**For Calves:**

**Name:** Single-leg Calf Raise

**Description:** Lift one of your legs and bend it. Then, push up with the other leg until you are on your tiptoes as deep as possible. Then, drop back down with the bent leg still bent.

**Form tips:** Be sure the ankle, knee, and hip of the leg you're working are in vertical alignment to protect the joints.

**Name:** Seal jump

**Description:** First, have your legs close together and arms extended out in front of you while one palm touches your other palm. Next, jump and spread both your feet and arms all the way outward. Next, jump back into the original position (feet back together and arms together extended back out front). Repeat the process.

**Form tips:** Make sure your back is straight throughout the exercise.

**Name:** Bunny Hops

**Description:** Bend your knees and waist slightly, then jump up and down focusing on quick, small hops.

**Form tips:** Make sure that you land on the balls of your feet and not flat on them.

**Name:** Squat calf raises

**Description:** Stand with feet about shoulder width apart. Lower hips until thighs are parallel to the ground. Squeeze glutes and push into your heels to bring yourself back to standing position, raise to your tiptoes and flex the calf muscles, then lower slowly into the next squat.

**Form tips:** Do not let your upper body lean forward. Also, prevent your knees from bowing inward or outward.

**For Hamstrings:**

**Name:** Donkey Kicks

**Description:** Start square on hands and knees. Your hands should be shoulder-width apart and your knees should be hip-width apart. Keeping your legs bent to keep tension in the hamstring, lift until your thigh is parallel to the floor and you feel your glute contract. Hold for a second and then bring back to starting position without resting on the ground. Do all repetitions on one side before repeating on the other side.

**Form Tips:** Don’t let your lower back arch as your leg lifts. This causes you to rely on your back instead of your glutes, which compresses your spine and neglects the muscles you’re aiming for.

**Name:** Straight leg March

**Description:** Start standing upright with your feet together. Engaging your core and keeping your leg straight, lift it towards the ceiling then back down to the ground before repeating with your other leg, moving you forward in a march-like motion. The foot of the leg should remain flexed to encourage extension of the hamstring.

**Form Tips:** Start slow. Do not fling your leg up too high without testing out your hamstring flexibility first.

**Name:** Single-leg Romanian Deadlift

**Description:** Stand upright with your feet hip-width apart. Lift one foot slightly off the floor and place a small bend in the knee of the leg that you’re standing on. Hinging forward at the hips, drive your backside as far behind you as you can, whilst lowering your torso towards the ground and your non-working leg upwards with a neutral spine. You should finish with a straight line from the foot of your non-working leg to your hips to your shoulders and head and you should feel a solid pull in your hamstrings. Once you feel a solid pull in the hamstring of your stabilizing leg, engage your glute of said leg and pull back upwards to be standing upright.

**Form tips:** Try to keep your neck in neutral position as you perform the movement.

**Name:** Dumbbell Good Morning

**Description:** Stand with your feet hip-width apart, holding one dumbbell horizontally at your chest. Criss Cross your arms to hold it more securely. This is the starting position. Keeping a soft bend in your knees, hinge forward at the hips and push your butt back as you fold your torso forward. Stop when your torso is just above parallel to the floor. Drive your hips forward as you lift your torso back up and return to the starting position. Squeeze your glutes at the top. This is one rep.

**Form Tips:** avoid craning your neck to look forwards as you lean forwards. Instead, keep a neutral spine by looking forwards as you stand and towards the floor as you lower. Push your hips back to maintain balance and drive them forwards to initiate the force needed to return to standing.

**For Quads:**

**Name:** Bodyweight squat

**Description:** Stand with feet about shoulder-width apart, and your toes turned slightly out. Sit back through your hips and lower your body as far as you can, keeping your back straight. Sink your weight in your heels, and keep your chest up. Pause slightly at the bottom of the movement, then explode up.

**Form Tips:** Keep your back as straight as possible throughout the lift to avoid strain or injury.

**Name:** Diagonal Walking Lunges

**Description:** Stand with your feet hip-width apart, holding a dumbbell in each hand. Step out on a diagonal with one leg, and lower down into a lunge until your rear knee nearly touches the floor and your front thigh is parallel. Step forward with your rear leg, then step out to the side again, creating a zig-zag pattern.

**Form Tips:** Avoid bending your back legs and leaning forward. Instead, make sure you descend into the lunge by lowering the hips towards the ground.

**Name:** Box jumps

**Description:** Stand in front of a 36-42″ box. Drop into a squat while swinging your arms down and back. “At the bottom of the movement, aggressively swing your arms up as you jump on the box. Bring your feet up to your hips so your feet clear it. Land softly in a squat to avoid injury. Stand up, then step down.

**From Tips:** You need to experience full hip extension as you jump, leaping up into the air as high as you can before bending your hips and drawing your knees forward to execute the landing.

**Name:** Weighted Jump Squat

**Description:** Put on a 20-lb weight vest or hold dumbbells to power up a bodyweight jump squat. Stand with feet shoulder-width apart. Drop into a squat. Inhale, then drive through the floor and jump up for as much height as possible. Exhale, then land on the balls of your feet and immediately drop back into the squat.

**Form Tip:** Keep back straight when doing this exercise to avoid back pains.

**For Chest:**

**Name:** Pushups

**Description:** Tighten your abdominals, keep your back flat, your neck in alignment with your spine, and keep your elbows close to your sides. With your hands directly under your shoulders, lower yourself slowly and with control. Lastly, press up.

**Form Tips:** Make sure you lower yourself all the way down to get the effect out of the workout.

**Name:** Barbell Bench Press

**Description:** Grasp the bar just outside shoulder-width and arch your back so there’s space between your lower back and the bench. Pull the bar out of the rack and lower it to your sternum, tucking your elbows about 45° to your sides. When the bar touches your body, drive your feet hard into the floor and press the bar back up.

**Form Tips:** Make sure the bar is even as possible when you do your reps.

**Name:** Staggered push-up:

**Description:** Get into a push-up position with your hands staggered, so your right is further forward then the left. Lower your body until your chest is an inch from the ground then drive up explosively. Pull your hands off the floor and switch positions so your left leads, then repeat.

**Form Tips:** Keep core tight!

**Name:** Plate Press-Out

**Description:** Start this exercise by picking up a plate that weighs between 10 and 45 pounds. Keeping your feet hip-width apart, grip the plate using both hands and put your arms in front of your chest. With your back and arms straight (and your core tight), squeeze your shoulders to draw the plate closer to your chest. When it’s as close as it will go, extend it back out again. Repeat. After 10-15 reps of horizontal plate press-outs, you can mix things up by performing the same exercise in an overhead fashion.

**Form Tips:** Make sure to hold the plates tight and straight during the workout.

**For Heart:**

**Name:** Jump Rope

**Description:** Grab a handle in each hand and start with the rope behind you, so it is right by your heels. Gently rotate your forearms to get momentum and swing it overhead. When it goes overhead, bend your knees slightly. When the rope gets close to your feet (not touching), spring up from your toes. Then repeat the whole process as many times as desired.

**Form Tips:** Make sure to always be on the balls of your feet instead of letting them be flat during the exercise.

**Name:** Jogging

**Description:** Trot at a leisurely pace for at least 30 minutes.

**Form Trips:** When jogging, make sure to swing your arms in a controlled motion during the exercise.

**Name:** Sprints

**Description:** Lean your bodyweight forward for momentum, and drive the balls of your feet into the ground, pushing off explosively as you move forward. These are done in short spurts of time.

**Form Tips:** Swing your arms in a controlled manner and keep your core engaged. Breathe with each step.

**Name:** Walking

**Description:** Move at a leisurely pace for at least 30 minutes.

**Form Tips:** Make sure you swing your arms in a controlled manner and breath and keep body straight while doing exercise.

**For Abs:**

**Name:** Plank

**Description:** Make a straight line from your shoulders to your ankles while you hold up your body with your forearms and toes.

**Form Tips:** Look at yourself in a mirro to perfect the form

**Name:** Russian Twist

**Description:** Sit on the floor with your knees bent and your torso at a 45 degree angle. Interlock your fingers and bring your arm straight in front of you. You will then start to turn your torso to either the right or left and touch your hands to the ground on the opposite side.

**Form Tips:** Make sure you keep your feet off the ground

**Name:** Leg Raise

**Description:** Lie down on the ground on your back. Keep your legs straight and raise them while keeping them straight. Raise them until they are completely vertical.

**Form Tips:** Your supposed to keep your legs straight but, if you can you can have a slight bend

**Name:** Flutter Kicks

**Description:** Lie down on your back and raise your legs till they are 6 inches off the ground. Now raises your legs up and down alternating them.

**Form Tips:** Keep them straight but, you can slightly bend your legs to make it easier.

**For Biceps:**

**Name:** Standing Barbell Curl

**Description:** While standing hold the barbell in a wide underhand grip. Start with the barbell at hip height and bring it to shoulder height. You do this by squeezing your core and contracting your biceps to bring the bar to shoulder height. Then reverse this and bring it back to starting position.

**Form Tips:** Keep elbows and shoulders stationary.

**Name:** Concentration Curl

**Description:** Begin with sitting on a bench and spreading your legs. Rest the arm that is holding the dumbbell on the same leg. The weight should be between your legs. Place your other hand on the opposite knee for stability. Curl the weight up and slowly bring it back to starting position.

**Form Tips:** Keep your torso upright and stable

**Name:** Barbell Curl

**Description:** Hold a dumbbell in each hand. Arms will be hanging by your side. Upper arm will be stationary while you curl the dumbbell up to shoulder level.

**Form Tips:** Keep your torso stable

**Name:** Standing Reverse Barbell Curl

**Description:** Stand with your feet shoulder width apart and arms straight towards the floor and shoulders back. Hold the barbell with both hands. Lift the weight to the front of the shoulders. Once there slowly return to the starting position.

**Form Tips:** Keep elbows and shoulders stationary.

**For Forearm:**

**Name: Dumbbell Wrist Flexion**

**Description:** Sit on the edge of a bench with a dumbbell in your right hand. Put your right forearm on your right thigh. The back of your right wrist will be on your right kneecap. Slowly lower the dumbbell as far as you can. Without lifting your arm off your thigh, curl the dumbbell toward your bicep.

**Form Tips:** Concentrate on isolating just the hand and maintain a tight grip

**Name: Dumbbell Wrist Extension**

**Description:** Sit on the edge of a bench holding a dumbbell in your right hand. Place your right forearm on your right thigh. Your right wrist will be on your right kneecap. Curl the dumbbell up towards your bicep. then lower back to neutral

**Form Tips:** Concentrate on isolating just your hand while maintaining a tight grip.

**Name: Farmer’s Walk**

**Description:** Stand with feet shoulder width apart, holding dumbbells in each hand. Palms facing in. Walk in a straight line.

**Form Tips:** Keep shoulders engaged, core tight, and spine straight.

**Name: Chin-Up**

**Description:** Grasp a bar with hands shoulder width apart and palms facing towards you. Engage your core and pull up by contracting your shoulder blades together. Pull all the way up till your chin is over the bar and hold. Then slowly return to the starting position.

**Form Tips:** Keep as straight as possible and don’t swing

**For Triceps:**

**Name:** Tricep Pushup

**Description:** Get into pushup position. On the descent keep your elbows pinned to the side and upper arms straight. Lower till chest touches the floor and returns back to starting position.

**Form Tips:** Make sure to keep your upper arms in a fixed position at your sides.

**Name:** Skullcrusher

**Description:** Lay down on a bench with an EZ bar held over your head with your arms straight up. Keep elbows tucked in and arms perpendicular to the floor. Lower the bar till it's just above your forehead. Bring your arms back up to the starting position

**Form Tips:** Keep elbows tucked and fixed. Do not bend them.

**Name:** Tricep Dips

**Description:** Begin on parallel bars. Keep your torso perpendicular to the floor. Bend your knees and cross your ankles. Lower your body until your shoulder joints are below your elbows. Push back to starting position.

**Form Tips:** Maintain a straight torso position throughout the exercise.

**Name: Diamond Push-Ups**

**Description:** Assume the push-up position. Put your hands together in a diamond-like formation. Lower your chest until it almost touches the floor and return to the starting position.

**Form Tips:** Keep back straight

**For Shoulders:**

**Name:** Seated Dumbbell Shoulder Press

**Description:** Sit on a bench. Hold a dumbbell in each hand at shoulder level. Palms facing forward. Lift dumbbells overhead toward each other just before they touch. Hold the position and then return to the starting position.

**Form Tips:** Keep head and spine perfectly straight.

**Name:** Front Raise

**Description:** Keep hands at hip height while you hold the weight in front of you. Retract shoulder blades and keep arms straight and raise the weight to shoulder level. Then lower the weight back to the starting position.

**Form Tips:** Keep shoulders and core tight

**Name:** Dumbbell Lateral Raise

**Description:** Start with feet shoulder width apart. Hold dumbells on either side of you. Use just shoulders and arms, raise the dumbbells to just above shoulder level and return back to the starting position.

**Form Tips:** Keep abs tight, chest up, head straight, and shoulder pinched.

**Name:** Standing Barbell Shrugs

**Description:** Keep feet shoulder width apart. Pick up a barbell and bring it to waist level. Lift shoulders up and back. Squeeze for about five seconds. and return to the starting position.

**Form Tips:** Keep arms loose

**For Back:**

**Name:** Pull-Up

**Description:** start with an overhead grip on a bar. Hands slightly wider than shoulder width. Pull up while squeezing your shoulder blades together. Pull up to where your chin is slightly above the bar and go back down.

**Form Tips:** Try not to swing you body up

**Name:** Bent-Over Row

**Description:** Feet shoulder width apart in front of barbell. Hinge at the hibs to where your torso is about parallel with the floor. Grab the barbell with a wide grip. Lean back to where the weight will be on your heels. pull the barbell with your elbow until it touches your belly button.

**Form Tips:** Make sure to start with a light weight as you need to be stable and the only thing that really needs to be moving is your elbows.

**Name:** Chest Supported Row

**Description:** Set a bench at a 45 degree angle. Lay face down on it so that your chest and stomach are supported. Grab a dumbbell in each of your hands and then row them to your sides. Which is when your elbows pass your torso. Then return to starting position

**Form Tips:** Make sure you slowly return back to starting position

**Name:** Single-Arm Row

**Description:** Place the same side hand and knee on a bench. Put your other foot on the floor. Reach down with your free hand and grab a dumbbell row the dumbbell to your side until your elbow passes your torso.

**Form Tips:** Keep your back flat and your head in a neutral position

**For Glutes:**

**Name:** Single-Leg Glute Bridge

**Description:** Lie on the floor and place your right heel on the floor and extend the left leg. you then want to brace abs and then contract glutes to bridge your hips into the air. While doing this you will raise your left leg until it's in line with your right thigh.

**Form Tips:** Spread arms out diagonally to support your body

**Name:** Cook Hip Lift

**Description:** Lie on your back on the floor with your knee up to your chest. Your will then hold until your shin. Bend your right leg and plant the bottom of your foot on the floor close to your butt. Squeeze your glutes as you bridge your hips up.

**Form Tips:** Keep tension in the glutes and not the hamstrings.

**Name:** Reverse Table-Up

**Description:** Sit on the floor and raise yourself off the ground with your hands under your shoulders. Then your feet should be shoulder width apart. squeeze your glutes and bridge your hips up. Hold for two seconds and return to the starting position

**Form Tips:** You should form a table with your body

**Name:** Jump Squat

**Description:** drop into a deep squat position with your feet shoulder width apart. Brace your car and push off the ground with your heels and get as much height as possible.

**Form Tips:** keep core tight