDOMINALS** - Perform both of these AB exercises each workout in Part 7 and 8

- Crunch, Reach, Pass
- Hanging Leg Raise

**Perform all stretches described in Part 6**