

## **A. EXERCISES FOR LEGS**

### **1. 180 Jump Squat**

Primary muscles: **Glutes, hip flexors, quads**

Secondary muscles: **Abs, calves, hamstrings, lower back**

Equipment: **No equipment**

#### **180 Jump Squat Instructions**

1. Stand with your feet a little wider than shoulder-width apart, your toes pointing slightly outward, and sit back.
2. Push through the heels to jump up, spinning to the left 180 degrees.
3. Land on your toes with your knees slightly bent and squat.
4. Quickly jump up, spinning to the right, and go back into the squat position.
5. Repeat until the set is complete.

#### **Proper Form And Breathing Pattern**

Keep your breathing pattern smooth and steady, and maintain your back aligned by keeping your chest up and your hips back. Put the pressure on the heels of the feet to jump, and land softly on the toes and balls of the feet with your knees slightly bent. As you squat, don't let the knees extend beyond the toes and tighten your core as you jump back up.

#### **Exercise Benefits**

The 180 jump squat is a plyometric move that fully engages your lower body and your core and helps build strength, speed, and increases aerobic fitness. This exercise helps to tone your legs and glutes, improves core strength, and boosts weight loss.

#### **Sets And Reps**

Practice doing jump squats and 180 ankle hops first. Once you're comfortable with your form, pair the 2 movements and do 2 to 3, 30-second sets of the 180 jump squat exercise.

### **2. Alternating Dumbbell Swing**

Primary muscles: Glutes, quads, hamstrings

Secondary muscles: Legs, core, shoulders

Equipment: Dumbbell, kettlebell

#### **Alternating Dumbbell Swing Instructions**

1. Stand with your feet shoulder-width apart, your toes pointed slightly outward, and hold a dumbbell in your right hand.

2. Squat and bring the dumbbell between your legs.
3. Stand up, swing the dumbbell up to about chest height, and switch it to your left hand.
4. Return to the squat position, and keep alternating hands for the duration of the set.

#### Proper Form And Breathing Pattern

Roll your shoulders back, open your chest, and keep your spine neutral and aligned. Engage your core and breathe in as you lower your hips back and squat. Exhale as you stand back up, squeeze your glutes and switch the dumbbell to your opposite hand.

#### Exercise Benefits

The alternating dumbbell swing targets your glutes and thighs and helps to improve lower body strength and endurance. This exercise also works your core, legs, and shoulders, and gives you a great cardio boost.

#### Sets And Reps

Do 2 or 3, 30-second to 1-minute sets. Complete your leg circuit with hamstring curls, the curtsy lunge side kick raise, and the plie squat calf raise.

### 3. Alternating Side Lunge

Primary muscles: Glutes, quads, hamstrings, inner thighs

Secondary muscles: Core, calves, outer thighs

Equipment: No equipment

#### Alternating Side Lunge Instructions

1. Stand tall with your feet hip-width apart.
2. Step out to the side with your left leg, bend your left knee and push your hips back.
3. Return to the starting position and repeat the movement with the right leg.
4. Keep alternating legs until the set is complete.

#### Proper Form And Breathing Pattern

Keep your abs tight to give back support, face front, and breathe in as you step out to the side with your left leg. Keep your right leg straight, bend your left knee and push your hips back. Breathe out as you use your left foot to push you back into the starting position.

### Exercise Benefits

The alternating side lunge targets your glutes, quads, hamstrings, and inner thighs, and helps to strengthen your core, calves, and outer thighs. This exercise improves dynamic balance and agility and increases performance and flexibility.

### Sets And Reps

Do 2 or 3 sets of 30 seconds to 1 minute. Start with basic side lunges and then progress to side to side lunges. Once you're comfortable with your form, increase the challenge and do the alternating side lunge with toe touch or the side lunge to curtsy lunge.

#### 4. Alternating Side Lunge Touch

Primary muscles: Inner thighs, glutes, quads, hamstrings

Secondary muscles: Legs, obliques

Equipment: No equipment

### Alternating Side Lunge Touch Instructions

1. Stand tall with your feet hip-width apart.
2. Step to the side with your right leg and touch the right foot with your left hand.
3. Return to the starting position and repeat the movement with the left leg.

### Proper Form And Breathing Pattern

Maintain your balance and give back support by keeping your abs tight. Step out to the side with your right leg and keep your left leg straight. Twist your torso and touch your right foot. Use your right heel to push you back into the starting position and breathe out. Repeat the movement on the left side.

### Exercise Benefits

The alternating side lunge touch is a great exercise for your legs and glutes. The lateral movement targets your inner and outer thighs and the rotation of your torso targets the obliques. This is also a great warm up exercise because it moves your body in different directions and prepares you for more challenging exercises.

### Sets And Reps

Repeat the alternating side lunge touch for 30 seconds to 1 minute or do 20 reps on each side. Start with the basic side lunge to acquire proper form, and then you can safely add different arm or leg movements to the exercise.

#### 5. Ankle Circles

Primary muscles: Ankles

Secondary muscles: Calves, feet

Equipment: No equipment

##### Ankle Circles Instructions

1. Stand upright with your feet hip-width apart and your arms by your sides.
2. Shift your weight to the right leg and point your left toes down into the ground.
3. Start rotating your left foot, making small circles with your ankles.
4. Repeat the exercise with your right foot.

##### Proper Form And Breathing Pattern

Start with smaller circles and then slowly increase their diameter to open up your ankle joints as much as you can. If you feel any pain or discomfort revert to smaller circles. Breathe slowly and keep the movement smooth and fluid.

#### 6. Ankle Hops

Primary muscles: Calves

Secondary muscles: Legs, hips

Equipment: No equipment

##### Ankle Hops Instructions

1. Stand straight with your hands by your sides and with your feet hip-width apart.
2. Bounce off the floor in a quick, repetitive movement.
3. Repeat the movement until the set is complete.

##### Proper Form And Breathing Pattern

Keep your knees soft, breathe slowly and bounce off the floor as fast as you can. Maintain your back straight, face forward, and keep a steady pace to get your heart rate up.

### Exercise Benefits

The ankle hops exercise is a great alternative to the jump rope exercise. It strengthens your heart and your muscles and increases aerobic fitness. If you increase the speed of your jumps and start adding frontal and sagittal movements, you'll also see a boost in your agility, coordination, and speed.

### Sets And Reps

Add the ankle hops exercise to your warm up routine and repeat the exercise for 30 seconds to 1 minute. You can also bounce from side to side, front to back or in a square. When you add these variations you're increasing the challenge and getting, not only an amazing cardio boost but also a great lower body workout.

## 7. Arms Cross Side Lunge

Primary muscles: Glutes, quads, hamstrings, inner thighs, shoulders

Secondary muscles: Core, calves, outer thighs, arms

Equipment: No equipment

### Arms Cross Side Lunge Instructions

1. Stand tall with your feet shoulder-width apart and your arms stretched horizontally to the sides.
2. Step out to the side with your right leg, bend your right knee, push your hips back and cross your arms at the front.
3. Return to the starting position and repeat the movement with the left leg.
4. Keep alternating legs until the set is complete.

### Proper Form And Breathing Pattern

Keep your back straight, your abs tight, face front, and breathe in as you step out to the side and cross your arms. Breathe out as you use your lead foot to push you back into the starting position and extend your arms out to the sides.

### Exercise Benefits

The arms cross side lunge targets your glutes, quads, hamstrings and inner thighs, and stretches the shoulders, arms, chest and upper back. This exercise gives you a great cardio boost, improves dynamic balance and agility, and increases flexibility.

### Sets And Reps

Practice doing alternating side lunges and arm swings separately. Once you're comfortable with your form, pair the two movements and do 2 or 3, 30-second to 1-minute sets of the arms cross side lunge.

## 8. Bear Squat

Primary muscles: Quads

Secondary muscles: Core, arms, shoulders, calves

Equipment: No equipment

### Bear Squat Instructions

1. Get down on your hands and knees, with your wrists under your shoulders and your knees hip-width apart.
2. Straighten your legs and lift your hips toward the ceiling.
3. Return to the starting position and repeat until the set is complete.

### Proper Form And Breathing Pattern

Keep your back, head, and neck in a neutral position and maintain your upper body stable. Breathe out as you straighten your legs and lift the hips, and keep the movement in your knee joints. Inhale as you return to the starting position.

### Exercise Benefits

The bear squat is a low-impact full body exercise that strengthens several muscles simultaneously and improves your posture and flexibility. This exercise helps to tone and sculpt your thighs, strengthens the hips, tightens your core, and elongates the spine.

### Sets And Reps

Start slowly with 1 or 2 sets of 10 to 12 repetitions and, once you're comfortable with your form, increase the number of sets and reps. Mix bear squats with squat jacks and sumo squats to keep your workouts fresh and challenging.

## 9. Boxer Squat Punch

Primary muscles: Glutes, quads, hip flexors

Secondary muscles: Abs, hamstrings, calves, lower back

Equipment: No equipment

### Boxer Squat Punch Instructions

1. Start in a squat position, with your feet shoulder-width apart and your toes pointing forward.
2. As you stand up, shift your weight to one leg and punch with the opposite arm.
3. Squat and repeat the movement on the opposite side.

### Proper Form And Breathing Pattern

Keep your hips back, your chest up, and don't let your knees extend beyond your toes. Stand up, shift your weight to the right leg, rotate your torso to the right side and punch with your left arm. Inhale as you squat and repeat the movement on the left side.

### Exercise Benefits

The boxer squat punch is a dynamic variation of the bodyweight squat. This is a full body exercise, perfect for warming up the body and increasing your heart rate. Add the boxer squat punch to your cardio or warm up routine and keep the movements quick and energetic.

### Sets And Reps

Add a 1 minute set to your warm up circuit and complete the circuit with exercises that add lateral movement, like the side lunge, and back and forth movement, like the walking lunge.

## 10. Bulgarian Split Squat

Primary muscles: Quads

Secondary muscles: Glutes, hamstrings

Equipment: Step, box

### Bulgarian Split Squat Instructions

1. Place a step or a box behind you and stand up tall.
2. Position your right foot on top of the step, bend your knees and lower the hips until your left thigh is parallel to the floor.
3. Return to the starting position and repeat.
4. Switch legs.

### Proper Form And Breathing Pattern

When doing the bulgarian split squat, keep your back straight, your chest open, and face front. Maintain your balance by engaging your core and

keep your weight in the front heel. Breathe in as you lunge and don't let your knee go past your toes.

#### Exercise Benefits

The bulgarian split squat is a great exercise to improve your balance and knee stability, and also to target your posterior chain muscles, hamstrings and glutes. If you want to lift your butt, this is definitely one of the best exercises you can do. Pair it with sumo squats and romanian deadlifts and you'll have a round and firm booty in no time!

#### Sets And Reps

Start with regular split squats, to acquire proper exercise form, and once you're comfortable you can increase the challenge by adding bulgarian split squats to your workouts. Do 2 or 3 sets of 10 to 12 repetitions on each side.

### 11. Burpees

Primary muscles: Abs, glutes, hip flexors, hamstrings, quads

Secondary muscles: Chest, arms, shoulders

Equipment: No equipment

#### Burpees Instructions

1. Stand straight with your feet shoulder-width apart.
2. Squat and place your hands in front of your feet.
3. Jump back until your legs are fully extended and your body is in plank position.
4. Do a push up, jump forward, and then push through the heels to return to the starting position.
5. Repeat until the set is complete.

#### Proper Form And Breathing Pattern

If you want to include burpees in your workout routine you need to focus on maintaining perfect form. Keep your back straight and your core engaged at all times and maintain a natural and regular breathing pattern throughout the exercise. If done incorrectly, burpees can put your body at high risk of injury.

#### Exercise Benefits

Burpees are an intense full body exercise that increases heart rate, strength, agility, and flexibility. This exercise is one of the most complete



since it uses all major muscle groups and burns a ton of calories in a short period of time.

#### Sets And Reps

If you're a beginner start with squat thrusts, a similar exercise with less explosive movements, or make burpees easier by jumping with one leg at a time. For a great cardio boost add 3 to 5 sets of 8 to 15 burpees to your regular workout routine.

### 12. Butterfly Stretch

Primary muscles: Inner thighs

Secondary muscles: Hamstrings, hip flexors

Equipment: No equipment

#### Butterfly Stretch Instructions

1. Sit down on the floor and bring both feet together.
2. With the help of your arms, drive your knees down into the floor.
3. Hold the stretch for 20 to 30 seconds and then slowly release.

#### Proper Form And Breathing Pattern

Keep your back straight, your shoulders back and your core tight. Breathe slowly and avoid bouncing or forcing the stretch. As you breathe out, drive your knees down gently and deepen the stretch.

#### Exercise Benefits

The butterfly stretch helps to open up the hips and thighs and improves flexibility. This stretch targets the groin area, loosening and lengthening the inner thigh muscles (adductors). The adductors are often neglected in workouts but they play a key role in your stability and balance. Doing exercises that target these muscles can be very beneficial to your posture and mobility.

#### Intensity And Duration

Stretch for 20 to 30 seconds and lean into the stretch gradually. Perform this stretch after a lower body workout, as part of your cool down period. You should also do this stretch after a run or any sports that can cause strain on your lower body.

### 13. Calf Raises

Primary muscles: Calves

Secondary muscles: Lower leg

Equipment: No equipment

#### Calf Raises Instructions

1. Stand with your torso upright, your feet hip-width apart, and your toes pointing forward.
2. Raise your heels off the floor and squeeze your calves.
3. Return to the starting position, by slowly lowering your heels, and repeat.

#### Proper Form And Breathing Pattern

When doing calf raises, brace your core, face forward and keep your toes pointing straight ahead. Raise your heels and breathe out as you squeeze your calves. Breathe in as you lower your heels and slowly return to the starting position.

#### Exercise Benefits

Calf raises are an easy and effective exercise that you can use to target the muscles on the back of the lower legs. This exercise increases the strength of your calves, allowing you to jump higher, and improves the tone, definition, and appearance of your lower legs.

#### Sets And Reps

Start with 2 or 3 sets of 12 to 15 repetitions and, if you need extra support, stand near a wall or hold a dumbbell in each hand. To increase the challenge, do the calf raise on a step, not allowing your heels to touch the floor.

### 14. Calf Stretch

Primary muscles: Calves

Secondary muscles: Hamstrings, ankles

Equipment: No equipment

#### Calf Stretch Instructions

1. Stand holding onto a wall with your arms extended and your toes pointing forward.
2. Extend your right leg back, keeping your right foot flat on the floor.
3. Lean forward and slowly bend your left knee until you feel the stretch in your back calf.
4. Hold the stretch and repeat on the left leg.

#### Proper Form And Breathing Pattern

Keep both feet facing forward and push the rear heel down into the floor. Keep your back knee straight and drop your hips down and forward. As you exhale, ease further into the stretch without forcing it.

#### Exercise Benefits

The calf muscle is actually a group of muscles that sit on the back of the lower leg. These muscles are responsible for pulling the heel up, allowing forward movement, and for stabilizing your ankles and feet. Stretching your calves can really help reduce strains and improve flexibility and stability.

#### Intensity And Duration

Stretch your calves for 20 to 30 seconds and lean into the stretch gradually. Do this stretch after a run, a lower body workout, or any sports that work your lower body.

### 15. Circles In The Sky

Primary muscles: Thighs, core

Secondary muscles: Glutes

Equipment: No equipment

#### Circles In The Sky Instructions

1. Lie on your back with your legs extended and your hands supporting your head.
2. Raise your shoulders off the floor, lift your right leg to a 90-degree angle, and raise your left leg only a few inches from the ground.
3. Slowly rotate your right leg, making small clockwise circles of about 1 foot in diameter.
4. Complete a set in one direction and then switch, rotating counterclockwise.
5. Lower both legs, switch sides, and repeat.

#### Proper Form And Breathing Pattern

Engage your core, look up and keep your head and neck relaxed. Exhale as you crunch and lift your shoulders and legs off the floor. Breathe smoothly as you rotate your leg and keep the thigh perpendicular to the floor.

### Exercise Benefits

The circles in the sky is a pilates move that strengthens your thighs and your core. This exercise improves your coordination and balance and helps build strong, long, and lean muscles.

### Sets And Reps

Start with 8 to 12 repetitions on each side and, if raising both legs is too challenging for you, keep one leg on the floor.

## 16. Core Control Rear Lunge

Primary muscles: Quads, glutes, shoulders, core

Secondary muscles: Hamstrings, calves, triceps

Equipment: Dumbbells

### Core Control Rear Lunge Instructions

1. Start with your feet together, hold a dumbbell in your right hand and extend your left arm out to the side, until it's parallel with the floor.
2. As you step back with your left leg and lunge, extend your right arm up and rotate your palm forward.
3. As you stand up, bend your left leg, lift your knee as high as you can, bring your right elbow to your left knee, and rotate your palm so that it faces your body.
4. Repeat and then switch sides.

### Proper Form And Breathing Pattern

Engage your core for stability, face front, open your chest and keep your back straight. As you lunge, keep the front knee aligned with the ankle and keep your weight loaded in the front heel. Exhale as you stand up and maintain a smooth and steady rhythm.

### Exercise Benefits

The core control rear lunge is a compound move that engages and works your entire body and gives you a great cardio boost. This exercise challenges your stability, boosts metabolism, and improves your balance and coordination.

### Sets And Reps

Start with the Arnold shoulder press and backward lunges first. Once you're comfortable with your form, pair the two exercises and add 2 or 3,

30-second to 1-minute sets of the core control rear lunge to your full body workouts.

#### 17. Cossack Squat

Primary muscles: Glutes, inner thighs

Secondary muscles: Hips, quads, hamstrings, calves

Equipment: No equipment

##### Cossack Squat Instructions

1. Stand with your feet in a wide stance and with your toes pointing out to the sides.
3. Squat to the right, going as low as it feels comfortable.
4. Return to the starting position and repeat on the left side.

##### Proper Form And Breathing Pattern

Tighten your core, keep your back straight at all times, and maintain your knees in line with your toes. Breathe in as you squat, and keep both heels on the floor. Exhale as you push through the heels to return to the starting position.

##### Exercise Benefits

The cossack squat improves the hips' range of motion, strengthens the core, and sculpts the legs and glutes. This exercise also helps to build muscle endurance and increases your flexibility and mobility.

##### Sets And Reps

Start with sumo squats and side lunges, to acquire proper exercise form. Once you're ready to increase the challenge, add 2 or 3 sets of 10 to 16 cossack squats to your lower body routines.

#### 18. Cross Jacks

Primary muscles: Glutes, inner thighs, outer thighs

Secondary muscles: Legs, abs, shoulders

Equipment: No equipment

##### Cross Jacks Instructions

1. Stand straight with your feet shoulder-width apart and your arms up and extended out to the sides.
2. Jump up and cross your left leg in front of the right, and your left arm on top of the right.

3. Jump again and return to the starting position.
4. Repeat, and reverse the position of your arms and legs.

#### Proper Form And Breathing Pattern

Tighten your core, keep your knees and elbows loose, and maintain a smooth and steady breathing pattern. Land softly on the balls of your feet with your knees slightly bent, and keep your feet, hips, and knees in line.

#### Exercise Benefits

The cross jacks is a cardio move that warms up the muscles and joints, activates all muscle groups, and keeps your heart rate up. This exercise also boosts your metabolism, improves muscle endurance, and promotes relaxation.

#### Sets And Reps

Start slowly and add 1 or 2 sets of 12 to 16 repetitions to your warm up routines. To thoroughly warm up your body, pair the cross jacks with jumping jacks, criss cross crunches and mountain climbers.

### 19. Curtsy Lunge

Primary muscles: Quads, glutes

Secondary muscles: Calves, thighs

Equipment: No equipment

#### Curtsy Lunge Instructions

1. Stand tall with your feet hip-width apart.
2. Keeping your weight in your right foot, take a big step back with your left leg, crossing it behind your right leg.
3. Start lowering your body, by bending your knees, until your right thigh is parallel to the floor.
4. Return to the starting position and repeat on the opposite side.

#### Proper Form And Breathing Pattern

When doing the curtsy lunge, engage your core muscles, face forward, maintain your upper body nice and tall, and keep your back straight.

Breathe in as you lunge and keep your front knee over your ankle. Bend both knees, until your calves and thighs form a 90-degree angle, and keep the toes pointing in the same direction as the knees.

#### Exercise Benefits

The curtsy lunge is a modified version of the standard lunge that incorporates different leg muscles into the lunge position. This exercise helps tone your inner and outer thighs as well as the rest of your legs and glutes. It's important to add lateral movements to your leg workouts to target different muscle groups, challenge your stability and improve your overall core strength.

#### Sets And Reps

Since the curtsy lunge is a progression of the regular lunge, make sure you acquire the proper lunge technique first. Once you're comfortable with your form you can change it up by adding side lunges and curtsy lunges to your workout routine. Start with a 15 to 30-second set or do 10 to 15 repetitions on each side.

#### 20. Curtsy Lunge Side Kick Raise

Primary muscles: Quads, glutes, shoulders, core

Secondary muscles: Upper back, chest, arms, hips, thighs

Equipment: Dumbbell

#### Curtsy Lunge Side Kick Raise Instructions

1. Stand with your feet hip-width apart and hold a dumbbell in your right hand.
2. Take a big step back with your left leg, cross it behind your right leg, and lunge.
3. As you stand up, kick your left leg out to the side and raise the dumbbell to shoulder height.
4. Repeat and then switch sides.

#### Proper Form And Breathing Pattern

Engage your core, face forward, open your chest and keep your back straight. As you lunge, keep your front knee over your ankle, and keep your toes pointing in the same direction as your knees. Exhale as you stand up and, as you kick out to the side and raise the dumbbell, maintain your back aligned.

#### Exercise Benefits

The curtsy lunge side kick raise is a compound movement that engages and stimulates the entire body. This exercise strengthens the muscles, boosts the metabolism, and improves your balance and coordination.

### Sets And Reps

Practice doing curtsy lunges, squat side kicks and dumbbell lateral raises first. Once you've mastered those moves, progress to the curtsy lunge side kick raise, and add 2 or 3 sets of 10 to 12 repetitions to your full body or cardio workouts.

## 21. Curtsy Lunge Side Kick

Primary muscles: Quads, glutes, core

Secondary muscles: Hips, thighs

Equipment: No equipment

### Curtsy Lunge Side Kick Instructions

1. Stand with your feet hip-width apart, take a big step back with your right leg, crossing it behind the left, and lunge.
2. As you stand up, kick your right leg out to the side and up.
3. Repeat for the duration of the set and then switch sides.

### Proper Form And Breathing Pattern

Engage your core, open the chest, face front and keep your back straight. As you lunge, keep the front knee over the ankle, and keep the toes pointing in the same direction as the knees. Exhale as you stand back up and kick out to the side, and maintain your core tight.

### Exercise Benefits

The curtsy lunge side kick is a move that engages and stimulates your lower body and improves balance. This exercise strengthens, tones, and sculpts your quads, hamstrings, inner and outer thighs, glutes, hips, and core.

### Sets And Reps

Practice doing curtsy lunges and squat side kicks first. Once you're comfortable with your form, advance to the curtsy lunge side kick, and do 2 or 3 sets of 10 to 12 repetitions on each side.

## 22. Diamond Kicks

Primary muscles: Inner thighs

Secondary muscles: Glutes, abs, thighs, hips

Equipment: No equipment

### Diamond Kicks Instructions



1. Lie on your back with your arms by your sides, raise the legs toward the ceiling, bend the knees and bring the soles of your feet together (like a frog).
2. Extend the legs out to the sides as far as possible, and then squeeze the inner thighs to bring them together.
3. Return to the frog position and repeat until the set is complete.

#### Proper Form And Breathing Pattern

Engage your core, keep your back flat, look up and maintain your head and neck neutral. Start with your legs in a frog position, extend them out to the sides, and engage the inner thighs. Breathe out as you bring both legs together, and then inhale as you bend the knees and return to the frog position.

#### Exercise Benefits

The diamond kicks works and strengthens your inner thighs, core, and glutes. This exercise improves the stability of the knee and hip joints and enhances your balance and flexibility.

#### Sets And Reps

Add 2 or 3, 30-second to 1-minute sets of diamond kicks to your lower body workouts. For a thorough inner thigh workout pair diamond kicks with sumo squats, inner thigh lifts and the clamshell exercise.

### 23. Double Pulse Squat Jump

Primary muscles: Glutes, hip flexors, quads

Secondary muscles: Abs, calves, hamstrings, lower back

Equipment: No equipment

#### Double Pulse Squat Jump Instructions

1. Stand with your feet shoulder-width apart and the toes pointing slightly outward.
2. Bend your knees, pressing your hips back, and squat until the thighs are parallel with the floor.
3. Lift your hips a few inches up and squat again.
4. Push through the heels to jump straight up.
5. Land with your knees slightly bent and go back into the squat position.
6. Repeat until the set is complete.

#### Proper Form And Breathing Pattern

Keep your chest up, your hips back, and don't let the knees extend beyond the toes. Inhale as you squat and breathe out as you put the pressure on the heels to jump. To absorb the impact, land softly on the toes and balls of the feet and with your knees slightly bent.

#### Exercise Benefits

The double pulse jump squat is a high-impact, cardio exercise that can help build muscle strength, increase speed and explosiveness, and boost aerobic fitness. This exercise activates your lower body and helps tone your legs, thighs, and glutes.

#### Sets And Reps

Practice doing bodyweight squats, squat jacks and jump squats first. Once you're comfortable with your form, advance to the double pulse squat jump and do 2 or 3, 30-second to 1-minute sets.

### 24. Dumbbell Swing

Primary muscles: Glutes, quads, hamstrings

Secondary muscles: Legs, core, shoulders

Equipment: Dumbbell, kettlebell

#### Dumbbell Swing Instructions

1. Stand with your feet shoulder-width apart, your toes pointed slightly outward, and hold a dumbbell with both hands.
2. Squat and bring the dumbbell between your legs.
3. Stand up and swing the dumbbell up to about chest height.
4. Return to the squat position and repeat for the duration of the set.

#### Proper Form And Breathing Pattern

Open your chest, roll your shoulders back and keep your spine aligned. Engage your core, inhale as you squat, and breathe out as you squeeze your glutes and stand back up.

#### Exercise Benefits

The dumbbell swing targets the glutes, thighs, and core muscles helping you improve your stability and lower body strength. Since this exercise works several muscle groups simultaneously it gives you a great cardio boost and helps you burn more calories in a short period of time.

### Sets And Reps

Start with 30-second sets or do 1 to 2 sets of 20 repetitions. Complete your leg circuit with exercises that add lateral movement, like the curtsy lunge, and exercises that add back and forth movement, like the scissor skier.

## 25. Dumbbell Thrusters

Primary muscles: Quads, hamstrings, glutes, shoulders

Secondary muscles: Arms, upper back, core

Equipment: Dumbbells

### Dumbbell Thrusters Instructions

1. Stand with your feet shoulder-width apart and hold your dumbbells in front of your shoulders.
2. Squat down until your thighs are parallel to the floor.
3. Stand up and extend your arms over your head.
4. Bend your arms, return to the starting position and repeat the exercise.

### Proper Form And Breathing Pattern

Dumbbell thrusters are not appropriate for beginners and you need to pay special attention to your form to prevent any injuries. Keep your chest up, the core engaged, the hips back and inhale as you squat. Put pressure on the heels, push yourself back up, and exhale as you press your arms up.

### Exercise Benefits

The dumbbell thrusters is a compound exercise that combines the squat with the shoulder press. This is a very complete and versatile exercise that strengthens your entire body and improves your aerobic fitness, stamina, and endurance.

### Sets And Reps

If your goal is to lose weight and improve your cardiovascular fitness, choose lighter dumbbells and do 30-second to 1-minute sets. If your goal is to increase muscle strength and power, choose heavier dumbbells and do 3 sets of 6 to 8 repetitions.

## 26. Figure 8 Squat

Primary muscles: Glutes, quads, hamstrings

Secondary muscles: Legs, core, shoulders, arms

Equipment: Dumbbell, kettlebell

### Figure 8 Squat Instructions

1. Stand with your feet a little wider than shoulder-width apart, your toes pointed slightly outward, and hold a dumbbell/kettlebell in your right hand.
2. Squat, bring the dumbbell between your legs and pass it under your left thigh to your left hand.
3. Stand up and bring the dumbbell to the front.
4. Squat, bring the dumbbell between your legs and pass it under your right thigh to your right hand.
5. Keep alternating hands for the entire duration of the set.

### Proper Form And Breathing Pattern

Tighten your core, keep your feet and knees pointing in the same direction, and maintain your back neutral and aligned. Breathe in as you squat, keep the movement slow and controlled, and exhale as you stand back up.

### Exercise Benefits

The figure 8 squat targets the glutes and thighs and helps to improve lower body strength, power, and endurance. This exercise also works your core, legs, shoulders, and arms, giving you a great cardio boost.

### Sets And Reps

Practice doing plie squats first and, once you're comfortable with your form, advance to the figure 8 squat. Do 2 or 3, 30-second to 1-minute sets and complete your full body circuit with the touch and hop, the curtsy lunge side kick raise, and the plank straight arm kickback.

## 27. Fingertip To Toe Jacks

Primary muscles: Thighs, hips, glutes

Secondary muscles: Obliques, abs

Equipment: No equipment

### Fingertip To Toe Jacks Instructions

1. Stand up straight with your feet hip-width apart and your hands by your sides.
2. Bend your right leg and lift your foot as high as you can.
3. Slightly rotate your torso to the right and try touching your right foot with your left hand.

4. Repeat on the opposite side and keep alternating sides until the set is complete.

#### Proper Form And Breathing Pattern

Keep the movement smooth and steady and maintain a slow and deep breathing pattern. Open your chest, keep your back straight and face front.

#### Exercise Benefits

The fingertip to toe jacks is a great bodyweight exercise that warms up the entire body and strengthens your thighs, hips, and core muscles. Since your core needs to work hard to maintain stability and proper posture, this exercise can be part of a warm up routine or a core workout.

#### Sets And Reps

Start slowly with 30-second to 1-minute sets and, as you gain strength, increase the height of the leg lift as well as the speed. Hop back and forth from leg to leg as fast as you can without losing form.

### 28. Flutter Kick Squats

Primary muscles: Quads, glutes, hamstrings

Secondary muscles: Legs, core

Equipment: No equipment

#### Flutter Kick Squats Instructions

1. Stand with your feet shoulder-width apart and with one foot forward and the other foot behind you.
2. Jump and switch leg positions.
3. Jump again, landing with your feet a little wider than shoulder-width apart, and squat.
4. Jump to return to the starting position and repeat the exercise.

#### Proper Form And Breathing Pattern

Keep your core tight and, as you jump, push from your back toes and land softly on your front heel. Move your arms in a way that resembles the running motion and keep your breathing pattern slow and steady.

#### Exercise Benefits

Doing flutter kick squats gives you a great cardio boost. This exercise not only strengthens the lower body but also burns a ton of calories in a short

period of time. This is an intense, high-impact exercise so, if you're a beginner, you should start practicing proper form with bodyweight squats. To prepare your body for more intense exercises and reduce the risk of injuries, you should always focus on improving your fitness level gradually.

#### Sets And Reps

Start with a 30-second set or do 8 to 10 repetitions. A great way to maximize your workout is to alternate high-intensity exercises with low-intensity ones. You can run in place for 1 minute and then do flutter kick squats for 30 seconds.

### 29. Forward Jump Shuffle Back

Primary muscles: Thighs, calves, core

Secondary muscles: Glutes

Equipment: No equipment

#### Forward Jump Shuffle Back Instructions

1. Start in an athletic position with your feet shoulder-width apart and your hips low.
2. Extend your arms back to create momentum, and jump forward.
3. Shuffle back to the initial position and repeat until the set is complete.

#### Proper Form And Breathing Pattern

Keep your hips low, engage your core, and use the momentum created by the movement of the arms to jump higher and longer. Keep your spine neutral, shuffle back on the balls of your feet, and maintain a smooth and steady breathing pattern.

#### Exercise Benefits

The forward jump shuffle back increases your speed, agility, and explosiveness, and gives you a great cardio boost. This exercise strengthens your thighs, core, calves, and glutes, and helps to trim and tone your lower body.

#### Sets And Reps

Do 2 or 3, 30-second to 1-minute sets. For a complete lower body and core trimming workout, pair the forward jump shuffle back with jumping lunges, the jump start and the squat thrust.

### 30. Frog Jumps

Primary muscles: Quads, glutes, hip flexors

Secondary muscles: Calves, hamstrings, inner thighs

Equipment: No equipment

#### Frog Jumps Instructions

1. Sit back with your feet in a wide stance and with the toes turned out at an angle.
2. Jump forward and up, land on your toes, and squat.
3. Jump back and return to the starting position.
4. Repeat this back and forth movement until the set is complete.

#### Proper Form And Breathing Pattern

Face front, keep your core engaged and your shoulders back. Point your knees in the same direction as your feet and squat down as low as you can without letting your knees go past your toes. Sit on your heels and jump with your arms back. Land softly on your toes and exhale as you squat.

#### Exercise Benefits

The frog jumps is a plyometric exercise and the goal of this kind of training is to gain muscle mass and get fast, firm, and powerful muscles.

Plyometric exercises get your heart rate up and help you build cardio fitness and muscle endurance. These exercises help you burn calories during the workout but you'll also get an afterburn effect, meaning you'll burn more calories in the next 24 to 48 hours.

#### Sets And Reps

Before attempting to do frog jumps, practice doing bodyweight squats and jump squats. Once you've learned the technique start with 10 to 15 reps or 30-sec sets. Mix it up and add a couple of burpees for a full body workout.

### 31. Front And Back Lunges

Primary muscles: Glutes, quads, hamstrings

Secondary muscles: Core

Equipment: No equipment

#### Front And Back Lunges Instructions

1. Stand with your feet hip-width apart, take a step forward and then slowly bend both knees until your back knee is just above the floor.

2. Stand back up, take a step back with the same leg, and bend both knees until your back knee is just above the floor.
3. Repeat this back and forth movement for the entire duration of the set, and then switch legs.

#### Proper Form And Breathing Pattern

Maintain your back straight, keep your shoulders back and tighten the abs. Breathe in as you lunge and keep your weight in the front heel. Breathe out as you push back up to the starting position, and maintain your feet hip-width apart throughout the entire exercise.

#### Exercise Benefits

The front and back lunge is a very effective lower body exercise that helps to tone and sculpt your glutes and thighs. This move also improves the flexibility of the hips and increases your balance and stability.

#### Sets And Reps

Practice doing forward lunges and backward lunges separately. Once you're comfortable with your form, advance to the front and back lunges and do 2 or 3 sets of 8 to 10 repetitions, on each side.

### 32. Gate Swings

Primary muscles: Glutes, inner thighs, core

Secondary muscles: Quads, hamstrings, hip flexors, calves

Equipment: No equipment

#### Gate Swings Instructions

1. Start in a sumo squat position, with your feet in a wide stance, your toes pointing out to the sides, and your thighs parallel to the floor.
2. Jump up, crossing your legs.
3. Jump again, uncrossing them.
4. Bend your knees, press your hips back and return to the starting position.
5. Repeat until the set is complete.

#### Proper Form And Breathing Pattern

Keep your core tight, your back straight, and maintain your knees soft and in line with your toes. Breathe out as you jump, and land slowly on the balls of your feet.



### Exercise Benefits

The gate swings is a great cardio move that also trains your legs, glutes, and core muscles. This exercise strengthens your heart and muscles and improves your aerobic fitness.

### Sets And Reps

Practice your exercise form first with plie squats, and work on improving your core strength with planks. Once you've acquired proper exercise form, add 2 or 3 sets of 12 to 15 gate swings to your lower body or full body workouts.

## 33. Good Mornings

Primary muscles: Hamstrings

Secondary muscles: Glutes, calves, lower back

Equipment: No equipment

### Good Mornings Instructions

1. Stand up tall with your feet shoulder-width apart and place your hands behind the head.
2. Start bending at the hips, push your hips back and bend over to near parallel.
3. Return to the starting position and repeat.

### Proper Form And Breathing Pattern

Keep your back tight, shoulder blades pinched together, and your knees slightly bent. Do the movement slowly and breathe out as you lower your torso. Breathe in as you get back up and squeeze the glutes at the end of each repetition.

### Exercise Benefits

The good mornings is a great exercise to target the back of the legs and glutes. This exercise also strengthens the lower back and calves and helps prevent injuries in the hamstrings and lower back.

### Sets And Reps

Do 2 or 3, 30-second to 1-minute sets. If your goal is to build strength and gain muscle, place a weight bar across the rear of your shoulders and do 4 or 5 sets of 6 to 8 repetitions.

#### 34. Pilates Grasshopper

Primary muscles: Glutes

Secondary muscles: Hamstrings, lower back

Equipment: No equipment

##### Pilates Grasshopper Instructions

1. Lie on your stomach with your hands under your chin, your knees wide apart, the legs bent, and bring your feet together.
2. Point the feet toward the ceiling and raise your thighs off the floor as high as you can.
3. Lower your thighs back to the floor and repeat the exercise until the set is complete.

##### Proper Form And Breathing Pattern

Keep your spine neutral, point the feet toward the ceiling and exhale as you lift the thighs off the floor and squeeze the glutes. Keep the movement slow and controlled and breathe in as you lower your thighs back to the starting position.

##### Exercise Benefits

The grasshopper is a pilates move that targets and strengthens the glutes. This move tones and sculpts the posterior chain muscles, lengthens the hamstrings and helps prevent lower back pain and injuries.

##### Sets And Reps

Do 2 or 3, 30 second to 1 minute sets. To strengthen and tone the back of your legs and glutes, pair the pilates grasshopper with back leg lifts, the wall bridge and the step up with knee raise.

#### 35. Half Squat Jab Cross

Primary muscles: Glutes, quads, hip flexors, shoulders

Secondary muscles: Legs, abs, lower back, arms, lats, upper back

Equipment: No equipment

##### Half Squat Jab Cross Instructions

1. Start in an athletic position, with your feet shoulder-width apart, knees slightly bent and your hips low and back.
2. Bring your arms up, so that the palms of the hands are facing the sides of your face.

3. Push your left arm out in a punching motion and then return to the starting position.
4. Push your right arm out and keep switching sides quickly.

#### Proper Form And Breathing Pattern

Keep your hips back, your chest up, relax your neck, and distribute your weight equally between both legs. Maintain a slow and steady breathing pattern, don't let your knees extend beyond your toes, and don't extend your arms completely.

#### Exercise Benefits

The half squat jab cross is a dynamic exercise that warms up the upper body and improves speed, agility, and coordination. This is a complete exercise since it also engages your lower body and core and helps you build strength, burn fat, and improve your fitness level.

#### Sets And Reps

Add a 1-minute set to your upper body warm up circuit, and keep the movement fast and smooth.

### 36. Hamstring Stretch

Primary muscles: Hamstrings

Secondary muscles: Glutes

Equipment: No equipment

#### Hamstring Stretch Instructions

1. Lie on your back and lift your left leg.
2. Gently pull your thigh toward your chest until you feel a stretch in your hamstrings.
3. Hold the stretch and then repeat with the right leg.

#### Proper Form And Breathing Pattern

Keep your leg straight and, as you exhale, pull your thigh toward your torso, until you feel the stretch in your hamstrings. Breathe slowly and deeply and focus on releasing all tension and stress from your muscles.

#### Exercise Benefits

The hamstrings consist of three muscles that run down the back of each of your thighs. These muscles are primarily responsible for the flexion of the knee joint and the extension of the thigh. Stretching your hamstrings after

exercising keeps them flexible and strong and is crucial for improving your athletic ability and prevent potential injuries.

#### Intensity And Duration

Hold the hamstring stretch for 20 to 30 seconds on each leg and deepen the stretch gently and continuously. You should always do this stretch after a lower body workout, to keep your hamstrings healthy and in shape.

## **B. EXERCISES FOR GLUTES AND HIP FLEXORS**

### **1. Advanced Bridge**

Primary muscles: Glutes

Secondary muscles: Shoulders, core, arms

Equipment: No equipment

#### Advanced Bridge Instructions

1. Sit on the mat with your knees bent, your arms extended back and your fingers facing away from the body.
2. Lift your butt off the mat, coming into a tabletop position.
3. Lower your hips, return to the starting position, and repeat.

#### Proper Form And Breathing Pattern

Engage your core and breathe out as you press through the heels to lift your hips. Squeeze your glutes, relax your head and neck, open your chest and keep your shoulders rolled back and away from your ears.

#### Exercise Benefits

The advanced bridge is a modified version of the glute bridge and it targets and trains your glutes. This exercise also engages your shoulders and your core and helps to tone and strengthen those muscles.

#### Sets And Reps

Start with the glute bridge and do some crab kicks first. Once you've gained some strength and have acquired proper exercise technique, progress to the advanced bridge and try to complete 2 or 3 sets of 12 to 15 repetitions.

### **2. Alternating Dumbbell Swing**

Primary muscles: Glutes, quads, hamstrings

Secondary muscles: Legs, core, shoulders

Equipment: Dumbbell, kettlebell

#### Alternating Dumbbell Swing Instructions

1. Stand with your feet shoulder-width apart, your toes pointed slightly outward, and hold a dumbbell in your right hand.
2. Squat and bring the dumbbell between your legs.

3. Stand up, swing the dumbbell up to about chest height, and switch it to your left hand.
4. Return to the squat position, and keep alternating hands for the duration of the set.

#### Proper Form And Breathing Pattern

Roll your shoulders back, open your chest, and keep your spine neutral and aligned. Engage your core and breathe in as you lower your hips back and squat. Exhale as you stand back up, squeeze your glutes and switch the dumbbell to your opposite hand.

#### Exercise Benefits

The alternating dumbbell swing targets your glutes and thighs and helps to improve lower body strength and endurance. This exercise also works your core, legs, and shoulders, and gives you a great cardio boost.

#### Sets And Reps

Do 2 or 3, 30-second to 1-minute sets. Complete your leg circuit with hamstring curls, the curtsy lunge side kick raise, and the plie squat calf raise.

### 3. Alternating Side Lunge Touch

Primary muscles: Inner thighs, glutes, quads, hamstrings

Secondary muscles: Legs, obliques

Equipment: No equipment

#### Alternating Side Lunge Touch Instructions

1. Stand tall with your feet hip-width apart.
2. Step to the side with your right leg and touch the right foot with your left hand.
3. Return to the starting position and repeat the movement with the left leg.

#### Proper Form And Breathing Pattern

Maintain your balance and give back support by keeping your abs tight. Step out to the side with your right leg and keep your left leg straight. Twist your torso and touch your right foot. Use your right heel to push you back into the starting position and breathe out. Repeat the movement on the left side.

#### Exercise Benefits

The alternating side lunge touch is a great exercise for your legs and glutes. The lateral movement targets your inner and outer thighs and the rotation of your torso targets the obliques. This is also a great warm up exercise because it moves your body in different directions and prepares you for more challenging exercises.

#### Sets And Reps

Repeat the alternating side lunge touch for 30 seconds to 1 minute or do 20 reps on each side. Start with the basic side lunge to acquire proper form, and then you can safely add different arm or leg movements to the exercise.

#### 4. Back Leg Lifts

Primary muscles: Glutes, quads

Secondary muscles: Hamstrings

Equipment: No equipment

##### Back Leg Lifts Instructions

1. Start on all fours with the hands under the shoulders and the knees under the hips.
2. Extend one leg behind you.
3. Lift the leg to hip level and then slowly lower it back down.
4. Repeat with the opposite leg until the set is complete.

##### Proper Form And Breathing Pattern

When doing the back leg lifts maintain your spine in a neutral position and keep your head in line with your neck. Engage your core, tighten the abs and keep the working leg straight. Breathe out as you lift the leg and squeeze the glutes, and then slowly return to the starting position.

##### Exercise Benefits

The back leg lifts is a great exercise for beginners, that targets the quads and the glutes. This exercise helps to lengthen and tone the muscles, improves your endurance, and increases core strength.

##### Sets And Reps

Start with 2 to 3 sets of 10 to 12 repetitions and alternate with other kneeling exercises like the fire hydrant or donkey kicks. If your goal is to, not only tone your muscles but also increase their mass, you can start to add ankle weights to your kneeling exercises.

#### 5. Band Donkey Kicks

Primary muscles: Glutes, hip flexors

Secondary muscles: Abs

Equipment: Resistance band

##### Band Donkey Kicks Instructions

1. Get down on all fours, wrap the resistance band around your left foot and grab the other end of the band with both hands.
2. Kick back with your left leg and squeeze the glutes.
3. Bend the knee, lower the leg and repeat this movement for the duration of the set.

4. Switch legs and repeat.

#### Proper Form And Breathing Pattern

Position your hands under the shoulders and your knees under the hips, tighten the core and keep your back straight. Exhale as you increase tension in the resistance band and kick back. Don't raise your leg any higher than your hip and inhale as you lower the leg back to the initial position

#### Exercise Benefits

The band donkey kicks is a resistance exercise that is very effective in sculpting the glutes and creating that desired bubble butt. Adding a resistance band to regular donkey kicks is a great way to make the exercise more challenging and give your backside a little extra oomph.

#### Sets And Reps

Start with basic donkey kicks first and, as you increase strength and stability, add the resistance band and try to complete 2 or 3 sets of 15 to 20 repetitions on each side.

### 6. Band Kickback

Primary muscles: Glutes

Secondary muscles: Hips, lower back, core, thighs, calves

Equipment: Resistance band

#### Band Kickback Instructions

1. Place a resistance band around both ankles, position your feet hip-width apart with your right foot a few inches behind the left.
2. Transfer your weight to the left leg and kick back with your right leg.
3. Return to the starting position, repeat for the duration of the set, and then switch leg positions.

#### Proper Form And Breathing Pattern

Keep your back straight, your toes pointed, engage your core and keep the movement fluid and continuous. Breathe out as you kick your legs back and squeeze the glutes.

#### Exercise Benefits

The band kickback targets the glutes and helps improve muscle strength and tone. This exercise also boosts core stability and balance and helps sculpt the hips, legs, and thighs.

#### Sets And Reps

Perform 2 or 3 sets of 10 to 15 repetitions on each side. For a complete glute workout, pair the band kickback with the step up with knee raise, lying hamstring curls and the side lunge to curtsy lunge.

#### 7. Band Reverse Plank

Primary muscles: Arms, glutes, core

Secondary muscles: Legs, shoulders

Equipment: Resistance band

##### Band Reverse Plank Instructions

1. Sit on the mat with your legs extended, place a band around your waist, extend your arms back with your fingers facing the body, and secure the band under your hands.
2. Lift your butt off the mat and squeeze the glutes.
3. Lower the hips to return to the starting position and repeat.

##### Proper Form And Breathing Pattern

Keep your hands under your shoulders, your arms and legs extended, and maintain your head neutral. Roll your shoulders back, open your chest and breathe out as you lift your hips and squeeze the glutes. Inhale as you return to the initial position.

##### Exercise Benefits

The band reverse plank works your glutes, core, and arms and improves your overall strength and stability. This exercise also engages your shoulders and legs, giving you a great full body workout.

##### Sets And Reps

Practice doing the tabletop reverse pike and the advanced bridge first. Once you're comfortable with your form, increase resistance and advance to the band reverse plank. Try to complete 2 or 3, 30 second to 1-minute sets.

#### 8. Basketball Shots

Primary muscles: Glutes, abs, quads

Secondary muscles: Calves, hamstrings, lower back, shoulders

Equipment: No equipment

##### Basketball Shots Instructions

1. Stand with your feet shoulder-width apart and the toes pointing slightly outward.
2. Bend your knees, press your hips back, and take both hands close to your right foot.
3. Jump up and extend your arms above your head and to the left.
4. Land with your knees slightly bent and go back into the squat position.



5. Repeat and then switch sides.

#### Proper Form And Breathing Pattern

Tighten your core, press your hips back, keep your chest up, and maintain your back aligned. Don't let the knees extend beyond the toes and breathe out as you push through the heels to jump up. Extend your arms above your head and slightly to the left, and gaze up. Land softly on the balls of your feet, with your knees slightly bent.

#### Exercise Benefits

The basketball shots is a high-impact, full body exercise that improves your aerobic fitness, builds strength, and increases your speed and coordination. This move targets your core, legs, glutes, and shoulders, boosts your metabolism, and improves your stamina and endurance.

#### Sets And Reps

Practice doing the jump squat and the wood chop first. Once you're ready to progress, add 2 or 3 sets of 16 to 20 repetitions of basketball shots to your full body or cardio workouts.

### 9. Booty Squeeze

Primary muscles: Glutes, hips

Secondary muscles: Thighs, core

Equipment: Dumbbells

#### Booty Squeeze Instructions

1. Get down on your hands and knees, place a dumbbell behind your right knee, flex your right foot, and raise your leg out to the side until the knee is parallel to the floor.
2. Bring your right foot toward the left glute and squeeze the glutes.
3. Bring your right knee back to the initial position and repeat.
4. Switch legs.

#### Proper Form And Breathing Pattern

Engage your core, keep your back flat, face front, and maintain your head and neck neutral. Breathe out as you bring your right foot toward the left glute and squeeze the glutes. Inhale as you bring your knee back to the right and return to the starting position.

#### Exercise Benefits

The booty squeeze targets the glutes and helps to sculpt and firm your buttocks. This exercise also helps to tighten the core, strengthens the hips, and tones your thighs.

#### Sets And Reps

Do 2 or 3, 30-second to 1-minute sets on each side. For a complete butt workout, pair the booty squeeze with weighted donkey kicks, the bulgarian split squat and lunge back kicks.

#### 10. Boxer Squat Punch

Primary muscles: Glutes, quads, hip flexors

Secondary muscles: Abs, hamstrings, calves, lower back

Equipment: No equipment

##### Boxer Squat Punch Instructions

1. Start in a squat position, with your feet shoulder-width apart and your toes pointing forward.
2. As you stand up, shift your weight to one leg and punch with the opposite arm.
3. Squat and repeat the movement on the opposite side.

##### Proper Form And Breathing Pattern

Keep your hips back, your chest up, and don't let your knees extend beyond your toes. Stand up, shift your weight to the right leg, rotate your torso to the right side and punch with your left arm. Inhale as you squat and repeat the movement on the left side.

##### Exercise Benefits

The boxer squat punch is a dynamic variation of the bodyweight squat. This is a full body exercise, perfect for warming up the body and increasing your heart rate. Add the boxer squat punch to your cardio or warm up routine and keep the movements quick and energetic.

##### Sets And Reps

Add a 1 minute set to your warm up circuit and complete the circuit with exercises that add lateral movement, like the side lunge, and back and forth movement, like the walking lunge.

#### 11. Bridge And Twist

Primary muscles: Glutes, abs, obliques

Secondary muscles: Shoulders, core, hips, arms, thighs

Equipment: No equipment

##### Bridge And Twist Instructions

1. Sit on the mat with your knees bent and your arms extended back.
2. Lift your butt off the mat, extend your right arm toward the ceiling and twist your torso to the left.
3. Lower the hips, return to the starting position and repeat on the opposite side.

##### Proper Form And Breathing Pattern

Roll your shoulders back, relax your head and neck and engage your core. Breathe out, lift your butt as high as you can and squeeze the glutes. Twist your torso, reach your arm up toward the ceiling and then breathe in as you lower the hips and return to the starting position.

#### Exercise Benefits

The bridge and twist is a modified version of the advanced bridge that targets the glutes, abs, and obliques. This exercise also strengthens your arms, shoulders, hips, and thighs, enhances core stability and balance, and improves the flexibility of the spine.

#### Sets And Reps

Start with the advanced bridge and do some crab toe touches first. Once you're comfortable with your form, advance to the bridge and twist and complete 2 or 3 sets of 8 to 10 repetitions on each side.

### 12. Burpees

Primary muscles: Abs, glutes, hip flexors, hamstrings, quads

Secondary muscles: Chest, arms, shoulders

Equipment: No equipment

#### Burpees Instructions

1. Stand straight with your feet shoulder-width apart.
2. Squat and place your hands in front of your feet.
3. Jump back until your legs are fully extended and your body is in plank position.
4. Do a push up, jump forward, and then push through the heels to return to the starting position.
5. Repeat until the set is complete.

#### Proper Form And Breathing Pattern

If you want to include burpees in your workout routine you need to focus on maintaining perfect form. Keep your back straight and your core engaged at all times and maintain a natural and regular breathing pattern throughout the exercise. If done incorrectly, burpees can put your body at high risk of injury.

#### Exercise Benefits

Burpees are an intense full body exercise that increases heart rate, strength, agility, and flexibility. This exercise is one of the most complete since it uses all major muscle groups and burns a ton of calories in a short period of time.

#### Sets And Reps

If you're a beginner start with squat thrusts, a similar exercise with less explosive movements, or make burpees easier by jumping with one leg at a time. For a

great cardio boost add 3 to 5 sets of 8 to 15 burpees to your regular workout routine.

### 13. Butt Kicks

Primary muscles: Hamstrings, glutes

Secondary muscles: Abs, legs, arms, back

Equipment: No equipment

#### Butt Kicks Instructions

1. Stand tall with your feet shoulder-width apart and face forward.
2. Start kicking your feet up, until the heels touch the glutes, and pump your arms at the same time.
3. Repeat until set is complete.

#### Proper Form And Breathing Pattern

While doing the butt kicks exercise remember to keep your shoulders back, your abs tight, to open up your chest, and to land slowly on the balls of your feet. Keep your arms close to your torso and your elbows bent at a 90-degree angle.

Breathe out as you kick back and maintain a steady and stable pace. Pump your arms in sync with the opposite leg.

#### Exercise Benefits

The butt kicks exercise is a great cardiovascular move that warms up the body, keeps the heart rate up and helps you burn some calories. This is a great warm up exercise for your legs because it strengthens the hamstrings and helps prevent injuries.

#### Sets And Reps

Keep the movement slow, until you've perfected it, and kick your feet as high as possible. Once you're happy with your form, pick up the pace and try to complete 2 or 3, 30 second to 1 minute, sets.

### 14. Chest Fly Glute Bridge

Primary muscles: Glutes, chest

Secondary muscles: Core, shoulders, arms, hamstrings

Equipment: Dumbbells

#### Chest Fly Glute Bridge Instructions

1. Lie on your back with your knees bent and your arms out to the sides, holding a dumbbell in each hand.
2. Lift your hips off the mat and then bring the dumbbells up with your palms facing each other.
3. Lower your arms and hips back to the starting position and repeat the movement until the set is complete.

#### Proper Form And Breathing Pattern

Engage your core and glutes, keep your knees in line with your hips and feet, and maintain your elbows slightly bent. Breathe out as you squeeze the glutes and lift your hips and arms off the mat. Inhale as you return to the initial position.

#### Exercise Benefits

The chest fly glute bridge strengthens your glutes, chest, and core, and improves spinal stabilization. This exercise also stretches the back muscles and the hip flexors and improves your thoracic mobility.

#### Sets And Reps

Practice doing the lying chest fly and the glute bridge separately first. Once you're comfortable with your form pair the two movements and do 2 or 3, 60-second sets.

### 15. Clamshell

Primary muscles: Hips, glutes

Secondary muscles: Inner and outer thighs

Equipment: No equipment

#### Clamshell Instructions

1. Lie on your side with your knees slightly bent and with one leg on top of the other.
2. Keep your feet together and lift your top knee until it's parallel with your hip.
3. Lower your knee back to the initial position, repeat, and then switch sides.

#### Proper Form And Breathing Pattern

When doing the clamshell exercise, keep your upper body static and maintain a neutral spine. Rotate your hip to lift the knee and breathe out. Keep your core tight to avoid rolling back and, as you breathe in, lower your leg back to the starting position.

#### Exercise Benefits

The clamshell is a great exercise to strengthen your hips, inner and outer thighs, tone your glutes and stabilize your pelvic muscles.

#### Sets And Reps

Perform 1 to 3 sets of 10 to 15 repetitions on each side. If you want to increase the challenge you can place a resistance band around your thighs or hold a weight on the outside of your top hip.

### 16. Core Control Rear Lunge

Primary muscles: Quads, glutes, shoulders, core

Secondary muscles: Hamstrings, calves, triceps

Equipment: Dumbbells

#### Core Control Rear Lunge Instructions

1. Start with your feet together, hold a dumbbell in your right hand and extend your left arm out to the side, until it's parallel with the floor.
2. As you step back with your left leg and lunge, extend your right arm up and rotate your palm forward.
3. As you stand up, bend your left leg, lift your knee as high as you can, bring your right elbow to your left knee, and rotate your palm so that it faces your body.
4. Repeat and then switch sides.

#### Proper Form And Breathing Pattern

Engage your core for stability, face front, open your chest and keep your back straight. As you lunge, keep the front knee aligned with the ankle and keep your weight loaded in the front heel. Exhale as you stand up and maintain a smooth and steady rhythm.

#### Exercise Benefits

The core control rear lunge is a compound move that engages and works your entire body and gives you a great cardio boost. This exercise challenges your stability, boosts metabolism, and improves your balance and coordination.

#### Sets And Reps

Start with the Arnold shoulder press and backward lunges first. Once you're comfortable with your form, pair the two exercises and add 2 or 3, 30-second to 1-minute sets of the core control rear lunge to your full body workouts.

### 17. Cossack Squat

Primary muscles: Glutes, inner thighs

Secondary muscles: Hips, quads, hamstrings, calves

Equipment: No equipment

#### Cossack Squat Instructions

1. Stand with your feet in a wide stance and with your toes pointing out to the sides.
3. Squat to the right, going as low as it feels comfortable.
4. Return to the starting position and repeat on the left side.

#### Proper Form And Breathing Pattern

Tighten your core, keep your back straight at all times, and maintain your knees in line with your toes. Breathe in as you squat, and keep both heels on the floor. Exhale as you push through the heels to return to the starting position.

#### Exercise Benefits

The cossack squat improves the hips' range of motion, strengthens the core, and sculpts the legs and glutes. This exercise also helps to build muscle endurance and increases your flexibility and mobility.

#### Sets And Reps

Start with sumo squats and side lunges, to acquire proper exercise form. Once you're ready to increase the challenge, add 2 or 3 sets of 10 to 16 cossack squats to your lower body routines.

### 18. Cross Jacks

Primary muscles: Glutes, inner thighs, outer thighs

Secondary muscles: Legs, abs, shoulders

Equipment: No equipment

#### Cross Jacks Instructions

1. Stand straight with your feet shoulder-width apart and your arms up and extended out to the sides.
2. Jump up and cross your left leg in front of the right, and your left arm on top of the right.
3. Jump again and return to the starting position.
4. Repeat, and reverse the position of your arms and legs.

#### Proper Form And Breathing Pattern

Tighten your core, keep your knees and elbows loose, and maintain a smooth and steady breathing pattern. Land softly on the balls of your feet with your knees slightly bent, and keep your feet, hips, and knees in line.

#### Exercise Benefits

The cross jacks is a cardio move that warms up the muscles and joints, activates all muscle groups, and keeps your heart rate up. This exercise also boosts your metabolism, improves muscle endurance, and promotes relaxation.

#### Sets And Reps

Start slowly and add 1 or 2 sets of 12 to 16 repetitions to your warm up routines. To thoroughly warm up your body, pair the cross jacks with jumping jacks, criss cross crunches and mountain climbers.

### 19. Curtsy Lunge

Primary muscles: Quads, glutes

Secondary muscles: Calves, thighs

Equipment: No equipment

#### Curtsy Lunge Instructions

1. Stand tall with your feet hip-width apart.

2. Keeping your weight in your right foot, take a big step back with your left leg, crossing it behind your right leg.
3. Start lowering your body, by bending your knees, until your right thigh is parallel to the floor.
4. Return to the starting position and repeat on the opposite side.

#### Proper Form And Breathing Pattern

When doing the curtsy lunge, engage your core muscles, face forward, maintain your upper body nice and tall, and keep your back straight. Breathe in as you lunge and keep your front knee over your ankle. Bend both knees, until your calves and thighs form a 90-degree angle, and keep the toes pointing in the same direction as the knees.

#### Exercise Benefits

The curtsy lunge is a modified version of the standard lunge that incorporates different leg muscles into the lunge position. This exercise helps tone your inner and outer thighs as well as the rest of your legs and glutes. It's important to add lateral movements to your leg workouts to target different muscle groups, challenge your stability and improve your overall core strength.

#### Sets And Reps

Since the curtsy lunge is a progression of the regular lunge, make sure you acquire the proper lunge technique first. Once you're comfortable with your form you can change it up by adding side lunges and curtsy lunges to your workout routine. Start with a 15 to 30-second set or do 10 to 15 repetitions on each side.

### 20. Curtsy Lunge Side Kick Raise

Primary muscles: Quads, glutes, shoulders, core

Secondary muscles: Upper back, chest, arms, hips, thighs

Equipment: Dumbbell

#### Curtsy Lunge Side Kick Raise Instructions

1. Stand with your feet hip-width apart and hold a dumbbell in your right hand.
2. Take a big step back with your left leg, cross it behind your right leg, and lunge.
3. As you stand up, kick your left leg out to the side and raise the dumbbell to shoulder height.
4. Repeat and then switch sides.

#### Proper Form And Breathing Pattern

Engage your core, face forward, open your chest and keep your back straight. As you lunge, keep your front knee over your ankle, and keep your toes pointing in the same direction as your knees. Exhale as you stand up and, as you kick out to the side and raise the dumbbell, maintain your back aligned.



### Exercise Benefits

The curtsy lunge side kick raise is a compound movement that engages and stimulates the entire body. This exercise strengthens the muscles, boosts the metabolism, and improves your balance and coordination.

### Sets And Reps

Practice doing curtsy lunges, squat side kicks and dumbbell lateral raises first. Once you've mastered those moves, progress to the curtsy lunge side kick raise, and add 2 or 3 sets of 10 to 12 repetitions to your full body or cardio workouts.

## 21. Curtsy Lunge Side Kick

Primary muscles: Quads, glutes, core

Secondary muscles: Hips, thighs

Equipment: No equipment

### Curtsy Lunge Side Kick Instructions

1. Stand with your feet hip-width apart, take a big step back with your right leg, crossing it behind the left, and lunge.
2. As you stand up, kick your right leg out to the side and up.
3. Repeat for the duration of the set and then switch sides.

### Proper Form And Breathing Pattern

Engage your core, open the chest, face front and keep your back straight. As you lunge, keep the front knee over the ankle, and keep the toes pointing in the same direction as the knees. Exhale as you stand back up and kick out to the side, and maintain your core tight.

### Exercise Benefits

The curtsy lunge side kick is a move that engages and stimulates your lower body and improves balance. This exercise strengthens, tones, and sculpts your quads, hamstrings, inner and outer thighs, glutes, hips, and core.

### Sets And Reps

Practice doing curtsy lunges and squat side kicks first. Once you're comfortable with your form, advance to the curtsy lunge side kick, and do 2 or 3 sets of 10 to 12 repetitions on each side.

## 22. Deadlift Upright Row

Primary muscles: Hamstrings, glutes, upper back

Secondary muscles: Calves, lats, shoulders, middle and lower back

Equipment: Dumbbells

### Deadlift Upright Row Instructions

1. Stand up with your feet shoulder-width apart and hold a set of dumbbells in front of your thighs.

2. Push your hips back and lower the dumbbells until your torso is parallel to the floor.
3. Stand up and pull the dumbbells toward your chest, keeping your arms a little wider than shoulder-width apart.
4. Repeat until the set is complete.

#### Proper Form And Breathing Pattern

Keep your back straight, open the chest and pull your shoulders back. Inhale as you lower the dumbbells, and keep your legs straight or only slightly bent. Push through the heels to get back up, squeeze the glutes and breathe out as you pull the dumbbells toward the chest.

#### Exercise Benefits

The deadlift upright row targets the back of the body and strengthens the hamstrings, glutes, calves, back, and shoulders. This exercise improves your posture and helps prevent injuries in the hamstrings and lower back.

#### Sets And Reps

Practice doing the romanian deadlift and the wide row first. Once you're comfortable with your form, pair the 2 movements and do 2 to 3, 30-second to 1-minute sets of the deadlift upright row.

### 23. Donkey Kicks

Primary muscles: Glutes, hip flexors

Secondary muscles: Abs

Equipment: No equipment

#### Donkey Kicks Instructions

1. Get down on all fours and position your hands under your shoulders and your knees under your hips.
2. Kick back with one leg and squeeze the glutes.
3. Bend the knee, lower the leg, and repeat.
4. Switch legs.

#### Proper Form And Breathing Pattern

When doing donkey kicks, keep your core tight, your back straight, and face down. Breathe out as you kick back and avoid raising your leg any higher than your hip. Keep your weight evenly distributed and breathe in as you lower the leg.

#### Exercise Benefits

Donkey kicks are a simple but effective exercise that targets the glutes and helps to tone, tighten and strengthen your buttocks. To give your glutes a great workout, combine a set of donkey kicks with a set of fire hydrants.

### Sets And Reps

As with any other exercise you should always start slowly and with fewer repetitions. As you gain strength, try to complete 3 sets of 15 to 20 repetitions on each side. If your goal is to gain muscle mass and get a bigger bottom, you can perform this exercise using ankle weights.

## 24. Double Pulse Squat Jump

Primary muscles: Glutes, hip flexors, quads

Secondary muscles: Abs, calves, hamstrings, lower back

Equipment: No equipment

### Double Pulse Squat Jump Instructions

1. Stand with your feet shoulder-width apart and the toes pointing slightly outward.
2. Bend your knees, pressing your hips back, and squat until the thighs are parallel with the floor.
3. Lift your hips a few inches up and squat again.
4. Push through the heels to jump straight up.
5. Land with your knees slightly bent and go back into the squat position.
6. Repeat until the set is complete.

### Proper Form And Breathing Pattern

Keep your chest up, your hips back, and don't let the knees extend beyond the toes. Inhale as you squat and breathe out as you put the pressure on the heels to jump. To absorb the impact, land softly on the toes and balls of the feet and with your knees slightly bent.

### Exercise Benefits

The double pulse jump squat is a high-impact, cardio exercise that can help build muscle strength, increase speed and explosiveness, and boost aerobic fitness. This exercise activates your lower body and helps tone your legs, thighs, and glutes.

### Sets And Reps

Practice doing bodyweight squats, squat jacks and jump squats first. Once you're comfortable with your form, advance to the double pulse squat jump and do 2 or 3, 30-second to 1-minute sets.

## 25. Downward Dog Crunch

Primary muscles: Core, glutes

Secondary muscles: Hamstrings, quads, hips, shoulders, arms

Equipment: No equipment

### Downward Dog Crunch Instructions

1. Start in downward dog pose with your arms and legs straight and your hips up and back.
2. Bring your right knee close to your right elbow and crunch.
3. Extend your right leg up and to the back.
4. Repeat for the duration of the set and then switch sides.

#### Proper Form And Breathing Pattern

Keep your spine, head, and neck neutral and aligned, engage your core and glutes, and maintain your wrists and elbows straight. Breathe out as you bend the knee and bring it toward the elbow and inhale as you extend the leg up and back, being careful not to arch your back.

#### Exercise Benefits

The downward dog crunch is a full body move that strengthens the whole body, helps to improve posture and flexibility, and tightens the core. This exercise boosts circulation, increases the heart rate and helps you burn off fat fast.

#### Sets And Reps

Practice doing the downward dog pose and the knee to elbow kickback first. Once you're comfortable with both moves, progress to the downward dog crunch and do 2 or 3 sets of 8 to 10 reps, on each side.

### 26. Dumbbell Skier Swing

Primary muscles: Hamstrings, glutes

Secondary muscles: Core, quads, hips, shoulders, arms

Equipment: Dumbbells

#### Dumbbell Skier Swing Instructions

1. Start with your feet hip-width apart and hold a dumbbell in each hand.
2. Push your hips back and swing the dumbbells behind you.
3. Explosively thrust your hips forward, swing the dumbbells to the front, and squeeze your glutes as you come to a full stand.
4. Repeat this movement for the duration of the set.

#### Proper Form And Breathing Pattern

Engage your core, keep your knees soft, and maintain your spine and neck neutral and with a slight natural arch. Breathe in as you thrust your hips and swing your arms forward. Squeeze your glutes as you come to a full stand, and then exhale as you push your hips back and return to the starting position.

#### Exercise Benefits

The dumbbell skier swing is a full body exercise that strengthens the glutes and hamstrings, tightens the core, and tones the quads, hips, shoulders, and arms. This exercise increases core strength and stability and helps to improve posture.

### Sets And Reps

Do 2 or 3, 60-second sets of dumbbell skiers. To speed up your metabolism and jumpstart your weight loss, pair this move with the spiderman plank, the step up with knee raise and the skaters exercise.

## 27. Dumbbell Swing

Primary muscles: Glutes, quads, hamstrings

Secondary muscles: Legs, core, shoulders

Equipment: Dumbbell, kettlebell

### Dumbbell Swing Instructions

1. Stand with your feet shoulder-width apart, your toes pointed slightly outward, and hold a dumbbell with both hands.
2. Squat and bring the dumbbell between your legs.
3. Stand up and swing the dumbbell up to about chest height.
4. Return to the squat position and repeat for the duration of the set.

### Proper Form And Breathing Pattern

Open your chest, roll your shoulders back and keep your spine aligned. Engage your core, inhale as you squat, and breathe out as you squeeze your glutes and stand back up.

### Exercise Benefits

The dumbbell swing targets the glutes, thighs, and core muscles helping you improve your stability and lower body strength. Since this exercise works several muscle groups simultaneously it gives you a great cardio boost and helps you burn more calories in a short period of time.

### Sets And Reps

Start with 30-second sets or do 1 to 2 sets of 20 repetitions. Complete your leg circuit with exercises that add lateral movement, like the curtsy lunge, and exercises that add back and forth movement, like the scissor skier.

## 28. Dumbbell Thrusters

Primary muscles: Quads, hamstrings, glutes, shoulders

Secondary muscles: Arms, upper back, core

Equipment: Dumbbells

### Dumbbell Thrusters Instructions

1. Stand with your feet shoulder-width apart and hold your dumbbells in front of your shoulders.
2. Squat down until your thighs are parallel to the floor.
3. Stand up and extend your arms over your head.

4. Bend your arms, return to the starting position and repeat the exercise.

#### Proper Form And Breathing Pattern

Dumbbell thrusters are not appropriate for beginners and you need to pay special attention to your form to prevent any injuries. Keep your chest up, the core engaged, the hips back and inhale as you squat. Put pressure on the heels, push yourself back up, and exhale as you press your arms up.

#### Exercise Benefits

The dumbbell thrusters is a compound exercise that combines the squat with the shoulder press. This is a very complete and versatile exercise that strengthens your entire body and improves your aerobic fitness, stamina, and endurance.

#### Sets And Reps

If your goal is to lose weight and improve your cardiovascular fitness, choose lighter dumbbells and do 30-second to 1-minute sets. If your goal is to increase muscle strength and power, choose heavier dumbbells and do 3 sets of 6 to 8 repetitions.

### 29. Figure 8 Squat

Primary muscles: Glutes, quads, hamstrings

Secondary muscles: Legs, core, shoulders, arms

Equipment: Dumbbell, kettlebell

#### Figure 8 Squat Instructions

1. Stand with your feet a little wider than shoulder-width apart, your toes pointed slightly outward, and hold a dumbbell/kettlebell in your right hand.
2. Squat, bring the dumbbell between your legs and pass it under your left thigh to your left hand.
3. Stand up and bring the dumbbell to the front.
4. Squat, bring the dumbbell between your legs and pass it under your right thigh to your right hand.
5. Keep alternating hands for the entire duration of the set.

#### Proper Form And Breathing Pattern

Tighten your core, keep your feet and knees pointing in the same direction, and maintain your back neutral and aligned. Breathe in as you squat, keep the movement slow and controlled, and exhale as you stand back up.

#### Exercise Benefits

The figure 8 squat targets the glutes and thighs and helps to improve lower body strength, power, and endurance. This exercise also works your core, legs, shoulders, and arms, giving you a great cardio boost.

### Sets And Reps

Practice doing plie squats first and, once you're comfortable with your form, advance to the figure 8 squat. Do 2 or 3, 30-second to 1-minute sets and complete your full body circuit with the touch and hop, the curtsy lunge side kick raise, and the plank straight arm kickback.

## 30. Fingertip To Toe Jacks

Primary muscles: Thighs, hips, glutes

Secondary muscles: Obliques, abs

Equipment: No equipment

### Fingertip To Toe Jacks Instructions

1. Stand up straight with your feet hip-width apart and your hands by your sides.
2. Bend your right leg and lift your foot as high as you can.
3. Slightly rotate your torso to the right and try touching your right foot with your left hand.
4. Repeat on the opposite side and keep alternating sides until the set is complete.

### Proper Form And Breathing Pattern

Keep the movement smooth and steady and maintain a slow and deep breathing pattern. Open your chest, keep your back straight and face front.

### Exercise Benefits

The fingertip to toe jacks is a great bodyweight exercise that warms up the entire body and strengthens your thighs, hips, and core muscles. Since your core needs to work hard to maintain stability and proper posture, this exercise can be part of a warm up routine or a core workout.

### Sets And Reps

Start slowly with 30-second to 1-minute sets and, as you gain strength, increase the height of the leg lift as well as the speed. Hop back and forth from leg to leg as fast as you can without losing form.

## 31. Fire Hydrant

Primary muscles: Hips, glutes

Secondary muscles: Core, thighs

Equipment: No equipment

### Fire Hydrant Instructions

1. Get down on your hands and knees, with your wrists under your shoulders and your knees hip-width apart.

2. Keeping the knee bent, raise one leg up and out to the side, until it's level with your hip.
3. Return to the starting position, repeat, and then switch legs.

#### Proper Form And Breathing Pattern

While doing the fire hydrant, face the floor and avoid arching your back. Keep your elbows locked, and don't let your weight shift over to the support side. Don't rush through the exercise and don't raise the legs any higher than your hips. Breathe out as you raise your leg, and inhale as you return to the starting position.

#### Exercise Benefits

The fire hydrant targets the outer glutes, core, and hips. This is a great exercise to tone and firm your butt and thighs, strengthen the hips, and also tighten your core. For a perkier backside, pair fire hydrants with donkey kicks.

#### Sets And Reps

To tone and tighten the buttocks start with 1 or 2 sets of 8 to 10 repetitions. Increase the number of sets and reps over time, until you're able to complete 3 sets of 15 to 20 repetitions. If you're looking for a bigger challenge, or if you want to build muscle mass, use ankle weights.

### 32. Flutter Kick Squats

Primary muscles: Quads, glutes, hamstrings

Secondary muscles: Legs, core

Equipment: No equipment

#### Flutter Kick Squats Instructions

1. Stand with your feet shoulder-width apart and with one foot forward and the other foot behind you.
2. Jump and switch leg positions.
3. Jump again, landing with your feet a little wider than shoulder-width apart, and squat.
4. Jump to return to the starting position and repeat the exercise.

#### Proper Form And Breathing Pattern

Keep your core tight and, as you jump, push from your back toes and land softly on your front heel. Move your arms in a way that resembles the running motion and keep your breathing pattern slow and steady.

#### Exercise Benefits

Doing flutter kick squats gives you a great cardio boost. This exercise not only strengthens the lower body but also burns a ton of calories in a short period of



time. This is an intense, high-impact exercise so, if you're a beginner, you should start practicing proper form with bodyweight squats. To prepare your body for more intense exercises and reduce the risk of injuries, you should always focus on improving your fitness level gradually.

#### Sets And Reps

Start with a 30-second set or do 8 to 10 repetitions. A great way to maximize your workout is to alternate high-intensity exercises with low-intensity ones. You can run in place for 1 minute and then do flutter kick squats for 30 seconds.

### **C. EXERCISES FOR ABS AND OBLIQUES**

#### 1. Abdominal Bridge

Primary muscles: Core

Secondary muscles: Abs, obliques, lower back, pelvis

Equipment: No equipment

#### Abdominal Bridge Instructions

1. Lie on your stomach with your legs fully extended and your forearms on the mat.
2. Engage your core and lift your hips.
3. Pause for 2 seconds, then return to the starting position.
4. Repeat until the set is complete.

#### Proper Form And Breathing Pattern

Keep the elbows directly below the shoulders, maintain your shoulders back, and keep the knees on the mat. As you exhale, tighten the core and lift your hips slowly until they're almost at shoulder height. Pause for 2 seconds and then inhale as you slowly return to the starting position.

#### Exercise Benefits

The abdominal bridge targets the core and is a great exercise to strengthen the back, abs, obliques, and the pelvic floor muscles. This exercise helps reduce your risk of incontinence, improves your sexual health, and boosts your core strength and stability.

#### Sets And Reps

Do 2 or 3 sets of 8 to 12 repetitions. To work your pelvic floor muscles to a greater degree, pair the abdominal bridge with the glute bridge, the dead bug and the wall sit exercises.

#### 2. Ab Stretch

Primary muscles: Abs

Secondary muscles: Obliques

Equipment: No equipment

### Ab Stretch Instructions

1. Lie face down on your mat with your legs straight and your arms in a push up position.
2. Straighten your arms slowly as you lift your torso.
3. Hold this position for 20 to 30 seconds.

### Proper Form And Breathing Pattern

Keep your abs and back relaxed and breathe slowly. Inhale as you push your torso up and deepen the stretch. Keep facing forward and maintain your pelvis on the mat. Feel the stretch in your abdominal wall and keep your body in a comfortable and pain-free position.

### Exercise Benefits

Sitting down for long periods of time can contribute, not only to back pain and injuries but also to the shortening of the ab muscles. The ab stretch can fix this problem since it helps to increase flexibility, improves the tone of your muscles, and relieves muscle tension.

### Intensity And Duration

Start slowly and stretch your abs with caution. It's very important that you don't feel any pain while stretching. As you gain strength and flexibility, you'll be able to stretch further. Hold the stretch for 20 to 30 seconds and then release. Always stretch your muscles after a workout or a warm up routine. Stretching cold muscles can lead to injuries or muscle strains.

### 3. Ankle Tap Push Ups

Primary muscles: Core

Secondary muscles: Chest, shoulders, arms, thighs, glutes, calves

Equipment: No equipment

### Ankle Tap Push Ups Instructions

1. Start in a push up position, with your hands under your shoulders and your legs extended back.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. As you push back to the starting position, lift your hips, and touch your left ankle with your right hand.
4. Return to the push up position and repeat on the opposite side.
5. Keep alternating sides until the set is complete.

### Proper Form And Breathing Pattern

Engage your core and your glutes, maintain a neutral spine, and breathe out as you push yourself back up and touch the ankle. Keep the movement fluid, and inhale as you lower the hips and return to the push up position.

### Exercise Benefits

The ankle tap push ups challenges your coordination and balance and works your whole body. This move gets your heart pumping, strengthens the muscles and helps you burn a ton of calories in a short period of time.

### Sets And Reps

Practice doing push ups and the inverted v plank first. Once you're comfortable with your exercise form, advance to ankle tap push ups and start with 30 sec sets or do 10 to 15 reps.

## 4. Balance Chop

Primary muscles: Abs, obliques, lower back

Secondary muscles: Quads, hamstrings, glutes, shoulders

Equipment: Dumbbell, medicine ball

### Balance Chop Instructions

1. Stand straight with your feet wide and hold a dumbbell with both hands.
2. Rotate your torso to the left and raise the dumbbell above your head.
3. Lift your right knee as you rotate your torso to the right, and bring the dumbbell diagonally across the body until it's close to your right hip.
4. Repeat and then switch sides.

### Proper Form And Breathing Pattern

Tighten your core, keep your feet and knees pointing in the same direction, and breathe in as you raise the dumbbell above your head. Exhale as you lift your knee and bring the dumbbell close to your hip.

### Exercise Benefits

The balance chop improves the flexibility of the spine and helps keep the core strong and stable. This exercise also improves your balance and posture and strengthens the upper and lower body.

### Sets And Reps

Do 10 to 12 repetitions on each side and choose a weight that is heavy enough, and that allows you to perform all repetitions with proper form.

## 5. Band Leg Abduction Crunch

Primary muscles: Abs, outer thighs

Secondary muscles: Back, glutes, hips, thighs

Equipment: Resistance band

### Band Leg Abduction Crunch Instructions

1. Lie on the mat, place a resistance band around both legs and raise the legs toward the ceiling.
2. Lift your shoulders, open the legs and chop your hands through your legs.
3. Lower your torso, close the legs and return to the starting position.
4. Repeat until the set is complete.

#### Proper Form And Breathing Pattern

Engage your core, keep your neck, head, and back neutral and exhale as you crunch. Spread your legs wide enough that you feel tension across the band and then inhale as you slowly lower your upper body back to the mat and release tension.

#### Exercise Benefits

The band leg abduction crunch actively engages your abs and outer thighs and helps improve muscle tone and definition. This exercise also tightens the core, tones the glutes, hips, and thighs, and boosts your metabolism.

#### Sets And Reps

Practice doing crunch chops and the squat band hip abduction first. Once you're comfortable with your form, advance to the band leg abduction crunch and do 2 or 3, 30-second to 1-minute sets.

### 6. Band Reverse Plank

Primary muscles: Arms, glutes, core

Secondary muscles: Legs, shoulders

Equipment: Resistance band

#### Band Reverse Plank Instructions

1. Sit on the mat with your legs extended, place a band around your waist, extend your arms back with your fingers facing the body, and secure the band under your hands.
2. Lift your butt off the mat and squeeze the glutes.
3. Lower the hips to return to the starting position and repeat.

#### Proper Form And Breathing Pattern

Keep your hands under your shoulders, your arms and legs extended, and maintain your head neutral. Roll your shoulders back, open your chest and breathe out as you lift your hips and squeeze the glutes. Inhale as you return to the initial position.

#### Exercise Benefits

The band reverse plank works your glutes, core, and arms and improves your overall strength and stability. This exercise also engages your shoulders and legs, giving you a great full body workout.

### Sets And Reps

Practice doing the tabletop reverse pike and the advanced bridge first. Once you're comfortable with your form, increase resistance and advance to the band reverse plank. Try to complete 2 or 3, 30 second to 1-minute sets.

## 7. Basketball Shots

Primary muscles: Glutes, abs, quads

Secondary muscles: Calves, hamstrings, lower back, shoulders

Equipment: No equipment

### Basketball Shots Instructions

1. Stand with your feet shoulder-width apart and the toes pointing slightly outward.
2. Bend your knees, press your hips back, and take both hands close to your right foot.
3. Jump up and extend your arms above your head and to the left.
4. Land with your knees slightly bent and go back into the squat position.
5. Repeat and then switch sides.

### Proper Form And Breathing Pattern

Tighten your core, press your hips back, keep your chest up, and maintain your back aligned. Don't let the knees extend beyond the toes and breathe out as you push through the heels to jump up. Extend your arms above your head and slightly to the left, and gaze up. Land softly on the balls of your feet, with your knees slightly bent.

### Exercise Benefits

The basketball shots is a high-impact, full body exercise that improves your aerobic fitness, builds strength, and increases your speed and coordination. This move targets your core, legs, glutes, and shoulders, boosts your metabolism, and improves your stamina and endurance.

### Sets And Reps

Practice doing the jump squat and the wood chop first. Once you're ready to progress, add 2 or 3 sets of 16 to 20 repetitions of basketball shots to your full body or cardio workouts.

## 8. Bent Leg Jackknife

Primary muscles: Abs

Secondary muscles: Core, upper back, hip flexors, quads, hamstrings

Equipment: No equipment

Exercise for the opposite muscles: Back extensions

### Bent Leg Jackknife Instructions

1. Lie on your back with your legs straight and your arms extended back.
2. Raise your torso and bend your knees simultaneously, and then hug your knees with both hands.
3. Return to the starting position and repeat.

### Proper Form And Breathing Pattern

Use your core strength to keep your upper body stable, and maintain a neutral spine during the entire exercise. Breathe out as you bring your knees toward the chest and squeeze in the abs. Breathe in as you return to the starting position without ever letting your hands and feet touch the floor.

### Exercise Benefits

The bent leg jackknife fully engages the abdominal wall and helps to strengthen and tighten the core. This exercise also challenges your back muscles, improves posture, and prevents lower back pain and injury.

### Sets And Reps

Start with knee hugs and v sits to acquire proper exercise form. As you gain core strength, progress to the bent leg jackknife and do 2 or 3 sets of 10 to 12 reps.

## 9. Bent Over Twist

Primary muscles: Obliques

Secondary muscles: Lower back, abs, hamstrings

Equipment: No equipment

### Bent Over Twist Instructions

1. Stand straight with your feet slightly wider than shoulder-width apart and raise your arms to the sides.
2. Bend and rotate your torso to the right, touching your right feet with your left hand.
3. Return to the starting position and repeat on the other side.

### Proper Form And Breathing Pattern

Keep your back and your arms straight and engage your abs. Maintain a neutral spine and use your abs and obliques to control the movement. Breathe deeply and inhale as you lift your torso and return to the starting position.

### Exercise Benefits

The bent over twist is a great exercise to improve your flexibility and stability. It's also a good warm-up exercise because it rotates your body and moves it through the transverse plane of motion. While getting your body ready for a workout it's important to do, not only back and forth and side to side movements, but also rotation movements.

### Sets And Reps

This exercise is a great addition to any thorough warm up routine. Do it at the end of the warm up period for about 30 seconds to 1 minute.

## 10. Bicycle Crunches

Primary muscles: Abs, obliques

Secondary muscles: Glutes, hip flexors, quads

Equipment: No equipment

Exercise for the opposite muscles: Bird dogs

### Bicycle Crunches Instructions

1. Lie on your back, lift your shoulders off the mat and raise both legs.
2. Bring one knee and the opposing elbow close to each other by crunching to one side, and fully extend the other leg.
3. Return to the starting position and then crunch to the opposite side.
4. Repeat until the set is complete.

### Proper Form And Breathing Pattern

When doing bicycle crunches, engage your core muscles, open the elbows and keep your neck relaxed. Breathe out as you crunch, keep your shoulder blades off the mat and maintain a steady rhythm throughout the entire exercise.

### Exercise Benefits

Adding bicycle crunches to your workout routine helps to increase core strength, slims down your waist, and improves your stability and flexibility. This exercise works your abs and obliques and because it keeps your body moving constantly, boosts your heart rate, and burns even more calories.

### Sets And Reps

Start with 3 sets of 12 to 20 repetitions and, if you feel that this exercise is too challenging for you, don't fully extend the legs.

## 11. Bird Dogs

Primary muscles: Abs, middle and lower back

Secondary muscles: Glutes, hip flexors

Equipment: No equipment

Exercises for the opposite muscles: Pulse ups, bicycle crunches

### Bird Dogs Instructions

1. Start on your hands and knees with the hands under the shoulders and the knees under the hips.
2. Extend one leg and the opposite arm at the same time.
3. Pause for 3 to 5 seconds, return to the starting position, and switch sides.

4. Continue alternating sides until set is complete.

#### Proper Form And Breathing Pattern

When doing bird dogs keep your spine in a neutral position, with your head and neck in alignment, and relax your shoulders. Breathe in as you lift your arm and the opposite leg, and maintain your torso stable by engaging your core.

#### Exercise Benefits

The bird dog is a great exercise to add to your workout routine if your goal is to strengthen your core and improve posture and balance. This exercise can also improve the stability of your lumbar spine and prevent lower back pain.

#### Sets And Reps

Start with 2 or 3 sets of 6 to 12 reps on each side and, as you gain core strength, increase the number of repetitions. To further increase your balance and core strength, alternate bird dogs with planks and side planks.

### 12. Boat Twist

Primary muscles: Abs, obliques

Secondary muscles: Lower back

Equipment: No equipment

#### Boat Twist Instructions

1. Sit down on a mat with your knees bent, extend your arms out to the sides and lift your feet off the floor.
2. Twist your torso to the right, and then reverse the motion, twisting it to the left.
3. Repeat this movement until the set is complete.

#### Proper Form And Breathing Pattern

Twist your torso only from the ribs up, tighten your core and make sure your back is straight at all times. Keep your feet off the floor and, if you can, bring your legs up until they're parallel with the floor. Breathe out as you twist your torso.

#### Exercise Benefits

The boat twist engages your whole core and strengthens the abs, obliques, and lower back. This exercise helps to trim down the waist and improves your balance, stability, and posture.

#### Sets And Reps

Do 2 or 3, 45 to 60-minute sets and for a thorough core workout, pair this exercise with side plank hip lifts, downward dog crunches and the alternating superman.

### 13. Breakdancer Kick



Primary muscles: Core, shoulders

Secondary muscles: Legs, arms

Equipment: No equipment

#### Breakdancer Kick Instructions

1. Get down on your hands and knees and lift your knees a few inches off the floor.
2. Lift your left hand and your right foot off the floor, rotate your hips to the left, place your left heel on the floor, and kick your right leg to the left.
3. Rotate your hips to the right and return to the starting position.
4. Switch sides and repeat.

#### Proper Form And Breathing Pattern

Start on all fours, with your wrists underneath your shoulders and your knees underneath your hips. Lift your knees off the floor, engage your core, and keep your back, neck, and head neutral. Exhale as you rotate your hips to the left and kick your right leg under your body.

#### Exercise Benefits

The breakdancer kick is a core exercise that tones and strengthens your obliques, abs, and lower back. This exercise also gets your heart rate up, strengthens your shoulders, arms, and legs, and improves your cardiovascular fitness.

#### Sets And Reps

Do 2 or 3, 30-second to 1-minute sets. For a complete cardio and core workout, pair the breakdancer kick with the plank bird dog, the jump start and the stutter steps exercise.

### 14. Bridge And Twist

Primary muscles: Glutes, abs, obliques

Secondary muscles: Shoulders, core, hips, arms, thighs

Equipment: No equipment

#### Bridge And Twist Instructions

1. Sit on the mat with your knees bent and your arms extended back.
2. Lift your butt off the mat, extend your right arm toward the ceiling and twist your torso to the left.
3. Lower the hips, return to the starting position and repeat on the opposite side.

#### Proper Form And Breathing Pattern

Roll your shoulders back, relax your head and neck and engage your core. Breathe out, lift your butt as high as you can and squeeze the glutes. Twist your torso, reach your arm up toward the ceiling and then breathe in as you lower the hips and return to the starting position.

### Exercise Benefits

The bridge and twist is a modified version of the advanced bridge that targets the glutes, abs, and obliques. This exercise also strengthens your arms, shoulders, hips, and thighs, enhances core stability and balance, and improves the flexibility of the spine.

### Sets And Reps

Start with the advanced bridge and do some crab toe touches first. Once you're comfortable with your form, advance to the bridge and twist and complete 2 or 3 sets of 8 to 10 repetitions on each side.

## 15. Burpees

Primary muscles: Abs, glutes, hip flexors, hamstrings, quads

Secondary muscles: Chest, arms, shoulders

Equipment: No equipment

### Burpees Instructions

1. Stand straight with your feet shoulder-width apart.
2. Squat and place your hands in front of your feet.
3. Jump back until your legs are fully extended and your body is in plank position.
4. Do a push up, jump forward, and then push through the heels to return to the starting position.
5. Repeat until the set is complete.

### Proper Form And Breathing Pattern

If you want to include burpees in your workout routine you need to focus on maintaining perfect form. Keep your back straight and your core engaged at all times and maintain a natural and regular breathing pattern throughout the exercise. If done incorrectly, burpees can put your body at high risk of injury.

### Exercise Benefits

Burpees are an intense full body exercise that increases heart rate, strength, agility, and flexibility. This exercise is one of the most complete since it uses all major muscle groups and burns a ton of calories in a short period of time.

### Sets And Reps

If you're a beginner start with squat thrusts, a similar exercise with less explosive movements, or make burpees easier by jumping with one leg at a time. For a great cardio boost add 3 to 5 sets of 8 to 15 burpees to your regular workout routine.

## 16. Chest Press With Legs Extended

Primary muscles: Chest, abs

Secondary muscles: Triceps, shoulders, lower back

Equipment: Dumbbells

#### Chest Press With Legs Extended Instructions

1. Lie on your back, holding a dumbbell in each hand, and raise your legs to a 45-degree angle.
2. Push the dumbbells up toward the ceiling, with your palms facing your feet and your arms directly above your shoulders.
3. Bend your elbows, lower your arms and repeat the movement.

#### Proper Form And Breathing Pattern

Engage your core and keep your head, back and shoulders pressed against the floor. Breathe out as you squeeze your chest and push the dumbbells up, being careful not to fully extend your elbows. Inhale as you lower the dumbbells and return to the initial position.

#### Exercise Benefits

The chest press legs extended is a full body move that engages both your upper body and your core. This exercise strengthens the chest, abs, shoulders, triceps, and lower back, and improves your posture, flexibility, and stability.

#### Sets And Reps

Practice doing the chest press and the straight leg raise and, once you're comfortable with your form, advance to the chest press with legs extended. Add 2 or 3 sets of 10 to 16 repetitions to your upper body or full body routines.

### 17. Core Control Rear Lunge

Primary muscles: Quads, glutes, shoulders, core

Secondary muscles: Hamstrings, calves, triceps

Equipment: Dumbbells

#### Core Control Rear Lunge Instructions

1. Start with your feet together, hold a dumbbell in your right hand and extend your left arm out to the side, until it's parallel with the floor.
2. As you step back with your left leg and lunge, extend your right arm up and rotate your palm forward.
3. As you stand up, bend your left leg, lift your knee as high as you can, bring your right elbow to your left knee, and rotate your palm so that it faces your body.
4. Repeat and then switch sides.

#### Proper Form And Breathing Pattern

Engage your core for stability, face front, open your chest and keep your back straight. As you lunge, keep the front knee aligned with the ankle and keep your

weight loaded in the front heel. Exhale as you stand up and maintain a smooth and steady rhythm.

#### Exercise Benefits

The core control rear lunge is a compound move that engages and works your entire body and gives you a great cardio boost. This exercise challenges your stability, boosts metabolism, and improves your balance and coordination.

#### Sets And Reps

Start with the Arnold shoulder press and backward lunges first. Once you're comfortable with your form, pair the two exercises and add 2 or 3, 30-second to 1-minute sets of the core control rear lunge to your full body workouts.

### 18. Crab Kicks

Primary muscles: Lower back, abs

Secondary muscles: Glutes, hamstrings, shoulders

Equipment: No equipment

#### Crab Kicks Instructions

1. Sit on the mat with your knees bent, feet together, and place your hands behind you with your fingers facing backward.
2. Lift your hips off the mat and kick your right leg up.
3. Switch legs and repeat. Keep alternating legs until the set is complete.

#### Proper Form And Breathing Pattern

Keep your core engaged, your hips as high as possible, and switch legs as quickly as you can without losing form or using momentum. Maintain a steady breathing pattern, relax your neck and stay in control.

#### Exercise Benefits

Crab kicks are a great exercise to develop core strength, improve your agility and increase your fitness level. If done quickly this exercise can also help you lose weight, improve your cardiovascular endurance and boost your metabolism.

#### Sets And Reps

Do crab kicks for 30 seconds to 1 minute or complete 2 or 3 sets of 12 to 16 repetitions. If you're a beginner start slowly and pay special attention to your form. As you get more comfortable with this exercise you will be able to increase your speed.

### 19. Crab Toe Touches

Primary muscles: Lower back, abs

Secondary muscles: Glutes, hamstrings, shoulders

Equipment: No equipment

### Crab Toe Touches Instructions

1. Sit on the mat with your knees bent, feet together, and place your hands behind you.
2. Lift your hips off the mat, kick your right leg up and touch your right foot with your left hand.
3. Place your right foot on the mat, kick your left leg up and touch your left foot with your right hand.
4. Keep alternating legs until the set is complete.

### Proper Form And Breathing Pattern

Keep your core engaged, your back neutral, relax your neck, and lift your hips as high as possible. Switch legs quickly, without losing form or using momentum, and maintain a steady breathing pattern.

### Exercise Benefits

The crab toe touches is a great cardio move that helps you improve agility, develop core strength, and speeds up your metabolism. This exercise can also boost your weight loss and improve aerobic fitness.

### Sets And Reps

Do crab toe touches for 30 seconds to 1 minute or try to complete 2 or 3 sets of 12 to 16 repetitions. If you're a beginner start slowly and practice doing crab kicks first. As you get more comfortable with this exercise you will be able to increase the speed and add the additional arm movement.

## 20. Cross Crunches

Primary muscles: Abs

Secondary muscles: Obliques

Equipment: No equipment

Exercise for the opposite muscles: Alternating superman

### Cross Crunches Instructions

1. Lie flat on your back with your knees bent.
2. Cross your right leg on top of the left knee, and support your head with the left hand.
3. Crunch and bring your left elbow across your body and toward the right knee.
4. Repeat for as many reps as you can and switch sides.

### Proper Form And Breathing Pattern

When doing cross crunches make sure that your abs are doing all the work. Keep your spine in a neutral position and support your neck with your hand. Breathe out as you squeeze your abs and keep your legs static as you bring your elbow toward the opposite knee.

### Exercise Benefits

The cross crunch targets both the abs and the oblique muscles. This exercise helps to strengthen the core, sculpts the waist, and tones the abdominal wall. To challenge your muscles and get them to respond to exercise, it's important that you include modified versions of the regular crunch into your core workouts.

### Sets And Reps

Do 20 to 25 cross crunches on each side. Alternating core exercises with cardio moves is the secret to a flat belly and a slim midsection. It's important to, not only sculpt and build your muscles with core strengthening exercises but also burn the fat that surrounds the muscles with cardio moves.

## 21. Crunch Chop

Primary muscles: Abs

Secondary muscles: Upper back, hips, glutes, core

Equipment: No equipment

Exercise for the opposite muscles: Bird dogs

### Crunch Chop Instructions

1. Lie on your back with the arms extended above your head, clasp your hands and raise the legs toward the ceiling.
2. Lift your shoulders, open the legs and chop your hands through your legs.
3. Return to the starting position and repeat until the set is complete.

### Proper Form And Breathing Pattern

Keep your core engaged and breathe out as you crunch and chop your hands through your legs. Maintain your back, head, and neck neutral, and inhale as you close your legs and slowly lower your upper body back to the floor.

### Exercise Benefits

The crunch chop actively engages your core, hips and glutes, and improves muscle strength and endurance. This exercise helps to tighten your core, tones your abs, and flattens your belly.

### Sets And Reps

Try to complete 2 or 3, 30-second to 1-minute sets. For a complete core workout, pair the crunch chop with plank bird dogs, bicycle crunches and the dumbbell plank rotation.

## 22. Crunches

Primary muscles: Abs

Secondary muscles: Abs

Equipment: No equipment

Exercise for the opposite muscles: Alternating superman

#### Crunches Instructions

1. Lie down on the mat, keep your knees bent, your back and feet flat, and your hands supporting your head.
2. Lift your shoulders, squeeze your abdominal muscles and hold for 1 to 2 seconds.
3. Slowly return to the starting position and repeat until set is complete.

#### Proper Form And Breathing Pattern

When doing crunches keep your head in a neutral position, with your eyes on the ceiling and the chin off your chest. Breathe out as you crunch, maintain your core muscles tight and engaged, and keep the elbows out.

#### Exercise Benefits

Crunches target the abdominal muscles and adding them to your workout routine helps to tone and strengthen your core, improves your posture, trims down your waist, and increases your balance and stability.

#### Sets And Reps

Start with 2 or 3 sets of 15 to 20 repetitions. You can increase the challenge by doing modified versions of crunches, like roll ups and sit ups. Alternate exercises frequently so that your muscles don't get accustomed to the same moves.

### 23. Dead Bug

Primary muscles: Abs

Secondary muscles: Core

Equipment: No equipment

Exercise for the opposite muscles: Cobra lat pullown

#### Dead Bug Instructions

1. Lie on your back and extend your arms and legs toward the ceiling.
2. Lower your right leg and extend your left arm behind your head.
3. Return to the starting position and repeat with the opposite arm and leg.
4. Keep switching sides until the set is complete.

#### Proper Form And Breathing Pattern

When doing the dead bug exercise keep your lower back flat against the floor, to avoid placing too much stress on it, and keep your abdominal muscles tight. Breathe out as you lower your leg and extend your arm, and hold them parallel to the floor. Breathe in as you return to the starting position and then switch sides.

#### Exercise Benefits

The dead bug is a great core move that targets and strengthens the abdominal wall. This exercise helps to improve core strength, coordination, balance, and flexibility.

#### Sets And Reps

Do 2 to 4 sets of 8 to 12 repetitions on each side. For a beginner's version of the dead bug exercise, start with your knees bent and then straighten one leg and extend the opposite arm.

### 24. Donkey Kick Twist

Primary muscles: Abs, middle and lower back, obliques

Secondary muscles: Glutes, hip flexors

Equipment: No equipment

#### Donkey Kick Twist Instructions

1. Start on your hands and knees, with the hands under the shoulders and the knees under the hips, and place your right hand behind your head.
2. Extend your left leg to the back and rotate your torso to the right.
3. Bend your left leg, bring your right elbow toward your left knee, and crunch.
4. Repeat, and switch sides.

#### Proper Form And Breathing Pattern

Keep your head, neck, and spine neutral, relax your shoulders and engage your core. Breathe in as you extend your leg, and twist your torso only from the ribs up. Exhale as you bring the knee toward the elbow and crunch.

#### Exercise Benefits

The donkey kick twist targets your abs, obliques, and lower back, and helps to sculpt and tighten your entire core. This exercise improves your posture and balance and stabilizes your lumbar spine.

#### Sets And Reps

Practice doing donkey kicks, bird dogs and russian twists first. Once you're comfortable with your form, do 2 or 3 sets of 10 to 16 repetitions on each side.

### 25. Double Leg Stretch

Primary muscles: Abs

Secondary muscles: Core, hip flexors, quads

Equipment: No equipment

#### Double Leg Stretch Instructions

1. Lie on the mat with your legs bent, feet off the floor, and grab both knees.
2. Lift the shoulders off the floor, extend your arms toward the ears and simultaneously extend both legs to a 45-degree angle off the floor.



3. Then bend the knees and hug the chins toward your chest.
4. Extend your arms and legs and repeat until the set is complete.

#### Proper Form And Breathing Pattern

Keep your lower back pressed against the floor, engage the core and back muscles, relax your head and neck and keep your shoulders away from the ears. Inhale deeply as you extend your arms and legs, and exhale as you hug the chins toward the chest.

#### Exercise Benefits

The double leg stretch is a great exercise for working the core and improve your abdominal strength and endurance. This pilates move also helps to build strength in your torso and improves flexibility, coordination, and stability.

#### Sets And Reps

Repeat the exercise for 30 seconds to 1 minute or do 6 to 12 repetitions. For a quick series of pilates ab exercises, pair the double leg stretch with the pilates hundred, the roll over, and the single leg stretch.

### 26. Downward Dog Crunch

Primary muscles: Core, glutes

Secondary muscles: Hamstrings, quads, hips, shoulders, arms

Equipment: No equipment

#### Downward Dog Crunch Instructions

1. Start in downward dog pose with your arms and legs straight and your hips up and back.
2. Bring your right knee close to your right elbow and crunch.
3. Extend your right leg up and to the back.
4. Repeat for the duration of the set and then switch sides.

#### Proper Form And Breathing Pattern

Keep your spine, head, and neck neutral and aligned, engage your core and glutes, and maintain your wrists and elbows straight. Breathe out as you bend the knee and bring it toward the elbow and inhale as you extend the leg up and back, being careful not to arch your back.

#### Exercise Benefits

The downward dog crunch is a full body move that strengthens the whole body, helps to improve posture and flexibility, and tightens the core. This exercise boosts circulation, increases the heart rate and helps you burn off fat fast.

#### Sets And Reps

Practice doing the downward dog pose and the knee to elbow kickback first. Once you're comfortable with both moves, progress to the downward dog crunch and do 2 or 3 sets of 8 to 10 reps, on each side.

## 27. Dumbbell Leg Loop

Primary muscles: Abs, core

Secondary muscles: Quads, hip flexors

Equipment: Dumbbell

Exercise for the opposite muscles: Back extensions

### Dumbbell Leg Loop Instructions

1. Sit on the floor with your legs fully extended, hold a dumbbell in your right hand, lean your torso back, and lift your legs a few inches off the floor.
2. Drive your right knee up toward the chest, and loop the dumbbell under the right knee and to the left hand.
3. Switch legs and repeat.

### Proper Form And Breathing Pattern

Keep your upper body stable and use your core strength to maintain a neutral spine at all times. Relax your head and neck, keep your legs off the floor, and breathe out as you drive your knee toward the chest and squeeze the abs.

### Exercise Benefits

The dumbbell leg loop targets your abs and challenges your core. This exercise also strengthens your legs, helps to improve your posture, and prevents lower back pain and injury.

### Sets And Reps

Do 2 or 3 sets of 8 to 12 repetitions, on each side. Once you're ready to increase the challenge, add v sits, star toe touch sit ups and v ups to your core circuits.

## 28. Dumbbell Side Bend

Primary muscles: Obliques

Secondary muscles: Abs

Equipment: Dumbbell

Exercise for the opposite muscles: Bird dogs

### Dumbbell Side Bend Instructions

1. Stand up tall with your feet shoulder-width apart. Hold a dumbbell in your right hand with your palm facing your hip and place your left hand behind your head.
2. Bend to your right side, as far as it feels comfortable, and pause.
3. Repeat for the duration of the set, and then switch sides.

### Proper Form And Breathing Pattern

Keep your head and neck in a neutral position, engage your core and inhale as you bend to the side. Face front and don't lean forward nor back, bend slowly and smoothly to the side and go only as far as it feels comfortable. Pause for a second and then breathe out as you return to the starting position.

#### Exercise Benefits

By adding the dumbbell side bend to your workout routine you're targeting the external and internal obliques. Strengthening these muscles can help tighten the entire side ab wall and can also help cinch your waist and create a curvy body.

#### Sets And Reps

Start with 2 or 3 sets of 30 seconds on each side and pair side bends with plank jacks and the wood chop exercise to cinch your waist in no time!

### 29. Flutter Kicks

Primary muscles: Abs

Secondary muscles: Hip flexors, quads

Equipment: No equipment

Exercise for the opposite muscles: Bird dogs

#### Flutter Kicks Instructions

1. Lie on your back with your hands by your sides or place them underneath your glutes.
2. Alternate stacking your feet on top of each other.
3. Repeat until set is complete.

#### Proper Form And Breathing Pattern

Maintain your abs and core engaged at all times and keep your lower back pressed against the floor. Breathe slowly and keep your chin off your chest, your head in a neutral position and your legs straight.

#### Exercise Benefits

Adding flutter kicks to your workout routine helps to increase core strength and definition, and improves your endurance and flexibility. This exercise targets the abdominal muscles and helps to define and slim down your waist.

#### Sets And Reps

Try to complete 2 or 3 sets of 15 to 20 repetitions or do 2 or 3, 30-second sets. For a modified and easier version of the flutter kicks exercise, keep your head on the mat, your arms by your sides and keep your knees slightly bent.

### 30. Frog Crunches

Primary muscles: Abs

Secondary muscles: Quads, hip flexors

Equipment: No equipment

Exercise for the opposite muscles: Alternating superman

#### Frog Crunches Instructions

1. Lie down on the mat with your back flat, your hands supporting your head, and lift your legs to a 45-degree angle.
2. Lift your shoulders and bend your knees, bringing them toward your elbows.
3. Lower your torso back to the mat, extend your legs, and return to the initial position.
4. Repeat for the duration of the set.

#### Proper Form And Breathing Pattern

Keep your head in a neutral position, with the chin off your chest and your eyes on the ceiling. Keep your lower back pressed into the mat throughout the exercise, exhale as you crunch, and maintain your core tight and engaged.

#### Exercise Benefits

The frog crunches targets the abdominal wall and helps tone and strengthen your core. This exercise also improves your balance and posture, trims down your waist, and increases your muscle strength and power.

#### Sets And Reps

Start with 2 or 3 sets of 12 to 16 repetitions and, for a challenging core workout, mix frog crunches with plank rotations, bird dogs and the wood chop exercise.

#### 31. Glute Bridge Overhead Reach

Primary muscles: Glutes, core

Secondary muscles: Hips, back

Equipment: No equipment

#### Glute Bridge Overhead Reach Instructions

1. Lie on your back with your knees and your arms bent, and place your feet flat on the floor.
2. Lift your hips, squeeze the glutes and reach your left arm up and across the body. Try touching the floor just above your right shoulder.
3. Return to the initial position and repeat on the opposite side.

#### Proper Form And Breathing Pattern

Engage your core and glutes, and keep your knees in line with your hips and feet. Breathe out as you squeeze the glutes and lift your hips off the mat, and reach one arm up and across your body. Inhale as you return to the initial position.

#### Exercise Benefits

The glute bridge with overhead reach strengthens your glutes and core and improves the flexibility of the spine. This exercise also stretches the hip flexors and the back muscles and improves your thoracic mobility.

#### Sets And Reps

Do 2 or 3 sets of 6 to 12 repetitions on each side. To further challenge and strengthen your glutes, pair the glute bridge overhead reach with the romanian deadlift the step up with knee raise and the pistol squat.

### 32. Alternate Heel Touchers

Primary muscles: Abs

Secondary muscles: Obliques

Equipment: No equipment

Exercise for the opposite muscles: Back extensions

#### Alternate Heel Touchers Instructions

1. Lie on your back, keep your knees bent, arms at the sides, and keep your back and feet flat on the mat.
2. Crunch forward and to the left, touching your left heel with your left hand and hold.
3. Return slowly to the starting position and repeat the movement on the right side.
4. Repeat this side-to-side movement until the set is complete.

#### Proper Form And Breathing Pattern

When doing alternate heel touchers, keep your eyes on the ceiling, your chin off your chest, and maintain your head in a neutral position. Breathe out as you crunch and push your belly button into the spine.

#### Exercise Benefits

Adding alternate heel touchers to your workout routine helps to target the oblique muscles. The obliques are located on the side and front of the abdomen and strengthening these muscles can help tighten the entire side ab wall effectively.

#### Sets And Reps

Start with 2 or 3 sets of 12 to 16 repetitions and, if you want to lose your muffin top in no time, pair the alternate heel touchers with cardio moves like plank jacks and jumping lunges.

### 33. Inchworm

Primary muscles: Core, shoulders

Secondary muscles: Arms, chest, back

Equipment: No equipment

#### Inchworm Instructions

1. Stand straight with your feet shoulder-width apart.
2. Bend over and touch the floor with the palms of your hands.
3. Walk your hands out, as far as you can while keeping your legs straight, and pause.
4. Walk back up to the starting position and repeat until the set is complete.

#### Proper Form And Breathing Pattern

Keep your legs straight, don't let your hips sag, and maintain a neutral spine. Engage your core muscles to stabilize the movement and walk your hands out as far as you can without losing form. Breathe deeply and lift the heels as you walk out, keeping the toes in the same spot.

#### Exercise Benefits

The inchworm is a great bodyweight exercise that warms up the entire body. It strengthens your arms, chest, upper back, lower back, and abs and increases your balance and stability. Since your core needs to work hard to maintain stability and proper posture, this exercise can be part of a warm up routine or a core workout.

#### Sets And Reps

Start with 2 or 3 sets of 10 to 15 repetitions and, once you're comfortable with the exercise, increase the challenge by adding a push up halfway through the movement.

#### 34. Inner Thigh Squeeze And Lift

Primary muscles: Inner thighs, core

Secondary muscles: Thighs, hips, glutes

Equipment: Medicine ball

#### Inner Thigh Squeeze And Lift Instructions

1. Lie on your side with a medicine ball in between your feet.
2. Slowly lift the ball up toward the ceiling and then lower it back down to the starting position.
3. Repeat this movement for the entire duration of the set and then switch sides.

#### Proper Form And Breathing Pattern

Tighten the core, keep your back relaxed and breathe out as you squeeze the inner thighs and lift the ball. Engage your hips and glutes and breathe in as you lower the ball back to the starting position.

#### Exercise Benefits

The inner thigh squeeze and lift targets the inner thighs and strengthens the hips, thighs, and core. This exercise enhances your balance and improves the stability of the knee and hip joints.

#### Sets And Reps

Do 10 to 16 repetitions on each side. For a complete thigh workout, pair the inner thigh squeeze and lift with bodyweight squats, the quick feet exercise and hamstring curls.

### 35. Inverted V Plank

Primary muscles: Core, thighs

Secondary muscles: Glutes, calves, shoulders

Equipment: No equipment

#### Inverted V Plank Instructions

1. Start in a low plank position with your body in a straight line, your elbows bent and under your shoulders and your feet hip-width apart.
2. Press down through your shoulders and arms to lift the hips toward the ceiling.
3. Slowly return to the starting position and repeat until the set is complete.

#### Proper Form And Breathing Pattern

Keep your abs tight, engage your glutes and maintain your back neutral. Breathe out as you press through your shoulders and arms to lift the hips toward the ceiling. Inhale as you lower the hips and return to plank position.

#### Exercise Benefits

The inverted V plank is a bodyweight exercise that strengthens and tones your core, glutes, shoulders, thighs, and calves. This exercise works your whole body, improves your stability and flexibility, and boosts your metabolism.

#### Sets And Reps

To improve core strength, start with regular planks and side planks. Once you've acquired proper exercise form, add 2 or 3, 30-second to 1-minute sets of the inverted V plank to your core or full body workouts.

### 36. Kick Crunch

Primary muscles: Hamstrings, glutes, core

Secondary muscles: Lower body

Equipment: No equipment

#### Kick Crunch Instructions

1. Stand tall with your feet shoulder-width apart.
2. Lift your left leg as high as you can, and touch your left foot with your right hand.

3. Return to the initial position and repeat on the opposite side.
4. Continue alternating sides, in a fast-paced move, until the set is complete.

#### Proper Form And Breathing Pattern

Look straight ahead, keep your back straight and open your chest. Engage your core and breathe out as you crunch and touch your foot with the opposite hand. Keep the movement smooth and fast and, as soon as one foot touches the floor, repeat the move on the opposite side.

#### Exercise Benefits

The kick crunch warms up the legs, core, and glutes, improves flexibility and boosts your heart rate. This exercise also increases lower body and core strength and helps you burn extra calories.

#### Sets And Reps

Kick as high as you can for 30 seconds to 1 minute. To boost your weight loss, pair the kick crunch move with crab toe touches, skaters and the jump start exercise.

### **D. EXERCISES FOR BICEPS**

#### 1. Band Reverse Plank

Primary muscles: Arms, glutes, core

Secondary muscles: Legs, shoulders

Equipment: Resistance band

#### Band Reverse Plank Instructions

1. Sit on the mat with your legs extended, place a band around your waist, extend your arms back with your fingers facing the body, and secure the band under your hands.
2. Lift your butt off the mat and squeeze the glutes.
3. Lower the hips to return to the starting position and repeat.

#### Proper Form And Breathing Pattern

Keep your hands under your shoulders, your arms and legs extended, and maintain your head neutral. Roll your shoulders back, open your chest and breathe out as you lift your hips and squeeze the glutes. Inhale as you return to the initial position.

#### Exercise Benefits

The band reverse plank works your glutes, core, and arms and improves your overall strength and stability. This exercise also engages your shoulders and legs, giving you a great full body workout.

#### Sets And Reps



Practice doing the tabletop reverse pike and the advanced bridge first. Once you're comfortable with your form, increase resistance and advance to the band reverse plank. Try to complete 2 or 3, 30 second to 1-minute sets.

## 2. Bicep Curls

Primary muscles: Biceps

Secondary muscles: Forearms

Equipment: Dumbbells

Exercise for the opposite muscles: Dumbbell triceps extension

### Bicep Curls Instructions

1. Stand straight with a dumbbell in each hand, your feet shoulder-width apart, and hands by your sides.
2. Squeeze the biceps and lift the dumbbells. Keep the elbows close to your body and the upper arms stationary, only the forearms should move.
3. Once the dumbbells are at shoulder level, slowly lower the arms to the starting position.
4. Repeat.

### Proper Form And Breathing Pattern

While doing bicep curls keep your knees and elbow joints loose, engage your core muscles and keep your palms facing front. Breathe out as you lift the dumbbells and maintain your back straight, your shoulders back and your head up.

### Exercise Benefits

Adding bicep curls to your workout routine helps to sculpt your upper body, shapes and tones the shoulders and the biceps, and also improves arm strength.

### Sets And Reps

Do 3 sets of 10 to 16 repetitions of regular full extension bicep curls, alternating curls or even half curls. For a cardio boost and a full body workout pair the biceps curl move with lunges, split squats or bodyweight squats.

## 3. Biceps Stretch

Primary muscles: Biceps

Secondary muscles: Chest, shoulders

Equipment: No equipment

### Biceps Stretch Instructions

1. Stand straight and clasp your hands behind your back.
2. Straighten your arms and rotate your hands, so that the palms face downward.
3. Raise your arms and hold for 10 to 20 seconds.

#### Proper Form And Breathing Pattern

Breathe normally and slightly deeper without holding your breath. Raise your arms until you feel a gentle stretch in your biceps and exhale as you deepen the stretch. To prevent injuries, keep your back straight and don't bounce your body while stretching.

#### Exercise Benefits

Biceps contribute greatly to the strength of your arms, keeping them healthy and injury free is very important. To improve the range of motion and increase muscle strength and flexibility, make sure that you always stretch your biceps after an upper body workout routine. The standing biceps stretch can also help reduce soreness and tension in your chest and shoulders.

#### Intensity And Duration

Raise your arms slowly and hold the stretch for 10 to 20 seconds. It's important that you don't experience any pain, but if you do, lower your arms slightly to a more comfortable position. Once the time is up, release the stretch and relax your arms.

#### 4. Concentration Curl

Primary muscles: Biceps

Secondary muscles: Forearms, shoulders

Equipment: Dumbbells

Exercise for the opposite muscles: Tricep dips

#### Concentration Curl Instructions

1. Sit down on a bench holding a dumbbell in your left hand, and rest your elbow on the inside of your left thigh.
2. Squeeze the left biceps and bring the dumbbell toward your chest.
3. Lower the left arm to the starting position, repeat, and then switch arms.

#### Proper Form And Breathing Pattern

Keep your chest up, face front, relax your neck and back, and breathe out as you curl and bring the dumbbell toward the chest. Inhale as you lower the dumbbell back to the starting position and be careful not to hyperextend your elbow.

#### Exercise Benefits

The concentration curl targets the biceps and helps to develop muscle strength and power. This exercise sculpts the front portion of the upper arm and improves body aesthetics and function.

#### Sets And Reps

Do 2 to 3 sets of 8 to 12 repetitions, on each side. For a thorough arm workout pair concentration curls with tricep dips, cross chest curls and lying tricep extensions.

## 5. Standing Cross Chest Curl

Primary muscles: Biceps

Secondary muscles: Forearms, shoulders

Equipment: Dumbbells

Exercise for the opposite muscles: Tricep dips

### Standing Cross Chest Curl Instructions

1. Stand straight with your feet shoulder-width apart and hold a dumbbell in each hand.
2. Squeeze the left biceps and bring the dumbbell across your body and toward your right shoulder.
3. Lower the arm to the starting position, repeat, and then switch sides.

### Proper Form And Breathing Pattern

Open your chest, roll your shoulders back and relax your neck and back. Breathe out as you lift the dumbbell toward the shoulder, keep your elbows close to your body, and don't move your upper arms.

### Exercise Benefits

The standing cross chest curl targets the biceps and helps to strengthen and define the front portion of the upper arm.

### Sets And Reps

Start with 2 to 3 sets of 8 to 12 repetitions and, to work all muscles in the upper arm, pair the cross chest curl with tricep dips, hammer curls and tricep extensions.

## 6. Hammer Curls

Primary muscles: Biceps

Secondary muscles: Forearms

Equipment: Dumbbells

Exercise for the opposite muscles: Tricep extensions

### Hammer Curls Instructions

1. Stand straight with your feet hip-width apart and hold the weights with your palms facing your thighs.
2. Bend your elbows and bring the weights up, until the dumbbells are at shoulder level.
3. Pause and then lower the dumbbells back to the starting position.
4. Repeat this move until the set is complete.

### Proper Form And Breathing Pattern

When doing hammer curls, keep your elbows close to your body and don't move your upper arms. Keep your back straight, your core engaged, and breathe out as you lift the dumbbells. Inhale as you slowly lower the dumbbells to the initial position.

#### Exercise Benefits

Hammer curls are a modified version of the bicep curls exercise that targets the same muscle group. Pairing these two exercises in an upper body strength training workout allows you to sculpt the front portion of your upper arms more effectively.

#### Sets And Reps

Add 2 to 3 sets of hammer curls to your upper body routine. Do 8 to 12 repetitions and alternate this exercise with lying tricep extensions, to work all the muscles in the upper arm.

### 7. Side Lunge Curl

Primary muscles: Glutes, quads, inner thighs, biceps

Secondary muscles: Hamstrings, forearms, core

Equipment: Dumbbells

#### Side Lunge Curl Instructions

1. Stand straight with your feet hip-width apart and hold a dumbbell in each hand.
2. Step out to the side with your left leg, lunge, and extend your arms down.
3. Use your right foot to push you back to the starting position, squeeze the biceps and lift the dumbbells.
4. Step out to the side with your right leg and repeat.
5. Keep alternating legs until the set is complete.

#### Proper Form And Breathing Pattern

Keep your core tight, your back straight, and maintain your palms facing front. Don't step too wide to the side, breathe in as you lunge, and keep the knees pointing in the same direction as the feet. Breathe out as you return to the starting position, lift the dumbbells and curl.

#### Exercise Benefits

The side lunge curl targets the inner and outer thighs, glutes, quads, and biceps. This is a compound move that works your whole body, boosts your heart rate, ignites the metabolism, and helps you burn extra calories.

#### Sets And Reps

Practice doing side lunges and bicep curls separately. Once you're comfortable with your form, pair the 2 movements and do 2 to 3, 30-second to 1-minute sets of the side lunge curl.

## 8. Split Squat Curl

Primary muscles: Glutes, hips, hamstrings, biceps

Secondary muscles: Quads, calves, forearms

Equipment: Dumbbells

### Split Squat Curl Instructions

1. Start in a split leg position, with one leg forward and one leg back, and hold a dumbbell in each hand.
2. Flex your knees, until the back knee is just above the floor, squeeze your biceps, and curl.
3. Stand back up, slowly lower the arms, and return to the starting position.
4. Repeat this movement for the duration of the set and then switch legs.

### Proper Form And Breathing Pattern

Keep your core tight, your back straight, roll your shoulders back and keep the elbows close to your body. Maintain your feet hip-width apart and breathe in as you flex the knees and curl. Breathe out as you push yourself back up and maintain a smooth and steady rhythm.

### Exercise Benefits

The split squat curl targets the hips, glutes, hamstrings, and biceps. This exercise helps to sculpt your whole body, increases lower body and arm strength, and improves balance and stability.

### Sets And Reps

Practice doing the split squat and bicep curls first. Once you're comfortable, advance to the split squat curl and do 2 or 3, 30-second sets on each side.

## 9. Tabletop Reverse Pike

Primary muscles: Arms, core

Secondary muscles: Glutes, legs, shoulders

Equipment: No equipment

### Tabletop Reverse Pike Instructions

1. Sit on the mat with your knees bent, your arms extended back, your fingers facing the body, and your feet hip-width apart.
2. Lift your butt off the mat, coming into a tabletop position.
3. Lower your hips, straighten the legs and lengthen the spine.
4. Raise your hips, lift your torso and return to the tabletop position.
5. Repeat.

### Proper Form And Breathing Pattern

Lift your hips off the floor and get into a tabletop position, with your torso parallel to the floor, your hands directly under your shoulders, your arms straight, and your ankles under your knees. Roll your shoulders back, open your chest and keep your head neutral. Breathe out as you lower your hips and straighten your legs, keeping your arms straight, your spine long and your hips off the floor. Inhale as you lift your hips and return to the tabletop position.

#### Exercise Benefits

The tabletop reverse pike targets and trains your arms and core and improves your overall strength and stability. This exercise also engages your shoulders, glutes, and legs, giving you a great full body workout.

#### Sets And Reps

To improve strength and acquire proper exercise form, practice doing single leg tricep dips and crab kicks first. Once you're comfortable advance to the tabletop reverse pike and do 2 or 3, 30-second to 1-minute sets.

### 10. Up Down Plank

Primary muscles: Core, arms

Secondary muscles: Glutes, wrists, shoulders

Equipment: No equipment

#### Up Down Plank Instructions

1. Start in a plank position, with your wrists under your shoulders and your feet hip-width apart.
2. Bend your left arm, place your left elbow on the mat and then bend your right arm and place your right elbow on the mat.
3. Place your left hand on the mat, straighten your left arm and then place your right hand on the mat and straighten your right arm.
4. Switch sides and repeat this up and down movement until the set is complete.

#### Proper Form And Breathing Pattern

Engage your glutes, tighten your core, and keep your head, neck and spine aligned. Inhale as you bend your arms and place your elbows on the mat, and breathe out as you straighten your arms and place your hands on the mat.

#### Exercise Benefits

The up and down plank strengthens and tones your core, glutes, arms, wrists, and shoulders. This exercise helps to improve your posture, tightens the midsection, and boosts weight loss.

#### Sets And Reps

Practice doing elbow planks first and, once you're comfortable with your exercise form, add 2 or 3 sets of 15 to 20 repetitions of the up down plank to your core or full body workouts.

#### 11. V Sit Curl Press

Primary muscles: Core, shoulders, biceps

Secondary muscles: Upper back, thighs, chest, arms

Equipment: Dumbbells

##### V Sit Curl Press Instructions

1. Hold a dumbbell in each hand, sit on the mat and raise your legs to a 45-degree angle.
2. Squeeze the biceps, lift the dumbbells and curl.
3. Rotate your palms to the front, push the dumbbells up and fully extend your arms.
4. Lower your arms back to the starting position and repeat until the set is complete.

##### Proper Form And Breathing Pattern

Keep your back straight, engage your core and maintain your head and neck neutral at all times. Breathe out as push the dumbbells up and fully extend your arms and breathe in as you return to the initial position.

##### Exercise Benefits

The v sit curl press engages and strengthens the core and improves upper body strength. This exercise helps to tone your arms, thighs, core, back, and shoulders and conditions your whole body.

##### Sets And Reps

Do 2 or 3 sets of 10 to 15 reps and, if you're a beginner, practice doing v sits, bicep curls and the dumbbell shoulder press first.

### **E. EXERCISES FOR TRICEPS**

#### 1. Butterfly Dips

Primary muscles: Triceps, shoulders, chest

Secondary muscles: Glutes, inner thighs

Equipment: No equipment

##### Butterfly Dips Instructions

1. Sit on the mat with your feet together, place your hands behind you with your fingers facing forward, bend your knees and let your thighs fall open.
2. Straighten your arms as you press your hips up and bring both knees together.
3. Bend your elbows and lower your body back to the starting position.
4. Repeat until the set is complete.

### Proper Form And Breathing Pattern

Roll your shoulders back, open the chest, position the hands under your shoulders, place your heels together and let your knees fall open. Breathe out as you press your hips up and extend your arms. Pause at the top to squeeze your legs in, and inhale as you bend your arms and return to the initial position.

### Exercise Benefits

The butterfly dips is a modified version of the tricep dips with additional lower body benefits. This exercise engages and strengthens your triceps and upper body, and it also works and sculpts your inner thighs and glutes.

### Sets And Reps

Do 2 or 3 sets of 10 to 15 reps and, if you're a beginner, practice doing bench dips first. When you're ready to increase the challenge, add the single leg tricep dips to your workout routines.

## 2. Lying Tricep Extension

Primary muscles: Triceps

Secondary muscles: Chest, shoulders

Equipment: Dumbbells

Exercise for the opposite muscles: Hammer curl

### Lying Tricep Extension Instructions

1. Lie on your back with your knees bent and a dumbbell in each hand.
2. Extend your arms and position the dumbbells directly above your shoulders.
3. Bend your elbows and bring the dumbbells down until they're close to your ears.
4. Lift the dumbbells back up and repeat the exercise.

### Proper Form And Breathing Pattern

When doing the lying triceps extension, be sure to keep your upper arms stationary, only your elbow joints should move. Breathe out as you bring the dumbbells up and keep your elbows close to your body during the entire movement.

### Exercise Benefits

The lying tricep extension strengthens your triceps, helps to sculpt your upper body, and stabilizes your shoulder joint. This exercise increases the strength and range of motion of your shoulders and elbows and improves the flexibility of your arms.

### Sets And Reps



For a complete arm workout pair the lying tricep extension with bicep curls or hammer curls. Start with 2 sets of 8 to 12 reps and pay special attention to your exercise form.

### 3. One Arm Tricep Push Up

Primary muscles: Triceps

Secondary muscles: Shoulders, arms

Equipment: No equipment

Exercise for the opposite muscles: Concentration curls

#### One Arm Tricep Push Up Instructions

1. Lie on your right side with your feet, hips and shoulders stacked. Place your left palm on the mat in front of your right shoulder, and hug your waist with your right arm.
2. Straighten your left arm and push your torso up.
3. Bend your arm and lower your torso back to the mat.
4. Repeat, and then switch sides.

#### Proper Form And Breathing Pattern

Keep your shoulders, hips, and feet stacked and engage your core. Breathe out as you slowly straighten your arm and push your torso up, and inhale as you bend your arm and lower your torso back to the starting position.

#### Exercise Benefits

The one arm tricep push up targets the triceps and helps to strengthen and sculpt the upper arms. This exercise also shapes and tones your shoulders, biceps, and back, and helps to improve core stability and strength.

#### Sets And Reps

Start with lying tricep extensions and dumbbell tricep extensions. Once you're comfortable, advance to one arm tricep push ups and add 2 or 3 sets of 10 to 12 repetitions, on each side.

### 4. One Arm Triceps Kickback

Primary muscles: Triceps

Secondary muscles: Forearms, shoulders, core

Equipment: Dumbbell

#### One Arm Triceps Kickback Instructions

1. Grab a dumbbell with your right hand, place your left foot forward and your right foot back, bend your left knee and lean your torso forward.
2. Raise your right elbow back, so that the upper arm is almost parallel to the floor, and kick back until your arm is fully extended.
3. Slowly lower the dumbbell back to the starting position.

4. Repeat and switch sides.

#### Proper Form And Breathing Pattern

Keep your core tight, your back straight, and keep your head in line with your spine and the back leg. Breathe out as you kick back and maintain the upper arm stationary, only the forearm should move.

#### Exercise Benefits

The one arm triceps kickback targets the triceps, and by working one arm at a time, you're also engaging your core and torso for stability. This exercise helps to sculpt and tone the arms, increases upper body strength and improves your balance.

#### Sets And Reps

Do 2 or 3 sets of 12 to 16 repetitions on each side. To work all the muscles in the arms, complete the circuit with concentration curls, standing cross chest curls and tricep dips.

### 5. Single Leg Tricep Dips

Primary muscles: Triceps

Secondary muscles: Shoulders, chest, hamstrings, glutes, quads

Equipment: No equipment

Exercise for the opposite muscles: Bicep curls

#### Single Leg Tricep Dips Instructions

1. Sit on the mat with your knees bent, feet together, and place your hands behind you with your fingers facing forward.
2. Lift your hips off the mat, raise your right leg and start bending your elbows.
3. Lower your body until your glutes are almost touching the mat and then lift the hips back up by extending your arms.
4. Switch legs and repeat.

#### Proper Form And Breathing Pattern

When doing single leg tricep dips roll your shoulders back, open the chest, place your hands under your shoulders and maintain the leg that's on the mat perpendicular to the floor. Inhale as you bend your arms, keep the elbows pointing back, and don't bend at the hips. Breathe out as you extend your arms and lift yourself back up.

#### Exercise Benefits

The single leg tricep dips is a modified version of regular tricep dips with some added benefits. As with bench dips, this exercise also tones and tightens your triceps, helping you get rid of flabby arms, and strengthens your upper body. By

raising one leg you're also engaging your glutes, hamstrings, and quads and you're strengthening your lower body at the same time.

#### Sets And Reps

Start with 2 sets of 10 to 15 reps on each side and, if you're a beginner, practice with bench dips first.

### 6. Squat With Overhead Tricep Extension

Primary muscles: Quads, hamstrings, glutes, triceps

Secondary muscles: Arms, shoulders, upper back, core

Equipment: Dumbbells

#### Squat With Overhead Tricep Extension Instructions

1. Stand with your feet a little wider than shoulder-width apart, hold a dumbbell in each hand and raise your arms up and over your head.
2. Squat until your thighs are parallel to the floor, and lower the dumbbells to the floor.
3. Stand up, lift the dumbbells over your head, bend your elbows and lower the dumbbells to the back.
4. Repeat until the set is complete.

#### Proper Form And Breathing Pattern

Open your chest, engage your core, and maintain your back flat, your hips back and your elbows pointing forward. Inhale as you squat and lower the dumbbells to the floor. Breathe out as you put pressure on the heels to stand up and press your arms up.

#### Exercise Benefits

The squat with overhead tricep extension is a compound move that pairs the bodyweight squat with the dumbbell triceps extension. This is a full body exercise that strengthens the muscles, boosts the metabolism, and improves your endurance and fitness level.

#### Sets And Reps

If your goal is to lose weight and improve your endurance, choose lighter dumbbells and do 2 or 3, 30-second to 1-minute sets. If your goal is to increase muscle power and strength, choose heavier dumbbells and do 4 or 5 sets of 6 to 8 repetitions.

### 7. Tricep Dips

Primary muscles: Triceps

Secondary muscles: Shoulders, chest

Equipment: Bench / chair / step

Exercise for the opposite muscles: Bicep curls

### Tricep Dips Instructions

1. Place your hands behind you onto a chair, so that your fingers face forward.
2. Extend your legs and start bending your elbows.
3. Lower your body until your arms are at a 90-degree angle.
4. Lift your body back up until your arms are straight.
5. Repeat.

### Proper Form And Breathing Pattern

When doing tricep dips roll your shoulders back, open the chest, keep your neck nice and tall and place your hands underneath your shoulders. Inhale as you bend your elbows and breathe out as you extend the elbows and lift yourself back up.

### Exercise Benefits

Tricep dips are a great exercise to tighten your triceps and to help you get rid of flabby arms quickly. Usually, the triceps don't get worked as much as they should and that's why it's important to exercise those muscles regularly so that they don't get loose and saggy.

### Sets And Reps

Start with 2 sets of 10 to 12 repetitions and increase the number of sets and reps over time. Pair tricep dips with bicep curls, push ups, shoulder press, and dumbbell rows for a complete upper body workout.

### 8. Dumbbell Triceps Extension

Primary muscles: Triceps

Secondary muscles: Abs, shoulders

Equipment: Dumbbells

Exercise for the opposite muscles: Bicep curls

### Dumbbell Triceps Extension Instructions

1. Grab a dumbbell and stand straight with your feet shoulder-width apart.
2. Raise your arms and, with your elbows pointing forward, start lowering the dumbbell.
3. Slowly raise the dumbbell to the starting position and squeeze the triceps.
4. Repeat.

### Proper Form And Breathing Pattern

While doing the dumbbell triceps extension keep your core tight and your back flat. Breathe in as you lift the dumbbell, and maintain your upper arms stationary and close to your head.

### Exercise Benefits

The dumbbell triceps extension targets the triceps, which are the muscles on the back of the upper arm. This exercise helps to strengthen the triceps, increases the stability of the shoulders and elbows, and sculpts the arms.

#### Sets And Reps

Test different weights by doing a set of 12 repetitions and choose the weight that allows you to maintain perfect form but that, at the same time, still represents a challenge. Start with 2 sets of 8 to 12 repetitions and increase this number over time until you're able to complete 3 sets of 16 repetitions of the dumbbell triceps extension exercise.

#### 9. Dumbbell Triceps Kickback

Primary muscles: Triceps

Secondary muscles: Forearms, abs, shoulders

Equipment: Dumbbells

Exercise for the opposite muscles: Bicep curls

#### Dumbbell Triceps Kickback Instructions

1. Grab a set of dumbbells, bring your torso forward and bend your knees slightly.
2. Bring your elbows up, so that your upper arms are parallel to the floor, and kick back until your arms are fully extended.
3. Slowly lower the weights to the starting position.
4. Repeat.

#### Proper Form And Breathing Pattern

While doing the dumbbell triceps kickback keep your back straight, your core engaged and your head in line with your spine. Exhale as you kick back and maintain the upper arms stationary, only the forearms should move.

#### Exercise Benefits

The dumbbell triceps kickback targets the triceps, in particular, its lateral head, which is the most visible of the three heads. This exercise helps to sculpt and tone your arms, increases your physical strength and also helps to trim body fat.

#### Sets And Reps

Start with 8 to 12 repetitions on each side and increase the number of reps over time until you're able to complete 3 sets of 16 repetitions. Once the exercise becomes too easy it's time to change to a set of heavier dumbbells.

#### 10. Triceps Stretch

Primary muscles: Triceps

Secondary muscles: Lats

Equipment: No equipment

### Triceps Stretch Instructions

1. Stand straight with your feet hip-width apart. Lift and bend one arm until your hand is in the middle of the upper back.
2. Grasp the elbow with the other hand and gently pull.
3. Hold for 10 to 20 seconds and repeat on the other side.

### Proper Form And Breathing Pattern

Release all the tension from your body, keep your back straight and your neck and shoulders relaxed. Exhale (breathe out) as you stretch, and inhale (breathe in) as you release the stretch. Breathe in through the nose and out through the mouth keeping a natural but slightly deeper breathing pattern.

### Exercise Benefits

The triceps stretch improves your flexibility and range of motion. After an upper body workout routine, that includes pushing or pressing movements, it's important to stretch your triceps to prevent soreness and tightening of the muscles. Stretching exercises are often overlooked but they are very important for maintaining muscle tone and health.

### Intensity And Duration

Stretch the muscles by pulling your elbow slowly and extending the triceps, hold for 10 to 20 seconds and then change sides. Avoid stretching beyond your arm's normal range of motion and do the stretches at the end of your workout routine, with your muscles still warm.

## 11. Up Down Plank

Primary muscles: Core, arms

Secondary muscles: Glutes, wrists, shoulders

Equipment: No equipment

### Up Down Plank Instructions

1. Start in a plank position, with your wrists under your shoulders and your feet hip-width apart.
2. Bend your left arm, place your left elbow on the mat and then bend your right arm and place your right elbow on the mat.
3. Place your left hand on the mat, straighten your left arm and then place your right hand on the mat and straighten your right arm.
4. Switch sides and repeat this up and down movement until the set is complete.

### Proper Form And Breathing Pattern

Engage your glutes, tighten your core, and keep your head, neck and spine aligned. Inhale as you bend your arms and place your elbows on the mat, and breathe out as you straighten your arms and place your hands on the mat.

#### Exercise Benefits

The up and down plank strengthens and tones your core, glutes, arms, wrists, and shoulders. This exercise helps to improve your posture, tightens the midsection, and boosts weight loss.

#### Sets And Reps

Practice doing elbow planks first and, once you're comfortable with your exercise form, add 2 or 3 sets of 15 to 20 repetitions of the up down plank to your core or full body workouts.

### F. EXERCISES FOR SHOULDERS

#### 1. Arm Circles

Primary muscles: **Shoulders**

Secondary muscles: **Upper back**

Equipment: **No equipment**

#### Arm Circles Instructions

1. Stand straight with your feet shoulder-width apart.
2. Raise and extend your arms to the sides without bending the elbows.
3. Slowly rotate your arms forward, making small circles of about 1 foot in diameter.
4. Complete a set in one direction and then switch, rotating backward.

#### Proper Form And Breathing Pattern

While doing arm circles engage your core muscles, keep your back and your arms straight and maintain a smooth and deep breathing pattern. Keep your head up and your body in a T formation during the entire exercise.

#### Exercise Benefits

Adding arm circles to your workout routine helps to warm up the shoulders, arms, chest, and back. This is a great exercise to incorporate at the beginning of an upper body workout to prevent injuries and prepare your body for strength training.

#### Sets And Reps

Arm circles are usually performed without weights and each set lasts about 1 minute, 30 seconds in each direction. As you gain strength you

can increase the challenge and hold a set of light weights while doing this exercise.

## 2. Arms Cross Side Lunge

Primary muscles: **Glutes, quads, hamstrings, inner thighs, shoulders**

Secondary muscles: **Core, calves, outer thighs, arms**

Equipment: **No equipment**

### Arms Cross Side Lunge Instructions

1. Stand tall with your feet shoulder-width apart and your arms stretched horizontally to the sides.
2. Step out to the side with your right leg, bend your right knee, push your hips back and cross your arms at the front.
3. Return to the starting position and repeat the movement with the left leg.
4. Keep alternating legs until the set is complete.

### Proper Form And Breathing Pattern

Keep your back straight, your abs tight, face front, and breathe in as you step out to the side and cross your arms. Breathe out as you use your lead foot to push you back into the starting position and extend your arms out to the sides.

### Exercise Benefits

The arms cross side lunge targets your glutes, quads, hamstrings and inner thighs, and stretches the shoulders, arms, chest and upper back. This exercise gives you a great cardio boost, improves dynamic balance and agility, and increases flexibility.

### Sets And Reps

Practice doing alternating side lunges and arm swings separately. Once you're comfortable with your form, pair the two movements and do 2 or 3, 30-second to 1-minute sets of the arms cross side lunge.

## 3. Arm Swings

Primary muscles: **Shoulders, arms**



Secondary muscles: **Upper back, chest**

Equipment: **No equipment**

### **Arm Swings Instructions**

1. Stand up straight with your knees slightly bent, your feet shoulder-width apart and your arms stretched horizontally to the sides.
2. Cross your arms at the front and then quickly bring them back as far as you can.
3. Repeat this back and forth movement until the set is complete.

### **Proper Form And Breathing Pattern**

Keep your abs tight and your back straight. Face forward, breathe slowly and use your muscles to propel the movement. Your arms should swing in a steady and fluid motion, as close as possible to their full range of motion.

### **Exercise Benefits**

Arm swings are a great dynamic stretching exercise that engages the muscles in the upper body. This exercise warms up and stretches the shoulders, arms, chest, and upper back and prepares the muscles, tendons, and joints for a workout. This exercise also gives you a great cardio boost and increases your flexibility.

### **Sets And Reps**

If you're planning on doing an upper body workout, add a 30 second to 1 minute set of arm swings to your warm up routine.

#### **4. Arnold Shoulder Press**

Primary muscles: **Shoulders**

Secondary muscles: **Triceps, upper back**

Equipment: **Dumbbells**

### **Arnold Shoulder Press Instructions**

1. Stand with your feet shoulder-width apart and hold a dumbbell in each hand.
2. Position the dumbbells at your shoulders, with your palms facing your

body and your elbows bent.

3. Push the dumbbells up, rotate your palms outward, and fully extend your arms.

4. As you lower the dumbbells back to the starting position, rotate your palms inward.

5. Repeat until the set is complete.

### Proper Form And Breathing Pattern

Face forward, keep your back straight, open your chest, and exhale as you push the dumbbells up and rotate your palms. Give back support by engaging your core, maintain your hands shoulder-width apart, and keep your elbows under your wrists.

### Exercise Benefits

The Arnold shoulder press tones and sculpts your arms, shoulders, chest, and back. This exercise helps to improve your upper body aesthetics and increases muscle strength and power.

### Sets And Reps

To build muscle mass and increase strength, grab a set of heavier dumbbells and do 2 to 3 sets of 8 to 10 repetitions. To trim, tone, and sculpt your upper body, use lighter dumbbells and do 2 or 3, 30-second to 1-minute sets.

#### 5. Bear Walk

Primary muscles: **Shoulders, back**

Secondary muscles: **Core, legs, arms**

Equipment: **No equipment**

### Bear Walk Instructions

1. Get down on your hands and feet with your knees slightly bent and your back flat.

2. Walk your right hand and your left foot forward.

3. Walk your left hand and your right foot forward.

4. Keep walking and alternating sides until the set is complete.

### Proper Form And Breathing Pattern

Keep your knees slightly bent, your back flat and your arms straight. Engage your core, lift your hips, and exhale as you reach your hand and the opposite foot forward.

### **Exercise Benefits**

The bear walk is a complete exercise that strengthens the whole body and increases muscle power. This exercise also improves your cardiovascular fitness, boosts your metabolism, and builds endurance.

### **Sets And Reps**

Do 2 or 3 sets of 16 to 20 repetitions and, for a full body and animal-inspired workout, pair the bear walk with crab kicks, frog jumps and the plank bird dog exercise.

## **6. Bent Over Lateral Raise**

Primary muscles: **Posterior deltoid (shoulders)**

Secondary muscles: **Shoulders, upper back, chest, arms**

Equipment: **Dumbbells**

### **Bent Over Lateral Raise Instructions**

1. Grab a set of dumbbells and bend your torso, until your chest is nearly parallel to the floor.
2. Raise your arms out to the sides as you lift the dumbbells.
3. Once both arms are parallel to the floor, pause, and then slowly lower them to the starting position.
4. Repeat.

### **Proper Form And Breathing Pattern**

While doing the bent over lateral raise keep your knees and elbow joints loose and slightly bent, and keep your head in line with your back. Breathe out as you lift the dumbbells and maintain your torso stationary and your core engaged.

### **Exercise Benefits**

The bent over lateral raise targets the posterior portion of your shoulders and also your upper back muscles. This is a great exercise to add to an upper body strengthening routine when your goal is to tone and sculpt your shoulders, arms and back.

## Sets And Reps

Start with 2 or 3 sets of 8 to 12 repetitions of the bent over lateral raise and pair this exercise with the dumbbell lateral raise and the dumbbell front raise for a thorough shoulder workout.

### 7. Bent Over Row

Primary muscles: **Back**

Secondary muscles: **Abs, shoulders, arms**

Equipment: **Dumbbells**

Exercise for the opposite muscles: **Push up**

## Dumbbell Bent Over Row Instructions

1. Grab a set of dumbbells, bend your torso forward and keep your knees slightly bent.
2. Pull the dumbbells toward your waistline, while squeezing your shoulder blades.
3. Slowly lower the weights to the starting position. A 1-second pull, 1-second pause, 2 second down count is ideal.
4. Repeat.

## Proper Form And Breathing Pattern

While doing the dumbbell bent over row, pull the shoulders back, keep your head up and facing forward and maintain your back straight. Exhale as you pull the dumbbells toward the waist and keep the elbows close to your body during the entire movement.

## Exercise Benefits

Adding the dumbbell bent over row to your workout routine helps to sculpt your back, shoulders, biceps, and forearms. This exercise also strengthens your core and helps to tone and tighten your entire body.

## Sets And Reps

The back muscles are stronger than the muscles in your arms so you should choose a heavier set of dumbbells to properly work those muscles. Do 3 sets of 12 to 16 repetitions and start with one arm at a time to acquire proper exercise form.

## 8. Bent Over Row Press

Primary muscles: **Upper back, shoulders**

Secondary muscles: **Triceps, abs, arms**

Equipment: **Dumbbells**

### Bent Over Row Press Instructions

1. Grab a dumbbell with your right hand, place your left foot forward and your right foot back, bend your left knee and lean your torso forward.
2. Pull the dumbbell toward your waistline, while squeezing your shoulder blades.
3. Push the dumbbell up and fully extend your arm.
4. Slowly lower the weight to the starting position, repeat and switch sides.

### Proper Form And Breathing Pattern

Keep your shoulders back, maintain your back straight, tighten your core and keep your head up. Inhale as you pull the dumbbell toward the waistline and keep the elbow close to your body. Rotate your torso to the right, face up and exhale as you push the dumbbell up and over your head.

### Exercise Benefits

The bent over row press is a compound move that pairs the dumbbell shoulder press with the bent over row. This move targets the shoulders and upper back and, by working one arm at a time, you're also engaging your core for stability. This exercise also helps to tone and sculpt the arms, increases upper body strength, and improves stability and balance.

### Sets And Reps

Choose a heavier set of dumbbells and do 3 sets of 12 to 16 repetitions on each side. For a thorough upper body workout, complete the circuit with concentration curls, dumbbell pullover and tricep dips.

## 9. Big Arm Circles

Primary muscles: **Shoulders**

Secondary muscles: **Chest, upper back**

Equipment: **No equipment**

### **Big Arm Circles Instructions**

1. Stand straight with your feet shoulder-width apart. Raise and extend your arms to the sides, without bending the elbows.
2. Slowly rotate your arms forward, making big circles.
3. Complete a set in one direction and then switch, rotating backward.

### **Proper Form And Breathing Pattern**

Stand with your spine nice and tall, inhale as you lift the arms, and exhale as you rotate the arms around. Remember to engage your core muscles and keep your back and arms straight. With every breath you take, you are opening up the shoulders and chest and warming up the body. It's important to keep this movement slow and controlled so that you can fully feel the stretch.

### **Exercise Benefits**

Adding big arm circles to your workout routine is a great way to warm up your upper body and your shoulder joints. This exercise helps you release stress and tension in the upper back and can also help alleviate shoulder joint pain.

### **Sets And Reps**

Big arm circles are usually performed without weights and as part of a warm up routine. You can start with smaller circles and progressively increase their diameter. If you prefer you can also alternate arms. Perform sets of 10 to 15 circles in each direction.

## **10. Breakdancer Kick**

Primary muscles: **Core, shoulders**

Secondary muscles: **Legs, arms**

Equipment: **No equipment**

## Breakdancer Kick Instructions

1. Get down on your hands and knees and lift your knees a few inches off the floor.
2. Lift your left hand and your right foot off the floor, rotate your hips to the left, place your left heel on the floor, and kick your right leg to the left.
3. Rotate your hips to the right and return to the starting position.
4. Switch sides and repeat.

## Proper Form And Breathing Pattern

Start on all fours, with your wrists underneath your shoulders and your knees underneath your hips. Lift your knees off the floor, engage your core, and keep your back, neck, and head neutral. Exhale as you rotate your hips to the left and kick your right leg under your body.

## Exercise Benefits

The breakdancer kick is a core exercise that tones and strengthens your obliques, abs, and lower back. This exercise also gets your heart rate up, strengthens your shoulders, arms, and legs, and improves your cardiovascular fitness.

## Sets And Reps

Do 2 or 3, 30-second to 1-minute sets. For a complete cardio and core workout, pair the breakdancer kick with the plank bird dog, the jump start and the stutter steps exercise.

## 11. Butterfly Dips

Primary muscles: **Triceps, shoulders, chest**

Secondary muscles: **Glutes, inner thighs**

Equipment: **No equipment**

## Butterfly Dips Instructions

1. Sit on the mat with your feet together, place your hands behind you with your fingers facing forward, bend your knees and let your thighs fall open.
2. Straighten your arms as you press your hips up and bring both knees together.

3. Bend your elbows and lower your body back to the starting position.
4. Repeat until the set is complete.

### Proper Form And Breathing Pattern

Roll your shoulders back, open the chest, position the hands under your shoulders, place your heels together and let your knees fall open. Breathe out as you press your hips up and extend your arms. Pause at the top to squeeze your legs in, and inhale as you bend your arms and return to the initial position.

### Exercise Benefits

The butterfly dips is a modified version of the tricep dips with additional lower body benefits. This exercise engages and strengthens your triceps and upper body, and it also works and sculpts your inner thighs and glutes.

### Sets And Reps

Do 2 or 3 sets of 10 to 15 reps and, if you're a beginner, practice doing bench dips first. When you're ready to increase the challenge, add the single leg tricep dips to your workout routines.

## 12. Core Control Rear Lunge

Primary muscles: **Quads, glutes, shoulders, core**

Secondary muscles: **Hamstrings, calves, triceps**

Equipment: **Dumbbells**

### Core Control Rear Lunge Instructions

1. Start with your feet together, hold a dumbbell in your right hand and extend your left arm out to the side, until it's parallel with the floor.
2. As you step back with your left leg and lunge, extend your right arm up and rotate your palm forward.
3. As you stand up, bend your left leg, lift your knee as high as you can, bring your right elbow to your left knee, and rotate your palm so that it faces your body.
4. Repeat and then switch sides.

### Proper Form And Breathing Pattern



Engage your core for stability, face front, open your chest and keep your back straight. As you lunge, keep the front knee aligned with the ankle and keep your weight loaded in the front heel. Exhale as you stand up and maintain a smooth and steady rhythm.

### Exercise Benefits

The core control rear lunge is a compound move that engages and works your entire body and gives you a great cardio boost. This exercise challenges your stability, boosts metabolism, and improves your balance and coordination.

### Sets And Reps

Start with the Arnold shoulder press and backward lunges first. Once you're comfortable with your form, pair the two exercises and add 2 or 3, 30-second to 1-minute sets of the core control rear lunge to your full body workouts.

#### 13. Curtsy Lunge Side Kick Raise

Primary muscles: **Quads, glutes, shoulders, core**

Secondary muscles: **Upper back, chest, arms, hips, thighs**

Equipment: **Dumbbell**

### Curtsy Lunge Side Kick Raise Instructions

1. Stand with your feet hip-width apart and hold a dumbbell in your right hand.
2. Take a big step back with your left leg, cross it behind your right leg, and lunge.
3. As you stand up, kick your left leg out to the side and raise the dumbbell to shoulder height.
4. Repeat and then switch sides.

### Proper Form And Breathing Pattern

Engage your core, face forward, open your chest and keep your back straight. As you lunge, keep your front knee over your ankle, and keep

your toes pointing in the same direction as your knees. Exhale as you stand up and, as you kick out to the side and raise the dumbbell, maintain your back aligned.

### Exercise Benefits

The curtsy lunge side kick raise is a compound movement that engages and stimulates the entire body. This exercise strengthens the muscles, boosts the metabolism, and improves your balance and coordination.

### Sets And Reps

Practice doing curtsy lunges, squat side kicks and dumbbell lateral raises first. Once you've mastered those moves, progress to the curtsy lunge side kick raise, and add 2 or 3 sets of 10 to 12 repetitions to your full body or cardio workouts.

#### 14. Double Leg Donkey Kicks

Primary muscles: **Arms, shoulders, core**

Secondary muscles: **Glutes, hips**

Equipment: **No equipment**

### Double Leg Donkey Kicks Instructions

1. Start in downward dog pose with your arms and legs straight and your hips up and back.
2. Push off with your toes, kick your legs up and bend the knees.
3. Land on your toes with your knees slightly bent.
4. Repeat until the set is complete.

### Proper Form And Breathing Pattern

Engage your core and glutes, maintain your back straight at all times, and keep your head, spine, and neck in a neutral position. Keep your wrists and elbows straight and breathe out as you kick your legs up. Inhale as you land softly on the toes and balls of the feet and with your knees slightly bent.

### Exercise Benefits

The double leg donkey kicks is a full body cardio move that strengthens the upper body, raises your heart rate, improves agility and flexibility, and tightens the core.

### Sets And Reps

Practice doing exercises that can help you increase your upper body strength, like pike push ups, and your core strength, like the spiderman plank. Once you've improved your fitness level, advance to the double leg donkey kicks and do 2 or 3 sets of 8 to 10 repetitions each.

#### 15. Dumbbell Front Raise

Primary muscles: **Anterior deltoid (shoulders)**

Secondary muscles: **Shoulders, chest, abs, arms**

Equipment: **Dumbbells**

Exercises for the opposite muscles: **Dumbbell lateral raise**, **bent over lateral raise**

### Dumbbell Front Raise Instructions

1. Grab a set of dumbbells and stand straight.
2. With your palms facing down, lift one dumbbell until your arm is slightly above parallel to the floor.
3. Pause and then slowly lower the arm back to the starting position.
4. Repeat with the opposite arm and keep alternating sides until the set is complete.

## Proper Form And Breathing Pattern

Keep the elbows slightly bent, engage your core and maintain your back straight. Breathe out as you lift the dumbbells, keep the movement slow and smooth and breathe in as you lower the dumbbells back to the starting position.

## Exercise Benefits

Adding the dumbbell front raise to your workout routine helps to shape and sculpt the anterior portion of your shoulders and your chest. This is a great exercise to add to an upper body strength training routine, especially if you want to target your arms and your shoulders.

## Sets And Reps

Do 2 or 3 sets of 8 to 16 repetitions of the dumbbell front raise. Pair this exercise with the dumbbell lateral raise and the bent over lateral raise for a complete shoulder workout.

### 16. Dumbbell Lateral Raise

Primary muscles: **Middle deltoid (shoulders)**

Secondary muscles: **Shoulders, upper back, chest, arms**

Equipment: **Dumbbells**

Exercises for the opposite muscles: **Bent over lateral raise, dumbbell front raise**

## Dumbbell Lateral Raise Instructions

1. Grab a set of dumbbells and stand straight.
2. With your palms facing down, lift the dumbbells and raise your arms out to the sides.

3. Once your elbows are at shoulder height, pause, and then slowly lower the arms back to the initial position.
4. Repeat.

### Proper Form And Breathing Pattern

While doing the dumbbell lateral raise exercise keep your core engaged, your back straight and face front. Inhale as you lower the dumbbells and maintain your elbows and your knees slightly bent.

### Exercise Benefits

Adding the dumbbell lateral raise to your workout routine helps to shape and sculpt the middle portion of your shoulders. This exercise also strengthens your arms, upper back, and chest.

### Sets And Reps

Add 3 sets of 8 to 12 repetitions of dumbbell lateral raises to your upper body workout. For a complete shoulder workout alternate between bent over lateral raises, front raises, and lateral raises.

#### 17. Dumbbell Overhead Rainbow

Primary muscles: **Shoulders**

Secondary muscles: **Arms, core, upper back, chest**

Equipment: **Dumbbells**

### Dumbbell Overhead Rainbow Instructions

1. Stand straight with your feet wide and hold a dumbbell in each hand.
2. Rotate your body to the right and bring the dumbbells up to shoulder height, with your hands facing each other.
3. As you rotate your body to face front, bring the dumbbells up and over

your head.

4. Lower the dumbbells as you rotate your body to the left.

5. Rotate your body again to face front, lift the dumbbells and repeat the exercise until the set is complete.

### Proper Form And Breathing Pattern

Tighten your core, keep your feet and knees pointing in the same direction, and keep your back flat and in line with your neck and head. Exhale as you raise the dumbbells above your head and breathe in as you rotate to the sides and lower the dumbbells.

### Exercise Benefits

The dumbbell overhead rainbow targets the shoulders and helps to improve muscle strength and range of motion. By rotating your body to the sides, you're engaging your core and improving stability and balance. This exercise also helps to tone and sculpt the arms and increases upper body strength.

### Sets And Reps

Do 3 sets of 12 to 16 repetitions and, for a complete upper body workout, pair this exercise with decline push ups, the bent over row press and the up and down plank.

#### 18. Dumbbell Punches

Primary muscles: **Shoulders**

Secondary muscles: **Triceps, biceps, lats**

Equipment: **Dumbbells**

### Dumbbell Punches Instructions

1. Stand with your feet hip-width apart, your knees slightly bent, and hold a dumbbell in each hand.
2. Take a step forward with your left foot, keep your back foot at a 45-degree angle and position your body partially sideways.
3. Bring your arms up, so that the palms of the hands are facing the sides of the face.
4. Push your right arm out in a punching motion and then return to the starting position.
5. Switch sides and repeat.

### **Proper Form And Breathing Pattern**

Distribute your weight equally between both feet and shift the weight onto the balls of the feet. Roll your shoulders forward, keep your chin down and look up. Exhale as you push one arm out and don't extend your arm completely.

### **Exercise Benefits**

The dumbbell punch is a boxing move that is frequently used for speed, agility, and strength. This exercise targets your shoulders, triceps, and lats and helps to tone and sculpt your upper body.

### **Sets And Reps**

Choose a light pair of dumbbells and complete 3 sets of 10 to 15 repetitions. If you want to improve your stamina and lose weight, do 30-second to 1-minute sets of alternating dumbbell punches and keep the movement fast and smooth. Pair this exercise with different leg movements, as in the [boxer squat punch](#), and you will burn even more calories.

## **19. Dumbbell Side Swings**

Primary muscles: **Shoulders, upper back**

Secondary muscles: **Arms, chest, lats**

Equipment: **Dumbbells**

### **Dumbbell Side Swings Instructions**

1. Stand straight and hold a set of dumbbells in front of your thighs.
2. Pull the left dumbbell toward the chest and raise the right dumbbell out to the side.
3. Lower the dumbbells, reverse the arms and repeat.

### **Proper Form And Breathing Pattern**

Keep your back flat, your neck relaxed, open the chest and breathe out as you slowly lift the dumbbells. Squeeze your shoulders and your back at the top of the lift, maintain your core tight, and inhale as you lower the dumbbells back to the initial position.

### **Exercise Benefits**

The dumbbell side swings targets the shoulders and the upper back, and helps to strengthen and tone your arms, shoulders, chest, back, and lats. This exercise also enhances the symmetry of the upper body and helps to improve your posture.

### **Sets And Reps**

Complete 3, 30-second to 1-minute sets, or do 3 sets of 8 to 12 repetitions on each side. For a complete upper body workout, pair the dumbbell side swings with the dumbbell pullover, the single leg tricep dips and the dumbbell shoulder to shoulder press.

## **20. Single Arm Dumbbell Snatch**



Primary muscles: **Shoulders**

Secondary muscles: **Lower back, calves, glutes, hamstrings, triceps**

Equipment: **Dumbbell / Kettlebell**

### Single Arm Dumbbell Snatch Instructions

1. Grab a dumbbell with your right hand, bend your knees, push your hips back and take the dumbbell between your feet.
2. Pull the dumbbell up by extending your hips and knees and, as the dumbbell reaches your shoulder, rotate your hand to the front and punch straight up.
3. Lower the dumbbell and return to the initial position.
4. Repeat and then switch sides.

### Proper Form And Breathing Pattern

Keep your core engaged, relax your neck and back, and face forward. Keep the movement dynamic and continuous, and breathe out as you punch straight up and extend your body.

### Exercise Benefits

The single arm dumbbell snatch is a dynamic, compound move that works your whole body and improves your speed and agility. This exercise helps to develop your coordination and explosiveness and strengthens your shoulders, lower back, hamstrings, glutes, and lats.

### Sets And Reps

Start with 30-second sets or do 10 to 12 repetitions on each side. If you're a beginner practice doing thrusters, the lawnmower pull and the shoulder press first.

## 21. Dumbbell Thrusters

Primary muscles: **Quads, hamstrings, glutes, shoulders**

Secondary muscles: **Arms, upper back, core**

Equipment: **Dumbbells**

### **Dumbbell Thrusters Instructions**

1. Stand with your feet shoulder-width apart and hold your dumbbells in front of your shoulders.
2. Squat down until your thighs are parallel to the floor.
3. Stand up and extend your arms over your head.
4. Bend your arms, return to the starting position and repeat the exercise.

### **Proper Form And Breathing Pattern**

Dumbbell thrusters are not appropriate for beginners and you need to pay special attention to your form to prevent any injuries. Keep your chest up, the core engaged, the hips back and inhale as you squat. Put pressure on the heels, push yourself back up, and exhale as you press your arms up.

### **Exercise Benefits**

The dumbbell thrusters is a compound exercise that combines the squat with the shoulder press. This is a very complete and versatile exercise that strengthens your entire body and improves your aerobic fitness, stamina, and endurance.

### **Sets And Reps**

If your goal is to lose weight and improve your cardiovascular fitness, choose lighter dumbbells and do 30-second to 1-minute sets. If your goal is to increase muscle strength and power, choose heavier dumbbells and do 3 sets of 6 to 8 repetitions.

## **22. Elbow Squeeze Shoulder Press**

Primary muscles: **Shoulders, chest**

Secondary muscles: **Triceps, upper back, arms**

Equipment: **Dumbbells**

### **Elbow Squeeze Shoulder Press Instructions**

1. Stand with your feet shoulder-width apart, hold a dumbbell in each hand, and raise the dumbbells until your upper arms are parallel to the floor and your elbows are directly under the wrists.
2. Bring the elbows and forearms toward the midline of the body and then return to the starting position.
3. Push the dumbbells up and fully extend your arms.
4. Return to the starting position and repeat the movement until the set is complete.

### **Proper Form And Breathing Pattern**

Keep your back straight, engage the core, open the chest and face front. Breathe out as you bring the elbows and forearms toward the midline of the body, and squeeze the chest. Keep your arms at a 90-degree angle and breathe in as you return to the starting position. Exhale as you push the dumbbells up and over your head, and maintain your hands shoulder-width apart.

### **Exercise Benefits**

The elbow squeeze shoulder press targets the chest and shoulder muscles and strengthens your upper body. This exercise helps to tone your arms, shoulders, chest and back, improves posture and lifts the breasts.

### **Sets And Reps**

Start with the standing chest fly and the dumbbell shoulder press. Once you've acquired proper exercise form, combine the 2 movements and do 2 or 3 sets of 8 to 12 repetitions of the elbow squeeze shoulder press.

### 23. Bent Over Front Back Punch

Primary muscles: **Shoulders**

Secondary muscles: **Upper back, chest, arms**

Equipment: **Dumbbells**

#### Bent Over Front Back Punch Instructions

1. Grab a set of dumbbells, bend your torso until your chest is nearly parallel to the floor, and bring the dumbbells close to your rib cage with the palms facing your torso.
2. Punch to the front with your right arm while rotating your palm to the floor, and push your left arm back in a punching motion, rotating your left palm to the ceiling.
3. Return to the starting position, reverse arms and repeat.

#### Proper Form And Breathing Pattern

Maintain your feet hip-width apart, knees slightly bent, and keep your spine neutral with your head, neck, and back in line and relaxed. Distribute your weight equally between both feet, breathe out as you punch, and keep your torso static and your core engaged.

#### Exercise Benefits

The bent over front back punch targets and strengthens your shoulders, upper back, chest, and arms. This exercise helps to tone and sculpt the shoulders and improves your posture.

#### Sets And Reps

Start with 2 or 3 sets of 8 to 12 repetitions and, for a complete shoulder workout, pair the front back punch with the dumbbell lateral raise, the dumbbell front raise and the bent over lateral raise.

## 24. Half Squat Jab Cross

Primary muscles: **Glutes, quads, hip flexors, shoulders**

Secondary muscles: **Legs, abs, lower back, arms, lats, upper back**

Equipment: **No equipment**

### Half Squat Jab Cross Instructions

1. Start in an athletic position, with your feet shoulder-width apart, knees slightly bent and your hips low and back.
2. Bring your arms up, so that the palms of the hands are facing the sides of your face.
3. Push your left arm out in a punching motion and then return to the starting position.
4. Push your right arm out and keep switching sides quickly.

### Proper Form And Breathing Pattern

Keep your hips back, your chest up, relax your neck, and distribute your weight equally between both legs. Maintain a slow and steady breathing pattern, don't let your knees extend beyond your toes, and don't extend your arms completely.

### Exercise Benefits

The half squat jab cross is a dynamic exercise that warms up the upper body and improves speed, agility, and coordination. This is a complete exercise since it also engages your lower body and core and helps you build strength, burn fat, and improve your fitness level.

## Sets And Reps

Add a 1-minute set to your upper body warm up circuit, and keep the movement fast and smooth.

### 25. Hindu Push Ups

Primary muscles: **Shoulders, chest**

Secondary muscles: **Arms, legs, back, hips, abs**

Equipment: **No equipment**

## Hindu Push Ups Instructions

1. Start in a downward dog pose, with your hands shoulder-width apart, your body in a V shape, and your feet hip-width apart.
2. Bend your elbows and lower your chest until it's just above the floor, going into low plank pose.
3. Straighten your arms, lift your torso and go into upward dog pose.
4. Lower your torso, lift your hips and return to downward dog pose.
5. Repeat until the set is complete.

## Proper Form And Breathing Pattern

Engage your core, relax the spine and neck, open the shoulders and keep the movement fluid and smooth. Breathe in deeply as you slowly move from downward dog to upward dog pose, keeping the elbows close to your body. Exhale as you lift the hips and return to downward dog pose.

## Exercise Benefits

The hindu push up is a compound move that engages the entire body and helps to improve your fitness level. This exercise increases the flexibility of the spine, improves your cardiovascular endurance, and conditions your whole body.

## Sets And Reps

Practice doing the downward facing dog, the low plank and the upward facing dog poses, first. Once you're comfortable with your form, advance to hindu push ups and add 2 or 3 sets of 10 to 12 repetitions to your full body workouts.

### 26. Inchworm

Primary muscles: **Core, shoulders**

Secondary muscles: **Arms, chest, back**

Equipment: **No equipment**

## Inchworm Instructions

1. Stand straight with your feet shoulder-width apart.
2. Bend over and touch the floor with the palms of your hands.
3. Walk your hands out, as far as you can while keeping your legs straight, and pause.
4. Walk back up to the starting position and repeat until the set is complete.

## Proper Form And Breathing Pattern

Keep your legs straight, don't let your hips sag, and maintain a neutral spine. Engage your core muscles to stabilize the movement and walk your hands out as far as you can without losing form. Breathe deeply and lift the heels as you walk out, keeping the toes in the same spot.

## Exercise Benefits

The inchworm is a great bodyweight exercise that warms up the entire body. It strengthens your arms, chest, upper back, lower back, and abs and increases your balance and stability. Since your core needs to work

hard to maintain stability and proper posture, this exercise can be part of a warm up routine or a core workout.

## **Sets And Reps**

Start with 2 or 3 sets of 10 to 15 repetitions and, once you're comfortable with the exercise, increase the challenge by adding a push up halfway through the movement.

### **27. Knee and Elbow Press Up**

Primary muscles: **Quads, chest, shoulders**

Secondary muscles: **Core, upper back, arms, calves**

Equipment: **No equipment**

## **Knee And Elbow Press Up Instructions**

1. Start with your knees and elbows on the floor, with the elbows under the shoulders and the knees under the hips.
2. Straighten your arms and legs simultaneously and lift the hips toward the ceiling.
3. Return to the starting position and repeat until the set is complete.

## **Proper Form And Breathing Pattern**

Keep your back, head, and neck in line and neutral. Exhale as you straighten your legs and arms and lift the hips. Breathe in as you return to the starting position and keep the movement in your knee and elbow joints.

## **Exercise Benefits**

The knee and elbow press up is a low-impact full body exercise that improves your overall strength, posture, and flexibility. This exercise helps



to tone and sculpt your quads, legs, upper back, arms, and shoulders, strengthens the hips, and tightens the core.

### Sets And Reps

Practice doing bear squats and pike push ups first. Once you're comfortable with your form advance to the knee and elbow press up and do 2 or 3, 45 to 60-second sets.

#### 28. Alternating Lunge Front Raise

Primary muscles: **Glutes, quads, hamstrings, shoulders**

Secondary muscles: **Core, chest, arms**

Equipment: **Dumbbells**

### Alternating Lunge Front Raise Instructions

1. Stand straight with your feet hip-width apart and hold a dumbbell in each hand with your palms facing down.
2. Take a step forward with your right leg and, as you slowly bend both knees, lift the dumbbells until your arms are slightly above parallel to the floor.
3. Use your left foot to push you back to the starting position and lower the dumbbells.
4. Repeat with the left leg and keep alternating legs until the set is complete.

### Proper Form And Breathing Pattern

Keep the elbows slightly bent, engage your core, and maintain your back straight. Breathe in as you lunge and lift the dumbbells, keep your weight in the front heel, and maintain your feet hip-width apart. Breathe out as you return to the starting position and keep a smooth and steady rhythm throughout the entire exercise.

## Exercise Benefits

The alternating lunge front raise targets the glutes, quads, hamstrings, the anterior deltoid, and the chest. This compound move works several muscles simultaneously, boosts the metabolism, and helps you condition your body faster.

## Sets And Reps

Practice doing lunges and dumbbell front raises first. Once you're comfortable with your form add 2 to 3, 30-second to 1-minute sets of the alternating lunge front raise to your workouts.

### 29. Lunge Punch

Primary muscles: **Glutes, quads, hamstrings, shoulders**

Secondary muscles: **Core, triceps, biceps, lats**

Equipment: **Dumbbells**

## Lunge Punch Instructions

1. Stand straight with your feet hip-width apart and hold a dumbbell in each hand.
2. Position the dumbbells at shoulder height with your palms facing each other.
3. Take a step back with your left leg, flex your knees and push your left arm out in a punching motion.
4. Stand back up, switch legs and repeat.
5. Keep alternating legs until the set is complete.

## Proper Form And Breathing Pattern

Maintain your feet hip-width apart throughout the entire exercise, tighten your core, keep your back straight, open your chest and don't extend your

arms completely. Breathe out as you lunge and push your arm out, and breathe in as you return to the starting position.

### Exercise Benefits

The lunge punch strengthens and shapes your glutes, quads, hamstrings, shoulders, core, arms, and lats. This is a compound move that works several muscles simultaneously, speeds up the metabolism and helps with weight loss.

### Sets And Reps

Practice doing reverse lunges and dumbbell punches separately. Once you're comfortable with your form, pair the 2 movements and do 2 to 3, 1-minute sets of the lunge punch exercise.

## 30. Medicine Ball Overhead Circles

Primary muscles: **Shoulders**

Secondary muscles: **Arms, upper back, core**

Equipment: **Medicine ball**

### Medicine Ball Overhead Circles Instructions

1. Stand with your feet hip-width apart, your knees slightly bent, and lift a medicine ball up and over your head.
2. Circle the medicine ball around your head and to the left, for 30 seconds.
3. Repeat, circling the medicine ball to the right.

### Proper Form And Breathing Pattern

Keep your back straight, your neck relaxed, open your chest, and breathe out as you lift the medicine ball up and over your head. Engage your core muscles to give back support, keep your shoulders back and breathe slowly as you circle the medicine ball around your head.

### Exercise Benefits

The medicine ball overhead circles targets the shoulders and helps to strengthen and tone your upper body and your core. This exercise also helps to improve shoulder range of motion and reduces the risk of injury.

### Sets And Reps

Start with a light medicine ball and complete 3 sets of 30 seconds on each side. For a complete upper body workout, pair the medicine ball overhead circles with tricep dips, cross chest curls, medicine ball push ups and the wide row exercise.

## 31. Pike Push Up

Primary muscles: **Shoulders**

Secondary muscles: **Chest, upper back, arms, core**

Equipment: **No equipment**

### Pike Push Up Instructions

1. Get down on your hands and feet, with your hands shoulder-width apart, your legs straight and your hips up.
2. Bend your elbows, until your arms form a 90-degree angle, and bring your head close to the mat.
3. Straighten your elbows, pushing your body away from the mat, and return to the starting position.
4. Repeat until the set is complete.

## Proper Form And Breathing Pattern

Start with your arms in line with your spine, straighten your back, engage your core and keep your upper and lower body at a 90-degree angle. Breathe in as you bend your elbows, and lower your body until your head almost touches the mat. Exhale as you straighten your arms and push back to the initial position.

## Exercise Benefits

The pike push up is a great exercise for building shoulder strength and improving core stability. This exercise works your shoulders, arms, chest, back, and core, and helps to tone and strengthen your entire upper body.

## Sets And Reps

Complete 3 sets of 15 to 20 repetitions. If pike push ups are too challenging for you, start with knee push ups and bodyweight push ups, to increase muscle strength.

### 32. Plank Straight Arm Kickback

Primary muscles: **Core, shoulders**

Secondary muscles: **Glutes, arms, wrists**

Equipment: **Dumbbells**

## Plank Straight Arm Kickback Instructions

1. Grab a set of dumbbells and get into plank position, with your wrists under your shoulders and your feet hip-width apart.
2. Lift one arm up and back, keeping it straight.
3. Lower your arm to the starting position, repeat, and switch sides.

## Proper Form And Breathing Pattern

Keep your spine, head, and neck neutral and aligned, and tighten your core and your glutes. Breathe out as you lift your arm, and maintain your back flat and your hips level.

## Exercise Benefits

The plank straight arm kickback is a full body exercise that strengthens your core, glutes, arms, shoulders, and wrists. This exercise improves your stability and posture and keeps your spine aligned and healthy.

## Sets And Reps

Practice doing tricep kickbacks and elbow planks first. Once you're comfortable with your form advance to the plank straight arm kickback and add 2 or 3, 30-second to 1-minute sets, to your full body and cardio routines.

### 33. Dumbbell Push Press

Primary muscles: **Shoulders**

Secondary muscles: **Arms, upper back**

Equipment: **Dumbbells**

## Dumbbell Push Press Instructions

1. Stand with your feet shoulder-width apart and hold a pair of dumbbells in front of your shoulders with your elbows pointing down and your palms facing each other.
2. Extend your arms and push the dumbbells over your head.
3. Bend your elbows and slowly lower the weights to the starting position.
4. Repeat this movement until the set is complete.

## Proper Form And Breathing Pattern

When doing the dumbbell push press, Keep your heels flat, knees bent, chest up, and shoulders back. Breathe out as you push the dumbbells over your head, maintain a neutral back and keep your elbows close to your body.

## Exercise Benefits

The dumbbell push press is a great exercise that strengthens and defines the shoulders, improves range of motion, and reduces the risk of injury. If you want to work several muscles simultaneously and get a great cardio workout, pair the push press movement with bodyweight squats and do dumbbell thrusters instead.

## Sets And Reps

Start with 2 or 3 sets of 8 to 12 reps and choose your weights accordingly. You should feel fatigued by your last repetition. If you're not, that means your weights are too light, and if it's impossible to finish 12 repetitions, your weights are too heavy.

### 34. Reverse Lunge Medicine Ball Overhead Press

Primary muscles: **Core, glutes, quads, hamstrings, shoulders**

Secondary muscles: **Hips, calves, triceps, upper back, chest**

Equipment: **Medicine ball**

## Reverse Lunge Medicine Ball Overhead Press Instructions

1. Stand with your feet hip-width apart and hold a medicine ball in your right hand at shoulder level.
2. Take a step back with your right leg and flex your knees until the back knee is just above the floor.

3. Stand back up, bring the medicine ball up and over your head and switch it to your left hand.
4. Take a step back with your left leg, lower the medicine ball to shoulder height, and lunge.
5. Stand back up, bring the medicine ball up and over your head and switch it to your right hand.
6. Repeat until the set is complete.

### Proper Form And Breathing Pattern

Tighten your core, keep your back straight, open your chest and maintain your feet hip-width apart. Inhale as you lunge and lower the medicine ball to shoulder height, and breathe out as you stand back up and bring the medicine ball up and over your head.

### Exercise Benefits

The reverse lunge with medicine ball overhead press is a compound exercise that strengthens your whole body, improves core balance, and boosts weight loss. This move helps to sculpt your core, glutes, quads, hamstrings, and shoulders and increases muscle power.

### Sets And Reps

Practice doing the shoulder to shoulder press and reverse lunges first. Once you've acquired proper exercise form advance to the reverse lunge with overhead press and do 2 or 3, 60-second sets.

## 35. Reverse Lunge Shoulder Press

Primary muscles: **Core, glutes, quads, hamstrings, shoulders**

Secondary muscles: **Hips, triceps, upper back, chest**

Equipment: **Dumbbells**



## Reverse Lunge Shoulder Press Instructions

1. Stand with your feet hip-width apart and hold a dumbbell in each hand.
2. Position the dumbbells at shoulder height with your palms facing forward and your elbows under your wrists.
3. Take a step back with your left leg and flex your knees until the back knee is just above the floor.
4. Stand back up, lift your left knee and push the dumbbells up.
5. Repeat this movement for the entire duration of the set and then switch legs.

## Proper Form And Breathing Pattern

Tighten your core, keep your back straight, open your chest and maintain your hands shoulder-width apart. Breathe in as you flex the knees and lunge, and breathe out as you stand back up and push the dumbbells up and over your head.

## Exercise Benefits

The reverse lunge shoulder press strengthens the core, glutes, quads, hamstrings, and shoulders. This compound exercise boosts the metabolism, trims down body fat, increases muscle power and strength, and sculpts your whole body.

## Sets And Reps

Practice doing the shoulder press and reverse lunges first. Once you've acquired proper exercise form, pair the two movements and do 2 or 3, 30-second sets on each side.

Primary muscles: **Shoulders**

Secondary muscles: **Triceps, upper back, chest**

Equipment: **Dumbbells**

### **Dumbbell Shoulder Press Instructions**

1. Stand with your feet shoulder-width apart and hold a dumbbell in each hand.
2. With your palms facing forward and your elbows under your wrists, position the dumbbells at your shoulders.
3. Push the dumbbells up and fully extend your arms.
4. Lower the dumbbells back down to your shoulders and repeat the movement until the set is complete.

### **Proper Form And Breathing Pattern**

Keep your back straight, open your chest, face forward, and exhale as you push the dumbbells up and over your head. Engage your core muscles to give back support, and maintain your hands shoulder-width apart.

### **Exercise Benefits**

The dumbbell shoulder press strengthens your upper body and helps to tone and slim down your arms, shoulders, and back. This is a great exercise to increase muscle power and improve your upper body aesthetics.

### **Sets And Reps**

To tone and sculpt your upper body use lighter dumbbells and do 30-second to 1-minute sets. Combine the dumbbell shoulder press with bodyweight squats, split squats or lunges, to burn even more calories and maximize your workout. If your goal is to build muscle and gain strength,

grab a set of heavier dumbbells and perform 2 to 3 sets of 6 to 8 repetitions, focusing only on your upper body.

### 37. Shoulder Rolls

Primary muscles: **Shoulders**

Secondary muscles: **Chest, upper back**

Equipment: **No equipment**

#### Shoulder Rolls Instructions

1. Stand straight with your arms by your sides and with your feet shoulder-width apart.
2. Slowly rotate your shoulders forward, making big circles.
3. Repeat the movement backward until the set is complete.

#### Proper Form And Breathing Pattern

Maintain your body relaxed and start with small circles. Breathe deeply and keep the movement smooth and continuous. With every breath, increase the circles' diameter until you move fluidly through your full range of motion.

#### Exercise Benefits

Shoulder rolls are the perfect exercise for removing accumulated stress and tension in the shoulders and improving the circulation in those joints. This exercise warms up and stretches the muscles, tendons, and joints and helps reduce pain and stiffness in the shoulder area.

#### Sets And Reps

Shoulder rolls can be particularly beneficial right before an upper body workout. The improvement in shoulder flexibility is very helpful when you're trying to achieve proper exercise form. Start slowly and do a set of 30-second circles in each direction.

### 38. Shoulder Squeeze Reverse Lunge

Primary muscles: **Core, glutes, quads, hamstrings, upper back**

Secondary muscles: **Hips, calves, shoulders, back, chest**

Equipment: **No equipment**

#### Shoulder Squeeze Reverse Lunge Instructions

1. Stand with your feet hip-width apart and raise your arms until they're parallel to the floor.
2. Take a step back with your left leg, flex the knees until the back knee is just above the floor, and bend your elbows to bring your shoulder blades together.
3. Stand back up, straighten the arms, then take a step back with your right leg and repeat.
4. Keep alternating legs until the set is complete.

#### Proper Form And Breathing Pattern

Maintain your back straight, tighten the core, open your chest and keep your feet hip-width apart. Inhale as you lunge and squeeze the shoulder blades, and breathe out as you stand back up and straighten the arms.

#### Exercise Benefits

The shoulder squeeze reverse lunge is a compound move that helps to sculpt your whole body, improves core balance and stability, and boosts weight loss. This exercise strengthens your core, glutes, quads, hamstrings, and back muscles, helps keep your spine aligned, and improves posture.

## Sets And Reps

Practice doing reverse lunges and the cobra lat pulldown first. Once you're comfortable with your form, advance to the shoulder squeeze reverse lunge, and do 2 or 3, 60-second sets.

### 39. Shoulder Stretch

Primary muscles: **Shoulders**

Secondary muscles: **Upper arm, upper back**

Equipment: **No equipment**

## Shoulder Stretch Instructions

1. Bring one arm across your upper body and hold it straight.
2. Grasp the elbow with the other arm and gently pull toward your chest.
3. Hold for 10 to 20 seconds and repeat on the other side.

## Proper Form And Breathing Pattern

As you stretch your shoulders, breathe slowly and relax the body. Exhale as you deepen the stretch and breathe in as you release the stretch. Don't bounce your arms and don't hold your breath, just keep the movements smooth and free of any discomfort.

## Exercise Benefits

Excessive stress and strain can make your muscles tense up and can cause stiffness and pain. The shoulder stretch is a great exercise for reducing stress and tension and for improving circulation in the shoulder joint and muscles. Since the shoulders have such a wide range of movement, it's important to stretch them regularly to encourage flexibility and reduce any signs of pain or fatigue.

## Intensity And Duration

Pull your arm toward the chest until you're able to feel the stretch in your shoulder muscles. Hold the stretch for 10 to 20 seconds without forcing the movement. Deepen the stretch slowly, until all the tension is gone, and then release the stretch and relax your arms.

### 40. Dumbbell Shoulder to Shoulder Press

Primary muscles: **Shoulders**

Secondary muscles: **Arms, upper back**

Equipment: **Dumbbell, kettlebell**

## Dumbbell Shoulder To Shoulder Press Instructions

1. Stand with your feet shoulder-width apart and hold a dumbbell in front of your right shoulder, with your elbows pointing down.
2. Extend your arms and push the dumbbell up and over your head.
3. Bend your elbows and slowly lower the weight to your left shoulder.
4. Keep alternating shoulders until the set is complete.

## Proper Form And Breathing Pattern

Open your chest, keep your back straight, neck relaxed and exhale as you push the dumbbells up and over your head. Give back support by engaging your core muscles, keep your shoulders back and maintain your elbows close to your body.

## Exercise Benefits

The dumbbell shoulder to shoulder press targets the shoulders and helps to strengthen and define the muscles. This exercise helps to improve shoulder range of motion and reduces the risk of injury.

## Sets And Reps

Start with light dumbbells and do 30 second to 1 minute sets. To maximize calorie burn and work your entire body, pair the shoulder to shoulder press with spiderman push ups and dumbbell thrusters.

### 41. Side Lunge Band Lateral Raise

Primary muscles: **Glutes, quads, inner thighs, shoulders**

Secondary muscles: **Upper back, chest, arms, core, hamstrings**

Equipment: **Resistance band**

## Side Lunge Band Lateral Raise Instructions

1. Stand straight with your feet hip-width apart, grab a resistance band with your right hand and step onto the band with your right foot.
2. Step out to the side with your left leg, lunge, and take your right hand toward your left foot.
3. Use your right foot to push you back to the starting position and raise your right arm out to the side until your elbow is at shoulder height.
4. Repeat and then switch sides.

## Proper Form And Breathing Pattern

Keep your back straight, engage your core, and face forward. Breathe out as you lunge and keep your toes pointing in the same direction as the knees. Inhale as you raise your arm out to the side and return to the starting position.

## Exercise Benefits

The side lunge band lateral raise targets the glutes, quads, inner thighs, and shoulders. This is a compound move that engages and stimulates the

whole body, helps you burn extra calories, and improves your balance and coordination.

### Sets And Reps

Practice doing side lunges and the dumbbell lateral raise separately. Once you've mastered those two moves, progress to the side lunge band lateral raise, and do 2 or 3 sets of 10 to 12 repetitions on each side.

#### 42. Side Lunge Front Raise

Primary muscles: **Glutes, quads, inner thighs, shoulders**

Secondary muscles: **Hamstrings, arms, core, chest**

Equipment: **Dumbbells**

### Side Lunge Front Raise Instructions

1. Stand straight with your feet hip-width apart and hold a dumbbell in each hand.
2. Step out to the side with your right leg, lunge, and lift the dumbbells until your arms are slightly above parallel to the floor.
3. Use your left foot to push you back to the starting position and slowly lower the arms.
4. Step out to the side with your left leg and repeat.
5. Keep alternating legs until the set is complete.

### Proper Form And Breathing Pattern

Keep the elbows slightly bent, engage your core, maintain your back straight and your palms facing down. Breathe in as you lunge and lift the dumbbells, and breathe out as you return to the starting position.

### Exercise Benefits



The side lunge front raise targets the inner and outer thighs, glutes, quads, the anterior deltoid and the chest. This is a compound move that works several muscles simultaneously, boosts your metabolism and helps you burn extra calories.

### Sets And Reps

Practice doing side lunges and dumbbell front raises separately. Once you're comfortable with your form, pair the 2 movements and do 2 to 3, 1-minute sets of the side lunge front raise.

## 43. Speed Bag Punches

Primary muscles: **Shoulders**

Secondary muscles: **Triceps, biceps, lats**

Equipment: **No equipment / speed bag**

### Speed Bag Punches Instructions

1. Stand with your feet shoulder-width apart, your knees slightly bent, raise your elbows to shoulder level, and keep your hands at eye level.
2. Shift your weight to the right leg and rotate your right forearm twice.
3. Then shift your weight to the left leg and rotate your left forearm twice.
4. Keep switching sides until the set is complete.

### Proper Form And Breathing Pattern

Bounce your weight from leg to leg smoothly and continuously and breathe deeply. Engage your shoulders and don't drop your elbows. Rotate your forearm and hand forward and maintain both hands at eye level the entire time.

### Exercise Benefits

The speed bag punch is a boxing move that is mostly used for speed, agility, and coordination. This exercise targets your shoulders, triceps, and lats and helps tone and sculpt your upper body. This is also an impressive cardiovascular exercise that, when performed with a speed bag, acts as a major stress reliever.

### Sets And Reps

Start with 30-second to 1-minute sets and, once you're comfortable with your form, increase the speed. For a complete full body workout, pair the speed bag punches with lower body moves like the [alternating side lunge](#) and the [flutter kick squats](#).

#### 44. Split Squat Press

Primary muscles: **Glutes, hips, hamstrings, shoulders**

Secondary muscles: **Quads, calves, triceps, upper back, chest**

Equipment: **Dumbbells**

### Split Squat Press Instructions

1. Start in a split leg position, with one leg forward and one leg back, and hold a dumbbell in each hand.
2. Flex your knees, until the back knee is just above the floor, and position the dumbbells at your shoulders, with your palms facing forward and your elbows under your wrists.
3. Stand back up, push the dumbbells up and fully extend your arms.
4. Repeat this movement for the duration of the set and then switch legs.

### Proper Form And Breathing Pattern

Engage your core, keep your back straight, open your chest and roll your shoulders back. Maintain your feet hip-width apart and breathe in as you flex the knees and lunge. Breathe out as you stand back up and push the dumbbells up and over your head.

## Exercise Benefits

The split squat press targets the hips, glutes, hamstrings, and shoulders. This exercise increases muscle power and strength, sculpts your whole body, and boosts metabolism.

## Sets And Reps

Practice doing the split squat and the shoulder press first. Once you've acquired proper exercise form, advance to the split squat press and do 2 or 3, 30-second sets on each side.

### 45. Squat Band Front Raise

Primary muscles: **Glutes, shoulders, hip flexors, quads**

Secondary muscles: **Abs, calves, hamstrings, lower back, chest, arms**

Equipment: **Resistance band**

## Squat Band Front Raise Instructions

1. Grab the band, hold one end with your hands and step on the middle of the band with your feet about shoulder-width apart.
2. Bend your knees, press your hips back and, with your palms facing down, raise your arms until they're parallel to the floor.
3. Press your heels into the floor to return to the initial position and lower the arms.
4. Repeat until the set is complete.

## Proper Form And Breathing Pattern

Keep your chest up, your hips back, engage your core, and maintain your elbows slightly bent. Don't let the knees extend beyond the toes and breathe in as you squat and raise your arms. Breathe out as you release tension and stand back up.

## Exercise Benefits

The squat band front raise is a compound resistance exercise that primarily targets the shoulders, glutes, hips, and thighs. Since this exercise works several muscles simultaneously, it also helps boost the metabolism and increases your calorie burn.

## Sets And Reps

Do 2 or 3 sets of 8 to 16 repetitions and, for a complete full body workout, pair the squat band front raise with the curtsy lunge side kick raise, the glute bridge chest fly, and the ankle tap push ups.

### 46. Standing Neck Stretch

Primary muscles: **Neck**

Secondary muscles: **Shoulders, obliques**

Equipment: **No equipment**

## Standing Neck Stretch Instructions

1. Stand straight with your feet hip-width apart, grab your left wrist with your right hand and bring it toward your right hip.
2. Bend your torso to the right and gently drop your right ear toward your right shoulder.
3. Hold this stretch for 15 to 30 seconds, reverse sides and repeat.

## Proper Form And Breathing Pattern

Balance your weight evenly across both legs, lengthen the spine and breathe out as you bend your torso and stretch. Keep your neck soft and gently drop your ear toward the shoulder.

## Exercise Benefits

The standing neck stretch helps relieve stress and tension in the neck area, stretches the shoulders and the obliques, improves range of motion, and reduces the risk of injury.

## Intensity And Duration

Hold the stretch for 15 to 30 seconds, reverse sides, and repeat. If you're experiencing persistent neck and shoulder tension, try this [16-minute tension relief flow](#).

### 47. Standing Y Raise

Primary muscles: **Shoulders**

Secondary muscles: **Chest**

Equipment: **Dumbbells**

Exercise for the opposite muscles: [Dumbbell bent over row](#)

## Standing Y Raise Instructions

1. Stand with your feet shoulder-width apart and hold a dumbbell in each hand with your palms facing your hips.
2. Raise the dumbbells above your head, with your palms facing each other, and form a Y with your body.
3. Lower the dumbbells to the starting position and repeat.

## Proper Form And Breathing Pattern

Open your chest, face front and squeeze your shoulder blades together. Keep your arms straight and breathe out as you raise the dumbbells

above your head. Move the dumbbells only with your shoulders, keep your body static, and don't arch your back. Breathe in as you slowly return to the starting position.

### Exercise Benefits

The standing dumbbell Y raise targets your shoulders and chest and helps to strengthen and tone your upper body. This exercise helps to improve posture, sculpts the shoulders, and lifts the breasts.

### Sets And Reps

Choose a light set of dumbbells and start with 12 to 15 repetitions. For a complete back and chest workout, pair the dumbbell Y raise with regular push ups and the bent over row exercise.

## 48. V Sit Curl Press

Primary muscles: **Core, shoulders, biceps**

Secondary muscles: **Upper back, thighs, chest, arms**

Equipment: **Dumbbells**

### V Sit Curl Press Instructions

1. Hold a dumbbell in each hand, sit on the mat and raise your legs to a 45-degree angle.
2. Squeeze the biceps, lift the dumbbells and curl.
3. Rotate your palms to the front, push the dumbbells up and fully extend your arms.
4. Lower your arms back to the starting position and repeat until the set is complete.

### Proper Form And Breathing Pattern

Keep your back straight, engage your core and maintain your head and neck neutral at all times. Breathe out as push the dumbbells up and fully extend your arms and breathe in as you return to the initial position.

### Exercise Benefits

The v sit curl press engages and strengthens the core and improves upper body strength. This exercise helps to tone your arms, thighs, core, back, and shoulders and conditions your whole body.

### Sets And Reps

Do 2 or 3 sets of 10 to 15 reps and, if you're a beginner, practice doing v sits, bicep curls and the dumbbell shoulder press first.

#### 49. Wall Shoulder Scratch

Primary muscles: **Shoulders**

Secondary muscles: **Chest**

Equipment: **No equipment**

### Wall Shoulder Stretch Instructions

1. Place both hands on a wall and walk your feet back until your arms are straight and form a 90-degree angle with your body.
2. Start bending from the hips until you feel the stretch in your shoulders.
3. Hold this stretch for 15 to 30 seconds.

### Proper Form And Breathing Pattern

Breathe out as bend from the hips and stretch, keep your neck relaxed, set your shoulder blades back and keep your shoulders away from the neck.

## Exercise Benefits

The wall shoulder stretch helps relieve tension, loosens your shoulders, and increases flexibility. This stretch improves functional range of motion and reduces the risk of shoulder injury.

## Intensity And Duration

Hold the stretch for 15 to 30 seconds and, if you're feeling stiff, pair this stretch with shoulder rolls, big arm circles, arm swings and neck rolls.

## G. EXERCISES FOR CHEST

### 1. Ankle Tap Push Ups

Primary muscles: **Core**

Secondary muscles: **Chest, shoulders, arms, thighs, glutes, calves**

Equipment: **No equipment**

## Ankle Tap Push Ups Instructions

1. Start in a push up position, with your hands under your shoulders and your legs extended back.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. As you push back to the starting position, lift your hips, and touch your left ankle with your right hand.
4. Return to the push up position and repeat on the opposite side.
5. Keep alternating sides until the set is complete.

## Proper Form And Breathing Pattern



Engage your core and your glutes, maintain a neutral spine, and breathe out as you push yourself back up and touch the ankle. Keep the movement fluid, and inhale as you lower the hips and return to the push up position.

### Exercise Benefits

The ankle tap push ups challenges your coordination and balance and works your whole body. This move gets your heart pumping, strengthens the muscles and helps you burn a ton of calories in a short period of time.

### Sets And Reps

Practice doing push ups and the inverted v plank first. Once you're comfortable with your exercise form, advance to ankle tap push ups and start with 30 sec sets or do 10 to 15 reps.

#### 2. Around the Worlds

Primary muscles: **Chest**

Secondary muscles: **Shoulders, trapezius, lats**

Equipment: **Dumbbells**

Exercise for the opposite muscles: **Dumbbell bent over row**

### Around The Worlds Instructions

1. Lie down on a mat with a dumbbell in each hand, your arms by your sides, and the palms of your hands facing the ceiling.
2. Pull your arms away from the body in a semi-circular movement, and bring the dumbbells over your head.
3. Reverse the movement to return to the starting position, and repeat.

### Proper Form And Breathing Pattern

Start with your chest up, shoulders back, arms next to your thighs, and keep your elbows slightly bent. Maintain your arms parallel to the floor during the entire movement and inhale as you pull the dumbbells over your head. Breathe out as you return to the starting position.

### Exercise Benefits

The around the worlds exercise targets your pecs, which are the muscles that lie under your breast tissue. By training your chest and tightening those muscles, you can give your breasts somewhat of a lift and get an even perkier bust line.

### Sets And Reps

Start with 8 to 12 reps and choose a light set of dumbbells. Avoid doing this exercise if you have any shoulder injury and make sure that you thoroughly warm up your chest and shoulders before performing this exercise.

#### 3. Asymmetrical Push Up

Primary muscles: **Chest**

Secondary muscles: **Shoulders, abs, arms**

Equipment: **No equipment**

### Asymmetrical Push Up Instructions

1. Start in a push up position with your legs extended back and the hands below the shoulders.
2. Place your left forearm on the mat, with the elbow directly under the shoulder, and start bending your right elbow until your chest is just above the floor.
3. Push back to the starting position, repeat, and then switch sides.

## Proper Form And Breathing Pattern

Maintain a neutral spine, engage your core muscles and keep your head in line with your torso, and your torso in line with your hips. Breathe in as you lower your chest, and breathe out as you push back up.

## Exercise Benefits

The asymmetrical push up is a modified version of the regular push up, that creates an element of instability, forcing you to engage your core to a greater degree. This exercise also strengthens your chest, shoulders and back, and helps to sculpt your upper body.

## Sets And Reps

Start with knee push ups or regular push ups and, once you've acquired proper exercise form, advance to asymmetrical push ups. Do 2 or 3 sets of 10 to 12 repetitions on each side.

### 4. Butterfly Dips

Primary muscles: **Triceps, shoulders, chest**

Secondary muscles: **Glutes, inner thighs**

Equipment: **No equipment**

## Butterfly Dips Instructions

1. Sit on the mat with your feet together, place your hands behind you with your fingers facing forward, bend your knees and let your thighs fall open.
2. Straighten your arms as you press your hips up and bring both knees together.
3. Bend your elbows and lower your body back to the starting position.
4. Repeat until the set is complete.

## Proper Form And Breathing Pattern

Roll your shoulders back, open the chest, position the hands under your shoulders, place your heels together and let your knees fall open. Breathe out as you press your hips up and extend your arms. Pause at the top to squeeze your legs in, and inhale as you bend your arms and return to the initial position.

## Exercise Benefits

The butterfly dips is a modified version of the tricep dips with additional lower body benefits. This exercise engages and strengthens your triceps and upper body, and it also works and sculpts your inner thighs and glutes.

## Sets And Reps

Do 2 or 3 sets of 10 to 15 reps and, if you're a beginner, practice doing bench dips first. When you're ready to increase the challenge, add the single leg tricep dips to your workout routines.

### 5. Chest Fly

Primary muscles: **Chest**

Secondary muscles: **Shoulders, arms**

Equipment: **Dumbbells**

Exercise for the opposite muscles: **Dumbbell bent over row**

## Chest Fly Instructions

1. Lie down on the mat with a dumbbell in each hand, your arms up, and the palms of your hands facing each other.
2. With your elbows slightly bent, lower your arms out to sides until you

feel a stretch in your chest muscles.

3. Return to the starting position and repeat the movement.

### Proper Form And Breathing Pattern

When doing the chest fly exercise, remember to lift your knees so that your back does not come up off the mat. Breathe in as you lower your arms and breathe out as you lift the dumbbells back up. Keep your elbows slightly bent and your arms stationary throughout the entire movement. The movement should only occur at the shoulder joint.

### Exercise Benefits

The chest fly is an exercise that targets the chest muscles. Women often avoid chest training, but neglecting your chest can create muscle imbalances in the body that can lead to bad posture, injuries, and the inability to perform other exercises correctly. If you want a sculpted, beautiful and healthy body you need to work all muscle groups.

### Sets And Reps

Start with 2 sets of 10 repetitions and increase the number of sets and reps over time. Women can do different exercises to train their chest area. Those exercises include the chest fly, push ups, chest press, and pullover. You should try to do at least one or two chest exercises every time you do an upper body workout.

#### 6. Chest Fly Glute Bridge

Primary muscles: **Glutes, chest**

Secondary muscles: **Core, shoulders, arms, hamstrings**

Equipment: **Dumbbells**

## Chest Fly Glute Bridge Instructions

1. Lie on your back with your knees bent and your arms out to the sides, holding a dumbbell in each hand.
2. Lift your hips off the mat and then bring the dumbbells up with your palms facing each other.
3. Lower your arms and hips back to the starting position and repeat the movement until the set is complete.

## Proper Form And Breathing Pattern

Engage your core and glutes, keep your knees in line with your hips and feet, and maintain your elbows slightly bent. Breathe out as you squeeze the glutes and lift your hips and arms off the mat. Inhale as you return to the initial position.

## Exercise Benefits

The chest fly glute bridge strengthens your glutes, chest, and core, and improves spinal stabilization. This exercise also stretches the back muscles and the hip flexors and improves your thoracic mobility.

## Sets And Reps

Practice doing the lying chest fly and the glute bridge separately first. Once you're comfortable with your form pair the two movements and do 2 or 3, 60-second sets.

### 7. Dumbbell Chest Press

Primary muscles: **Chest**

Secondary muscles: **Triceps, shoulders**

Equipment: **Dumbbells**

Exercise for the opposite muscles: **Dumbbell wide row**

## Dumbbell Chest Press Instructions

1. Lie down on a mat with your knees bent and a dumbbell in each hand.
2. Push the dumbbells up toward the ceiling so that your arms are directly over your shoulders and your palms are facing your feet.
3. Lower your arms and repeat the movement.

## Proper Form And Breathing Pattern

When doing the dumbbell chest press exercise, keep your spine in a neutral position and breathe out as you push the dumbbells up, being careful not to lock your elbows.

## Exercise Benefits

The dumbbell chest press strengthens your shoulders, triceps, and chest muscles and it also helps to tone your upper body, improves your posture, and prevents injuries. When doing an upper body workout it's very important to work not only your arms and shoulders but also your back and chest.

## Sets And Reps

Start with 2 to 3 sets of 8 to 12 repetitions and pair the dumbbell chest press with back exercises like the bent over row or the dumbbell wide row to keep your upper body sculpted, proportional and to improve muscle tone and strength.

8. Chest Press with Legs Extended

Primary muscles: **Chest, abs**

Secondary muscles: **Triceps, shoulders, lower back**

Equipment: **Dumbbells**

## Chest Press With Legs Extended Instructions

1. Lie on your back, holding a dumbbell in each hand, and raise your legs to a 45-degree angle.
2. Push the dumbbells up toward the ceiling, with your palms facing your feet and your arms directly above your shoulders.
3. Bend your elbows, lower your arms and repeat the movement.

## Proper Form And Breathing Pattern

Engage your core and keep your head, back and shoulders pressed against the floor. Breathe out as you squeeze your chest and push the dumbbells up, being careful not to fully extend your elbows. Inhale as you lower the dumbbells and return to the initial position.

## Exercise Benefits

The chest press legs extended is a full body move that engages both your upper body and your core. This exercise strengthens the chest, abs, shoulders, triceps, and lower back, and improves your posture, flexibility, and stability.

## Sets And Reps

Practice doing the chest press and the straight leg raise and, once you're comfortable with your form, advance to the chest press with legs extended. Add 2 or 3 sets of 10 to 16 repetitions to your upper body or full body routines.

### 9. Chest Press Punch Up

Primary muscles: **Core, chest**

Secondary muscles: **Shoulders, arms**

Equipment: **Dumbbells**



## Chest Press Punch Up Instructions

1. Lie on your back with your knees bent, your back flat, and hold a dumbbell in each hand.
2. Squeeze your abs, lift your right shoulder off the floor and punch up with your right arm.
3. Lower your arm to the starting position and repeat with the left arm.

## Proper Form And Breathing Pattern

Engage your core, keep your head and neck relaxed, and maintain your lower back pressed against the floor. Keep your chin off your chest, look up, and exhale as you lift your shoulder off the floor and punch. Don't extend your arm completely and breathe in as you slowly return to the initial position.

## Exercise Benefits

The chest press punch up targets and strengthens your core and your upper body. This exercise improves your stability and posture, trims down your waist, and tones your shoulders and chest.

## Sets And Reps

Practice doing crunches, dumbbell punches and the chest press exercise first. Once you're comfortable with your form advance to the chest press punch up and add 2 or 3, 30-second to 1-minute sets, to your full body or core routines.

Primary muscles: **Chest**

Secondary muscles: **Biceps, shoulders**

Equipment: **No equipment**

### **Chest Stretch Instructions**

1. With the side of your body facing a wall, place your left palm on the wall.
2. Slowly rotate your torso to the right, until you feel the stretch in your chest and in your left shoulder.
3. Hold for 15 to 30 seconds and repeat on the right side.

### **Proper Form And Breathing Pattern**

When doing the chest stretch keep your palm pressed firmly against the wall and maintain your hand in line with your shoulder. Breathe out as you deepen the stretch and, as you rotate your body and open up the chest, maintain your back straight.

### **Exercise Benefits**

The wall chest stretch helps to open up your chest and loosens your biceps and the muscles of your shoulders. This stretch also increases your flexibility and helps to improve blood circulation and posture.

### **Intensity And Duration**

Start by warming up your upper body and then hold the chest stretch for 15 to 30 seconds on each side. Deepen the stretch slowly, making sure that you always stay within your normal range of motion. Release all tension and relax the muscles, tendons, and ligaments.

Primary muscles: **Chest**

Secondary muscles: **Shoulders, upper back, triceps, core**

Equipment: **Step / stability ball / box**

### **Decline Push Up Instructions**

1. Start in a plank position, with your wrists under your shoulders and your feet hip-width apart, and place your feet on top of a step.
2. Bend your elbows and lower your chest until it's just above the floor.
3. Push back to the starting position, and repeat until the set is complete.

### **Proper Form And Breathing Pattern**

Keep your body in a straight line, with your head in line with your torso and your torso in line with your hips. Engage your core and breathe in as you slowly bend your elbows and lower your chest to the floor. Exhale as you straighten your arms and push back to the starting position.

### **Exercise Benefits**

The decline push up targets the pec muscles and helps to lift your breasts and strengthen your chest. This exercise also shapes and tones your shoulders, triceps, and back, and helps to improve core strength and stability.

### **Sets And Reps**

Start with knee push ups and regular push ups. Once you're comfortable with your form, advance to decline push ups and add 2 or 3 sets of 10 to 12 repetitions to your upper body workouts.

Primary muscles: **Chest**  
Secondary muscles: **Back**  
Equipment: **Dumbbells**

### **Dumbbell Pullover Instructions**

1. Hold a dumbbell in each hand or hold only one dumbbell with both hands and lie down on a mat with your knees bent.
2. Press your arms up and keep your hands together with the palms facing each other.
3. Lower the dumbbells over and beyond your head until your upper arms are in line with your torso.
4. Pull the dumbbells up and over your chest and repeat.

### **Proper Form And Breathing Pattern**

When doing the dumbbell pullover keep your elbows slightly bent and don't move them during the entire exercise. Keep your core tight, your wrists straight and breathe out as you pull the dumbbells up and over your chest.

### **Exercise Benefits**

Dumbbell pullovers work two opposing muscles simultaneously: the chest and the back muscles. This is a great exercise to add to a full body workout since it improves the strength of most of the muscles in the upper body.

### **Sets And Reps**

Start doing the dumbbell pullover with only one dumbbell and do 2 or 3 sets of 6 to 8 repetitions. Be extra careful because the dumbbell is positioned directly above your face, so start slowly and use light weights. Combine this exercise with the dumbbell shoulder press and the dumbbell punches, for a quick upper body workout.

### 13. Elbow Squeeze Shoulder Press

Primary muscles: **Shoulders, chest**

Secondary muscles: **Triceps, upper back, arms**

Equipment: **Dumbbells**

#### Elbow Squeeze Shoulder Press Instructions

1. Stand with your feet shoulder-width apart, hold a dumbbell in each hand, and raise the dumbbells until your upper arms are parallel to the floor and your elbows are directly under the wrists.
2. Bring the elbows and forearms toward the midline of the body and then return to the starting position.
3. Push the dumbbells up and fully extend your arms.
4. Return to the starting position and repeat the movement until the set is complete.

#### Proper Form And Breathing Pattern

Keep your back straight, engage the core, open the chest and face front. Breathe out as you bring the elbows and forearms toward the midline of the body, and squeeze the chest. Keep your arms at a 90-degree angle and breathe in as you return to the starting position. Exhale as you push the dumbbells up and over your head, and maintain your hands shoulder-width apart.

#### Exercise Benefits

The elbow squeeze shoulder press targets the chest and shoulder muscles and strengthens your upper body. This exercise helps to tone your arms, shoulders, chest and back, improves posture and lifts the breasts.

#### Sets And Reps

Start with the standing chest fly and the dumbbell shoulder press. Once you've acquired proper exercise form, combine the 2 movements and do 2 or 3 sets of 8 to 12 repetitions of the elbow squeeze shoulder press.

#### 14. Hindu Push Ups

Primary muscles: **Shoulders, chest**

Secondary muscles: **Arms, legs, back, hips, abs**

Equipment: **No equipment**

#### Hindu Push Ups Instructions

1. Start in a downward dog pose, with your hands shoulder-width apart, your body in a V shape, and your feet hip-width apart.
2. Bend your elbows and lower your chest until it's just above the floor, going into low plank pose.
3. Straighten your arms, lift your torso and go into upward dog pose.
4. Lower your torso, lift your hips and return to downward dog pose.
5. Repeat until the set is complete.

#### Proper Form And Breathing Pattern

Engage your core, relax the spine and neck, open the shoulders and keep the movement fluid and smooth. Breathe in deeply as you slowly move from downward dog to upward dog pose, keeping the elbows close to your body. Exhale as you lift the hips and return to downward dog pose.

#### Exercise Benefits

The hindu push up is a compound move that engages the entire body and helps to improve your fitness level. This exercise increases the flexibility of the spine, improves your cardiovascular endurance, and conditions your whole body.

## Sets And Reps

Practice doing the downward facing dog, the low plank and the upward facing dog poses, first. Once you're comfortable with your form, advance to hindu push ups and add 2 or 3 sets of 10 to 12 repetitions to your full body workouts.

### 15. Knee and Elbow Press Up

Primary muscles: **Quads, chest, shoulders**

Secondary muscles: **Core, upper back, arms, calves**

Equipment: **No equipment**

## Knee And Elbow Press Up Instructions

1. Start with your knees and elbows on the floor, with the elbows under the shoulders and the knees under the hips.
2. Straighten your arms and legs simultaneously and lift the hips toward the ceiling.
3. Return to the starting position and repeat until the set is complete.

## Proper Form And Breathing Pattern

Keep your back, head, and neck in line and neutral. Exhale as you straighten your legs and arms and lift the hips. Breathe in as you return to the starting position and keep the movement in your knee and elbow joints.

## Exercise Benefits

The knee and elbow press up is a low-impact full body exercise that improves your overall strength, posture, and flexibility. This exercise helps

to tone and sculpt your quads, legs, upper back, arms, and shoulders, strengthens the hips, and tightens the core.

## Sets And Reps

Practice doing bear squats and pike push ups first. Once you're comfortable with your form advance to the knee and elbow press up and do 2 or 3, 45 to 60-second sets.

### 16. Knee Push Up

Primary muscles: **Chest**

Secondary muscles: **Abs, shoulders, arms**

Equipment: **No equipment**

Exercise for the opposite muscles: **Dumbbell bent over row**

## Knee Push Up Instructions

1. Place the knees on the floor, the hands below the shoulders, and cross your feet.
2. Keeping your back straight, start bending the elbows until your chest is almost touching the floor.
3. Pause and push back to the starting position.
4. Repeat until the set is complete.

## Proper Form And Breathing Pattern

Keep your head, hips, and torso in line. Maintain your core muscles tight and keep your spine in a neutral position. Inhale as you lower the chest and breathe out as you push back up.

## Exercise Benefits

The knee push up and push ups, in general, are upper body exercises that also strengthen the core, increase metabolic rate and reduce bone loss.



You can add knee push ups to an upper body warm up routine to prepare your muscles for strength training.

## Sets And Reps

Start slowly with as many sets and reps of knee push ups as you feel comfortable doing and increase the number until you're able to complete 3 sets of 20 to 25 reps. If the knee push up isn't challenging enough for you, start adding regular push ups to your workout routine.

### 17. Alternating Medicine Ball Push Up

Primary muscles: **Chest**

Secondary muscles: **Shoulders, abs, arms**

Equipment: **Medicine ball**

Exercise for the opposite muscles: **Dumbbell bent over row**

## Alternating Medicine Ball Push Up Instructions

1. Start in a push up position with your legs extended back, the hands below the shoulders, and a medicine ball under your left hand.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. Push back to the starting position and roll the medicine ball to your right hand.
4. Repeat and roll the medicine ball back and forth throughout the entire set.

## Proper Form And Breathing Pattern

Engage your core muscles and keep your spine neutral, with your head in line with your torso and your torso in line with your hips. Breathe in as you lower your chest and exhale as you push back up.

## Exercise Benefits

The alternating medicine ball push up adds an element of balance and stability to the regular push up, forcing you to engage your core to a greater degree. By using a stability ball you also allow your muscles to move through a broader range of motion, which exposes them to more stress and results in increased growth.

## Sets And Reps

Start with knee push ups or regular push ups and, once you've acquired proper exercise form, advance to medicine ball push ups. Do 2 or 3 sets of 8 to 10 repetitions on each side or alternate between sides for 30 seconds to 1 minute.

### 18. Open Arm Chest Stretch

Primary muscles: **Chest**

Secondary muscles: **Middle back**

Equipment: **No equipment**

## Open Arm Chest Stretch Instructions

1. While keeping your arms straight, move them back as far as possible until you feel the stretch in your chest.
2. Hold for 10 to 20 seconds and then relax.

## Proper Form And Breathing Pattern

When doing the open arm chest stretch release all tension from your body, keep your head up, open your chest and breathe out as you stretch the muscles. Don't force yourself into any position, let your chest muscles relax before you try to move forward into a deeper stretch.

## Exercise Benefits

The open arm chest stretch loosens the muscles of the chest, improves blood circulation, and prevents neck and back pain. This stretch also helps to open up the chest and align the shoulder blades, improving posture and increasing flexibility. If you want a strong and lean upper body it's important to regularly stretch your chest and upper back.

## Intensity And Duration

Don't stretch any further than your normal range of motion and warm up the muscles first. You should be able to feel the stretch, but you shouldn't feel any pain. Hold the open arm chest stretch for about 10 to 20 seconds and then relax. If you still have some tension left in the muscles, you can repeat or deepen the stretch.

### 19. Pike Push Up

Primary muscles: **Shoulders**

Secondary muscles: **Chest, upper back, arms, core**

Equipment: **No equipment**

## Pike Push Up Instructions

1. Get down on your hands and feet, with your hands shoulder-width apart, your legs straight and your hips up.
2. Bend your elbows, until your arms form a 90-degree angle, and bring your head close to the mat.
3. Straighten your elbows, pushing your body away from the mat, and return to the starting position.
4. Repeat until the set is complete.

## Proper Form And Breathing Pattern

Start with your arms in line with your spine, straighten your back, engage your core and keep your upper and lower body at a 90-degree angle. Breathe in as you bend your elbows, and lower your body until your head almost touches the mat. Exhale as you straighten your arms and push back to the initial position.

### Exercise Benefits

The pike push up is a great exercise for building shoulder strength and improving core stability. This exercise works your shoulders, arms, chest, back, and core, and helps to tone and strengthen your entire upper body.

### Sets And Reps

Complete 3 sets of 15 to 20 repetitions. If pike push ups are too challenging for you, start with knee push ups and bodyweight push ups, to increase muscle strength.

## 20. Plie Squat Scoop Up

Primary muscles: **Glutes, inner thighs, chest**

Secondary muscles: **Quads, hamstrings, hip flexors, calves, arms**

Equipment: **Dumbbells**

### Plie Squat Scoop Up Instructions

1. Stand with your feet in a wide stance, your toes pointing out to the sides, and hold a dumbbell in each hand with your palms facing up.
2. Squat until your thighs are parallel to the floor, and lower the dumbbells close to your knees.
3. Stand up and bring the dumbbells together in front of your chest.
4. Repeat until the set is complete.

### Proper Form And Breathing Pattern

Keep your core tight, your back straight, and maintain your knees in line with your toes. Breathe in as you squat and lower the dumbbells, and breathe out as you push through the heels to stand up and scoop the dumbbells up.

### Exercise Benefits

The plie squat scoop up is a compound move that targets your glutes, thighs, legs, hips, chest, and arms. This is a full body exercise that boosts the metabolism, strengthens the whole body, and improves your fitness level.

### Sets And Reps

Start with plie squats to practice proper exercise form and, once you're ready to increase the challenge, add 2 or 3 sets of 12 to 15 plie squats scoop up to your full body workouts.

## 21. Dumbbell Pullover Leg Raise

Primary muscles: **Chest, core**

Secondary muscles: **Back, quads, hip flexors**

Equipment: **Dumbbell**

### Dumbbell Pullover Leg Raise Instructions

1. Lie on your back with your knees bent and hold a dumbbell with both hands.
2. Extend your right leg, and lower the dumbbell back and over your head.
3. Raise your right leg toward the ceiling, and pull the dumbbell up and over the chest.
4. Lower the dumbbell and your right leg back to the initial position, repeat, and then switch sides.

## Proper Form And Breathing Pattern

Keep your core tight, maintain your wrists and the extended leg straight, and keep a slight bend in your elbows. Breathe out as you pull the dumbbell and your leg up, and maintain the lower back pressed against the floor.

## Exercise Benefits

The dumbbell pullover with leg raise works several muscles simultaneously and is a great full body exercise. This move strengthens the chest, back, core, quads and hip flexors, improves posture, and boosts muscle strength, endurance and stamina.

## Sets And Reps

Do 2 or 3, 30-second sets on each side and, for a great cardio boost, pair this exercise with the skating windmill, and the knee to elbow kickback.

## 22. Push Up

Primary muscles: **Chest**

Secondary muscles: **Shoulders, abs, arms**

Equipment: **No equipment**

Exercise for the opposite muscles: **Dumbbell bent over row**

## Push Up Instructions

1. With your legs extended back, place the hands below the shoulders, slightly wider than shoulder-width apart.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. Push back to the starting position. A 1-second push, 1-second pause,

2-second down count is ideal.

4. Repeat.

### Proper Form And Breathing Pattern

While doing the push-up exercise focus on keeping your head in line with your torso, and your torso in line with your hips. Engage your core muscles, maintain your body in a straight line, and exhale as you push back. Take the pressure off the wrists and place it on the outside of your hands.

### Exercise Benefits

Adding push-ups to your workout routine helps to shape and tone your shoulders, triceps and glutes, strengthens the chest, and helps to tone and tighten your core.

### Sets And Reps

With the push up the key is to start slowly and focus on keeping perfect form. Doing a push up correctly is more important than the number of push-ups you can do. As you gain strength and stamina you should be able to complete 3 sets of 15 to 20 repetitions. If regular push-ups are too challenging for you, start with knee push ups.

## 23. Spiderman Push Ups

Primary muscles: **Core**

Secondary muscles: **Obliques, chest, shoulders, arms**

Equipment: **No equipment**

### Spiderman Push Ups Instructions

1. Place your hands under the shoulders and extend your legs back.
2. Start bending your elbows as you bring your left knee to the left shoulder.
3. Push up and return to the starting position.
4. Repeat on the right side and keep alternating sides until the set is complete.

### Proper Form And Breathing Pattern

Before you can do spiderman push ups you need to be able to do a regular push up. Remember to keep your spine neutral, engage your core muscles and exhale as you push yourself back up. Keep your knees high and away from the floor and make sure that your movement is fluid and well-coordinated. By the time you get to the bottom of your push up, your knee needs to be up.

### Exercise Benefits

The spiderman push up challenges your coordination and balance and works the core muscles and the upper body. This is a great bodyweight exercise that gets your heart pumping, strengthens the muscles, and burns a ton of calories in a short period of time.

### Sets And Reps

Start with 30 sec sets or with 10 to 15 reps and increase with time. This is an advanced move so make sure that you start with regular push ups and spiderman planks, and then you can safely advance to spiderman push ups.

## 24. Stability Ball Chest Press

Primary muscles: **Chest**

Secondary muscles: **Triceps, shoulders, core**



Equipment: **Dumbbells, stability ball**

Exercise for the opposite muscles: **Dumbbell wide row**

### **Stability Ball Chest Press Instructions**

1. Lie with the middle of your upper back firmly on top of a stability ball, keep your knees bent and hold a dumbbell in each hand.
2. Push the dumbbells up toward the ceiling, with your palms facing your feet and your arms directly over your shoulders.
3. Lower your arms down and to the sides and repeat the movement.

### **Proper Form And Breathing Pattern**

Keep your head and spine in a neutral position, raise the hips, tighten your core and breathe out as you squeeze your chest and push the dumbbells up. Don't lock your elbows and inhale as you lower the dumbbells until your arms are slightly below parallel to the floor.

### **Exercise Benefits**

The stability ball chest press strengthens the shoulders, triceps, and chest muscles and it also requires you to engage your core for stabilization. This exercise allows your triceps and chest to move through a broader range of motion than in the floor press, targeting your chest to a greater degree.

### **Sets And Reps**

Start with the floor press and, once you're comfortable with your form, advance to the stability ball or bench press. Add 2 or 3 sets of 12 to 15 repetitions to your upper body or full body routines.

## **25. Staggered Arm Knee Push Up**

Primary muscles: **Chest**

Secondary muscles: **Shoulders, triceps, biceps, arms**

Equipment: **No equipment**

### **Staggered Arm Knee Push Up Instructions**

1. Place your knees on the floor and your hands staggered, with one being higher than the other and slightly wider than shoulder-width apart.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. Pause, push back up, and then reverse your hand position.
4. Repeat until the set is complete.

### **Proper Form And Breathing Pattern**

Engage your core, maintain your spine neutral and keep your head, hips, and torso in line. Inhale as you lower the chest, pause for 1 or 2 seconds, and exhale as you extend your arms and push back to the starting position.

### **Exercise Benefits**

The staggered arm knee push up is an upper body strengthening exercise that works your chest, shoulders, and arms. This move also helps to engage your core and improves your stability.

### **Sets And Reps**

Practice doing knee push ups first and, once you're comfortable with your form, advance to staggered knee push ups. Complete 2 or 3 sets of 12 to 16 repetitions. If you wish to increase the challenge, advance to staggered push ups.

Primary muscles: **Chest**

Secondary muscles: **Shoulders, triceps, biceps, arms**

Equipment: **No equipment**

### **Staggered Arm Push Up Instructions**

1. With your legs extended back, place the hands staggered, with one being higher than the other and slightly wider than shoulder-width apart.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. Extend your arms to push back up and then reverse your hand position.
4. Repeat.

### **Proper Form And Breathing Pattern**

Keep your body straight, with your head in line with your torso and your torso in line with your hips, and engage your core. Inhale as you lower your chest and then pause for 1 to 2 seconds. Exhale as you extend your arms and push back up.

### **Exercise Benefits**

The staggered arm push up works your chest, shoulders, triceps, biceps, and arms. This move strengthens the upper body and helps to tone and tighten your core.

### **Sets And Reps**

Practice doing push ups and staggered knee push ups first. Once you're comfortable with your form, try to complete 2 or 3 sets of 10 to 12 repetitions.

Primary muscles: **Chest**

Secondary muscles: **Shoulders, arms**

Equipment: **Dumbbells**

Exercise for the opposite muscles: **Dumbbell bent over row**

### **Standing Chest Fly Instructions**

1. Stand with your feet shoulder-width apart, your arms out to the sides, and hold a dumbbell in each hand.
2. With your palms facing forward and your elbows directly under your wrists, raise the dumbbells until your upper arms are parallel to the floor.
3. Bring your elbows and forearms toward the midline of the body and then return to the starting position.

### **Proper Form And Breathing Pattern**

Breathe out as you bring your elbows and forearms toward the midline of the body and squeeze the chest. Relax your chest, maintain your upper arms parallel to the floor, and keep your arms at a 90-degree angle. The movement should only happen at the shoulder joint.

### **Exercise Benefits**

The standing chest fly targets the chest and shoulder muscles. Chest exercises help build muscle strength and power and can also give the breasts somewhat of a lift, making them appear perkier.

### **Sets And Reps**

Start with 2 sets of 10 to 12 repetitions and then slowly increase the number of sets and reps. For a complete chest workout, pair the standing chest fly with push ups, chest press and pullovers.

## **H. EXERCISES FOR BACK**

## 1. Alternating Superman

Primary muscles: **Middle back, lower back**

Secondary muscles: **Abs**

Equipment: **No equipment**

Exercises for the opposite muscles: **Reverse crunches, sit ups**

### Alternating Superman Instructions

1. Lie face down on a mat, with your arms and legs fully extended.
2. Lift one arm and the opposite leg off the floor, by arching your back.
3. Hold for a count of 2, return to the starting position and repeat with the opposite arm and leg.
4. Alternate until the set is complete.

### Proper Form And Breathing Pattern

When doing the alternating superman, keep your arms and legs fully extended and maintain a neutral spine. Breathe in as you lift one arm and leg, pull in your abs, and keep your core muscles tight.

### Exercise Benefits

Adding the alternating superman to your workout routine helps to strengthen your lower back, improves your posture and stability, and stretches your upper body. In order to have a strong core it's important to work, not only your abs and obliques but also your middle and lower back.

### Sets And Reps

Start with 2 or 3 sets of 8 to 16 repetitions and increase the challenge by raising both legs and both arms at the same time. To further challenge and

strengthen your back muscles, alternate this exercise with bird dogs and back extensions.

## 2. Back Extensions

Primary muscles: **Middle and lower back**

Secondary muscles: **Abs**

Equipment: **No equipment**

Exercise for the opposite muscles: **Straight leg raises**

### Back Extensions Instructions

1. Lie face down on a mat, with your legs fully extended and your hands supporting your head.
2. Lift your torso up with the help of your back muscles.
3. Hold for a count of 2 and return to the starting position.
4. Repeat until set is complete.

### Proper Form And Breathing Pattern

Use your hands to support your head and remove all the pressure from your neck. Engage your core muscles, keep your chin up and breathe out as you lift your torso up. Keep the movement smooth and within a comfortable range of motion.

### Exercise Benefits

Adding back extensions to your workout routine helps to strengthen the back muscles and to improve posture and balance. In order to have a strong core, it's important to work not only your abs and obliques but also your back muscles.

### Sets And Reps

Do 2 or 3 sets of 8 to 12 repetitions of back extensions and alternate with crunches and reverse crunches to work your entire core. You can create a bigger challenge by lifting both legs and chest at the same time.

### 3. Back Stretch

Primary muscles: **Lower back**

Secondary muscles: **Middle back, traps**

Equipment: **No equipment**

#### Back Stretch Instructions

1. Start on all fours, positioning your hands directly under your shoulders and your knees under your hips.
2. Drop your head and pull the abs in, rounding your back and neck.
3. Hold for 10 seconds.
4. Raise your head and curve your back down toward the floor.
5. Hold for another 10 seconds and repeat.

#### Proper Form And Breathing Pattern

Keep your spine relaxed, breathe in deeply, drop your head, and round your back and neck toward the ceiling. As you exhale, lift your head and start to round your belly toward the floor. Do this movement slowly and don't bounce between positions.

#### Exercise Benefits

The cat-cow stretch is a yoga pose that is regularly included in stress-releasing routines. This pose massages and stimulates the abdominal organs, creates emotional balance, reinvigorates the spine, and corrects posture. The cat-cow stretch also helps to strengthen your core muscles and can help ease and prevent lower back pain and injuries.

## Intensity And Duration

Hold the cat pose (round back) for 10 seconds and then switch to cow pose, holding for another 10 seconds. Repeat 3 to 4 times keeping the movement fluid and pain-free. By the end of this exercise, you should feel completely calm and relaxed.

### 4. Balance Chop

Primary muscles: **Abs, obliques, lower back**

Secondary muscles: **Quads, hamstrings, glutes, shoulders**

Equipment: **Dumbbell, medicine ball**

## Balance Chop Instructions

1. Stand straight with your feet wide and hold a dumbbell with both hands.
2. Rotate your torso to the left and raise the dumbbell above your head.
3. Lift your right knee as you rotate your torso to the right, and bring the dumbbell diagonally across the body until it's close to your right hip.
4. Repeat and then switch sides.

## Proper Form And Breathing Pattern

Tighten your core, keep your feet and knees pointing in the same direction, and breathe in as you raise the dumbbell above your head. Exhale as you lift your knee and bring the dumbbell close to your hip.

## Exercise Benefits

The balance chop improves the flexibility of the spine and helps keep the core strong and stable. This exercise also improves your balance and posture and strengthens the upper and lower body.



## Sets And Reps

Do 10 to 12 repetitions on each side and choose a weight that is heavy enough, and that allows you to perform all repetitions with proper form.

### 5. Bear Walk

Primary muscles: **Shoulders, back**

Secondary muscles: **Core, legs, arms**

Equipment: **No equipment**

## Bear Walk Instructions

1. Get down on your hands and feet with your knees slightly bent and your back flat.
2. Walk your right hand and your left foot forward.
3. Walk your left hand and your right foot forward.
4. Keep walking and alternating sides until the set is complete.

## Proper Form And Breathing Pattern

Keep your knees slightly bent, your back flat and your arms straight. Engage your core, lift your hips, and exhale as you reach your hand and the opposite foot forward.

## Exercise Benefits

The bear walk is a complete exercise that strengthens the whole body and increases muscle power. This exercise also improves your cardiovascular fitness, boosts your metabolism, and builds endurance.

## Sets And Reps

Do 2 or 3 sets of 16 to 20 repetitions and, for a full body and animal-inspired workout, pair the bear walk with crab kicks, frog jumps and the plank bird dog exercise.

## 6. Dumbbell Bent Over Row

Primary muscles: **Back**

Secondary muscles: **Abs, shoulders, arms**

Equipment: **Dumbbells**

Exercise for the opposite muscles: Push up

### Dumbbell Bent Over Row Instructions

1. Grab a set of dumbbells, bend your torso forward and keep your knees slightly bent.
2. Pull the dumbbells toward your waistline, while squeezing your shoulder blades.
3. Slowly lower the weights to the starting position. A 1-second pull, 1-second pause, 2 second down count is ideal.
4. Repeat.

### Proper Form And Breathing Pattern

While doing the dumbbell bent over row, pull the shoulders back, keep your head up and facing forward and maintain your back straight. Exhale as you pull the dumbbells toward the waist and keep the elbows close to your body during the entire movement.

### Exercise Benefits

Adding the dumbbell bent over row to your workout routine helps to sculpt your back, shoulders, biceps, and forearms. This exercise also strengthens your core and helps to tone and tighten your entire body.

## Sets And Reps

The back muscles are stronger than the muscles in your arms so you should choose a heavier set of dumbbells to properly work those muscles. Do 3 sets of 12 to 16 repetitions and start with one arm at a time to acquire proper exercise form.

### 7. Bent Over Row Press

Primary muscles: **Upper back, shoulders**

Secondary muscles: **Triceps, abs, arms**

Equipment: **Dumbbells**

## Bent Over Row Press Instructions

1. Grab a dumbbell with your right hand, place your left foot forward and your right foot back, bend your left knee and lean your torso forward.
2. Pull the dumbbell toward your waistline, while squeezing your shoulder blades.
3. Push the dumbbell up and fully extend your arm.
4. Slowly lower the weight to the starting position, repeat and switch sides.

## Proper Form And Breathing Pattern

Keep your shoulders back, maintain your back straight, tighten your core and keep your head up. Inhale as you pull the dumbbell toward the waistline and keep the elbow close to your body. Rotate your torso to the right, face up and exhale as you push the dumbbell up and over your head.

## Exercise Benefits

The bent over row press is a compound move that pairs the dumbbell shoulder press with the bent over row. This move targets the shoulders

and upper back and, by working one arm at a time, you're also engaging your core for stability. This exercise also helps to tone and sculpt the arms, increases upper body strength, and improves stability and balance.

### Sets And Reps

Choose a heavier set of dumbbells and do 3 sets of 12 to 16 repetitions on each side. For a thorough upper body workout, complete the circuit with concentration curls, dumbbell pullover and tricep dips.

#### 8. Bird Dogs

Primary muscles: **Abs, middle and lower back**

Secondary muscles: **Glutes, hip flexors**

Equipment: **No equipment**

Exercises for the opposite muscles: Pulse ups, bicycle crunches

### Bird Dogs Instructions

1. Start on your hands and knees with the hands under the shoulders and the knees under the hips.
2. Extend one leg and the opposite arm at the same time.
3. Pause for 3 to 5 seconds, return to the starting position, and switch sides.
4. Continue alternating sides until set is complete.

### Proper Form And Breathing Pattern

When doing bird dogs keep your spine in a neutral position, with your head and neck in alignment, and relax your shoulders. Breathe in as you lift your arm and the opposite leg, and maintain your torso stable by engaging your core.

### Exercise Benefits

The bird dog is a great exercise to add to your workout routine if your goal is to strengthen your core and improve posture and balance. This exercise can also improve the stability of your lumbar spine and prevent lower back pain.

### Sets And Reps

Start with 2 or 3 sets of 6 to 12 reps on each side and, as you gain core strength, increase the number of repetitions. To further increase your balance and core strength, alternate bird dogs with planks and side planks.

#### 9. Bow and Arrow Squat Pull

Primary muscles: **Back**

Secondary muscles: **Shoulders, lats, core, thighs**

Equipment: **Dumbbells**

Exercise for the opposite muscles: Push ups

### Bow And Arrow Squat Pull Instructions

1. Grab a set of dumbbells, squat, and bend your torso until your chest is nearly parallel to the floor.
2. Twist your torso to the right, bring the left dumbbell between both feet and pull the right dumbbell close to your right shoulder.
3. Switch sides and repeat.

### Proper Form And Breathing Pattern

Keep your back straight, with your head and neck relaxed and in line, bend your knees and maintain your elbow joints loose and slightly bent. Breathe slowly, engage your core, don't let your knees move past your toes, and twist your torso only from the ribs up.

### Exercise Benefits

The bow and arrow squat pull works the muscles of the upper back and helps to sculpt your shoulders, arms, lats, core, and legs. This exercise not only strengthens and tones your whole body, but it also gives you a great cardio boost.

### Sets And Reps

If your goal is to improve your cardio endurance and boost weight loss, choose lighter dumbbells and complete 2 or 3, 30-second to 1-minute sets. If your goal is to gain muscle strength and power, choose heavier dumbbells and complete 2 or 3 sets of 12 to 16 repetitions, on each side.

#### 10. Cobra Lat Pulldown

Primary muscles: **Lower back**

Secondary muscles: **Lats, upper back, chest**

Equipment: **No equipment**

Exercise for the opposite muscles: **V sits**

### Cobra Lat Pulldown Instructions

1. Lie on your stomach with your legs and your arms fully extended.
2. Raise your upper body, bend your arms and bring your shoulder blades together.
3. Lower your upper body and extend your arms.
4. Repeat the movement until the set is complete.

### Proper Form And Breathing Pattern

When doing the cobra lat pulldown keep your head in line with your spine and keep your abs tight. Breathe out as you lift your torso and, as you bend your arms, pull your shoulders away from your ears and squeeze your shoulder blades.

## Exercise Benefits

It's very important to add back exercises, like the cobra lat pulldown, to your core workout. Strengthening your back muscles helps to keep your spine aligned, improves your posture, and prevents lower back pain.

## Sets And Reps

Start with 2 or 3 sets of 6 to 12 repetitions and keep the movement within a comfortable range of motion. For a thorough core strengthening routine, alternate the cobra lat pulldown with exercises that target the abs, like flutter kicks, and the obliques, like russian twists.

### 11. Crab Kicks

Primary muscles: **Lower back, abs**

Secondary muscles: **Glutes, hamstrings, shoulders**

Equipment: **No equipment**

## Crab Kicks Instructions

1. Sit on the mat with your knees bent, feet together, and place your hands behind you with your fingers facing backward.
2. Lift your hips off the mat and kick your right leg up.
3. Switch legs and repeat. Keep alternating legs until the set is complete.

## Proper Form And Breathing Pattern

Keep your core engaged, your hips as high as possible, and switch legs as quickly as you can without losing form or using momentum. Maintain a steady breathing pattern, relax your neck and stay in control.

## Exercise Benefits

Crab kicks are a great exercise to develop core strength, improve your agility and increase your fitness level. If done quickly this exercise can also help you lose weight, improve your cardiovascular endurance and boost your metabolism.

### Sets And Reps

Do crab kicks for 30 seconds to 1 minute or complete 2 or 3 sets of 12 to 16 repetitions. If you're a beginner start slowly and pay special attention to your form. As you get more comfortable with this exercise you will be able to increase your speed.

## 12. Crab Toe Touches

Primary muscles: **Lower back, abs**

Secondary muscles: **Glutes, hamstrings, shoulders**

Equipment: **No equipment**

### Crab Toe Touches Instructions

1. Sit on the mat with your knees bent, feet together, and place your hands behind you.
2. Lift your hips off the mat, kick your right leg up and touch your right foot with your left hand.
3. Place your right foot on the mat, kick your left leg up and touch your left foot with your right hand.
4. Keep alternating legs until the set is complete.

### Proper Form And Breathing Pattern

Keep your core engaged, your back neutral, relax your neck, and lift your hips as high as possible. Switch legs quickly, without losing form or using momentum, and maintain a steady breathing pattern.



## Exercise Benefits

The crab toe touches is a great cardio move that helps you improve agility, develop core strength, and speeds up your metabolism. This exercise can also boost your weight loss and improve aerobic fitness.

## Sets And Reps

Do crab toe touches for 30 seconds to 1 minute or try to complete 2 or 3 sets of 12 to 16 repetitions. If you're a beginner start slowly and practice doing crab kicks first. As you get more comfortable with this exercise you will be able to increase the speed and add the additional arm movement.

### 13. Deadlift Upright Row

Primary muscles: **Hamstrings, glutes, upper back**

Secondary muscles: **Calves, lats, shoulders, middle and lower back**

Equipment: **Dumbbells**

## Deadlift Upright Row Instructions

1. Stand up with your feet shoulder-width apart and hold a set of dumbbells in front of your thighs.
2. Push your hips back and lower the dumbbells until your torso is parallel to the floor.
3. Stand up and pull the dumbbells toward your chest, keeping your arms a little wider than shoulder-width apart.
4. Repeat until the set is complete.

## Proper Form And Breathing Pattern

Keep your back straight, open the chest and pull your shoulders back. Inhale as you lower the dumbbells, and keep your legs straight or only

slightly bent. Push through the heels to get back up, squeeze the glutes and breathe out as you pull the dumbbells toward the chest.

### Exercise Benefits

The deadlift upright row targets the back of the body and strengthens the hamstrings, glutes, calves, back, and shoulders. This exercise improves your posture and helps prevent injuries in the hamstrings and lower back.

### Sets And Reps

Practice doing the romanian deadlift and the wide row first. Once you're comfortable with your form, pair the 2 movements and do 2 to 3, 30-second to 1-minute sets of the deadlift upright row.

#### 14. Donkey Kick Twist

Primary muscles: **Abs, middle and lower back, obliques**

Secondary muscles: **Glutes, hip flexors**

Equipment: **No equipment**

### Donkey Kick Twist Instructions

1. Start on your hands and knees, with the hands under the shoulders and the knees under the hips, and place your right hand behind your head.
2. Extend your left leg to the back and rotate your torso to the right.
3. Bend your left leg, bring your right elbow toward your left knee, and crunch.
4. Repeat, and switch sides.

### Proper Form And Breathing Pattern

Keep your head, neck, and spine neutral, relax your shoulders and engage your core. Breathe in as you extend your leg, and twist your torso

only from the ribs up. Exhale as you bring the knee toward the elbow and crunch.

### Exercise Benefits

The donkey kick twist targets your abs, obliques, and lower back, and helps to sculpt and tighten your entire core. This exercise improves your posture and balance and stabilizes your lumbar spine.

### Sets And Reps

Practice doing donkey kicks, bird dogs and russian twists first. Once you're comfortable with your form, do 2 or 3 sets of 10 to 16 repetitions on each side.

## 15. Dumbbell Side Swings

Primary muscles: **Shoulders, upper back**

Secondary muscles: **Arms, chest, lats**

Equipment: **Dumbbells**

### Dumbbell Side Swings Instructions

1. Stand straight and hold a set of dumbbells in front of your thighs.
2. Pull the left dumbbell toward the chest and raise the right dumbbell out to the side.
3. Lower the dumbbells, reverse the arms and repeat.

### Proper Form And Breathing Pattern

Keep your back flat, your neck relaxed, open the chest and breathe out as you slowly lift the dumbbells. Squeeze your shoulders and your back at the top of the lift, maintain your core tight, and inhale as you lower the dumbbells back to the initial position.

## Exercise Benefits

The dumbbell side swings targets the shoulders and the upper back, and helps to strengthen and tone your arms, shoulders, chest, back, and lats. This exercise also enhances the symmetry of the upper body and helps to improve your posture.

## Sets And Reps

Complete 3, 30-second to 1-minute sets, or do 3 sets of 8 to 12 repetitions on each side. For a complete upper body workout, pair the dumbbell side swings with the dumbbell pullover, the single leg tricep dips and the dumbbell shoulder to shoulder press.

### 16. Lawnmower Band Pull

Primary muscles: **Back**

Secondary muscles: **Core, lats, shoulders, glutes, legs, biceps**

Equipment: **Resistance band**

## Lawnmower Band Pull Instructions

1. Begin with your feet hip-width apart and your left foot a few inches behind the right.
2. Step onto a resistance band with your right foot and grab the band with your left hand.
3. Bend your knees, rotate your torso to the right, and bring the left hand toward your right foot.
4. Stand up, rotate your torso slightly to the left and pull the band until it's close to your left shoulder.
5. Repeat this movement for the duration of the set and then switch leg positions.

## Proper Form And Breathing Pattern

Relax your head and neck, engage your core muscles, maintain your back straight, and keep your feet and knees pointing in the same direction. Exhale as you pull the resistance band toward your shoulder and inhale as you release tension and bend the knees.

### Exercise Benefits

The lawnmower band pull works your back muscles, helps define the waist, and strengthens the glutes, biceps, and shoulders. This exercise is a modified version of the dumbbell bent over row that also engages your core, glutes, and leg muscles.

### Sets And Reps

Do 2 or 3 sets of 10 to 12 repetitions on each side. If you prefer, you can replace the resistance band with a dumbbell and do the lawnmower pull instead.

## 17. Lawnmower Pull

Primary muscles: **Back**

Secondary muscles: **Core, lats, shoulders, legs**

Equipment: **Dumbbells**

Exercise for the opposite muscles: Medicine ball push up

### Lawnmower Pull Instructions

1. Stand straight with your feet shoulder-width apart and hold a dumbbell in your left hand.
2. Squat as you rotate your torso to the right and bring the dumbbell toward your right foot.
3. Stand up, rotate your torso slightly to the left and raise the dumbbell until it's close to your left shoulder.
4. Switch sides and repeat.

## Proper Form And Breathing Pattern

Keep your back straight, your head and neck relaxed, and exhale as you pull the dumbbell toward your shoulder. Engage your core, keep your feet and knees pointing in the same direction, and don't let your knees move past your toes.

## Exercise Benefits

The lawnmower pull is a modified version of the dumbbell row and it trains the muscles of your back. This exercise also strengthens your core, legs, and shoulders and helps to define your waist.

## Sets And Reps

Choose a weight that is heavy but still light enough to be able to perform at least 10 to 12 repetitions on each side with proper form. The back muscles are stronger than the muscles in your arms and shoulders and you should choose a heavier set of dumbbells to properly work those muscles.

### 18. Lower Back Stretch

Primary muscles: **Lower back**

Secondary muscles: **Glutes**

Equipment: **No equipment**

## Lower Back Stretch Instructions

1. Lie down on your back and pull both knees up to your chest.
2. Slowly pull the knees toward the shoulders until you feel the stretch on your lower back.
3. Hold that position for 10 to 20 seconds.

## Proper Form And Breathing Pattern

Do this exercise slowly and carefully and breathe out as you stretch. Breathe in deeply through the nose as you release the stretch and relax the body. If you have any previous lower back injury you need to consult with your doctor first to make sure that you're not aggravating that condition.

## Exercise Benefits

The lower back stretch is a great exercise to increase flexibility, release tension and ease lower back pain. If performed regularly, this exercise can help strengthen and stabilize your core muscles and increase lower back range of motion. This stretch is also beneficial for the pelvic and hip muscles since it helps reduce the accumulated tension in those areas.

## Intensity And Duration

If you feel any discomfort while stretching, you can switch to an easier version of this exercise and hold one leg at a time. Hold the stretch for 10 to 20 seconds and, if you're lifting one leg at a time, repeat on the other side.

### 19. Mid Back Band Pull

Primary muscles: **Upper and middle back**

Secondary muscles: **Shoulders, arms, chest**

Equipment: **Resistance band**

## Mid Back Band Pull Instructions

1. Stand straight with your feet shoulder-width apart and hold a resistance band with both hands.
2. Loop the band once or twice around each hand, lift your arms at shoulder height and extend them in front of you.

3. Pull the band as you move your arms out to the sides.
4. Slowly release tension to return to the starting position and repeat.

### Proper Form And Breathing Pattern

Keep your back, head, and neck relaxed, maintain your arms long with just a slight bend in the elbow, and keep your shoulders away from the ears. Exhale as pull the band to the sides and inhale as you return to the starting position.

### Exercise Benefits

The mid back band pull works the upper and middle back muscles, promotes good posture, and helps you stand up tall. This is a great exercise to add to your upper body warm up routine because it also engages your arms and chest.

### Sets And Reps

Do 2 or 3 sets of 30 to 60 seconds each. For a complete upper body warm up, pair the mid back band pull with big arm circles, speed bag punches and arm swings.

## 20. Neck Rolls

Primary muscles: **Neck, cervical spine**

Secondary muscles: **Shoulders**

Equipment: **No equipment**

### Neck Rolls Instructions

1. Begin with your head straight and looking forward.
2. Gently tilt your head to the right and start rolling it back.
3. Keep rolling your head to the left and then down.



4. Bring your head up to the starting position and repeat in the opposite direction.

### Proper Form And Breathing Pattern

Maintain your shoulders relaxed and keep the movements big, slow and fluid. Breathe deeply and stretch the neck gently without letting it fall too far backward. If your neck is too weak or if you feel any discomfort you can start with a semicircular movement. Drop the chin toward the chest and roll your head to the left, roll it back to the front and around to the right shoulder.

### Exercise Benefits

The neck roll is a dynamic stretching exercise that relaxes and stretches the neck muscles and the cervical spine. This exercise can help alleviate any discomfort or stiffness associated with neck strain and can help prevent neck injuries and pain.

### Sets And Reps

If you're planning on doing a workout that can cause stress or strain to your neck, do 5 to 10 neck rolls in each direction. You should always include this exercise at the end of your warm up routine, right before you start the workout.

## 21. Neck Stretch

Primary muscles: **Neck**

Secondary muscles: **Shoulders**

Equipment: **No equipment**

### Neck Stretch Instructions

1. Stand straight with your feet hip-width apart and tilt your head toward the shoulder.
2. Place your hand on your head and gently pull until you feel the stretch in your neck.
3. Hold for 10 to 15 seconds and repeat on the other side.

### **Proper Form And Breathing Pattern**

Relax your neck, arms and shoulders, tilt your head and exhale (breathe out) as you stretch your neck muscles. Inhale as you release the stretch. Don't force the neck beyond its normal range of motion and avoid any aggressive movements.

### **Exercise Benefits**

Stretching your neck at the end of your workout routine helps to increase flexibility, improves range of motion, and reduces muscle soreness. Adding this stretch to your everyday routine helps to remove tension, muscle knots, and tightness in the neck.

### **Intensity And Duration**

Stretch the neck slowly and as far as it feels comfortable. Hold the stretch for 10 to 15 seconds and then relax. Repeat on the other side. You shouldn't feel any pain, but if you do, relax the neck and lift the head slightly until you reach a more comfortable position. Be extra careful if you have weak neck muscles.

## **22. Outer Thigh Stretch**

Primary muscles: **Outer thighs, hips, lower back**

Secondary muscles: **Shoulders, neck, glutes**

Equipment: **No equipment**

## Outer Thigh Stretch Instructions

1. Sit up on the floor with your legs extended.
2. Bend your right knee and cross your right leg over the left.
3. Place your right hand on the floor, your left arm on your right leg, and rotate your upper body to the right.
4. Hold the stretch and repeat on the left side.

## Proper Form And Breathing Pattern

Keep your head up and your back straight. Stretch as far as you can without forcing it and, as you exhale, ease slowly into the stretch. You should feel all tension in your lower back and outer thighs disappear.

## Exercise Benefits

The outer thigh muscles (abductors) are responsible for moving your legs out to the sides, opening up your thighs, and stabilizing your pelvis. Having weak abductors can lead to poor coordination, lack of stability, and even injuries.

## Intensity And Duration

Add the outer thigh stretch to your cool down period and stretch the muscles on each leg for at least 30 seconds. Stretching releases all stress and tension and keeps your body well aligned and flexible.

### 23. Pilates Swimming

Primary muscles: **Back**

Secondary muscles: **Core**

Equipment: **No equipment**

## Pilates Swimming Instructions

1. Lie on your belly with your arms and legs fully extended.
2. Raise both arms and legs off the mat and lift your head and chest.
3. Flutter your arms and legs and keep alternating sides for the entire duration of the set.

## Proper Form And Breathing Pattern

Keep your arms and legs fully extended, maintain a neutral spine and elongate your body. Breathe slowly, pull your abs in, keep your core muscles tight, and maintain your hips and upper body stable.

## Exercise Benefits

The pilates swimming strengthens your back muscles and improves your posture, mobility, and stability. This exercise challenges the core and engages the deep abdominal muscles helping you improve body alignment.

## Sets And Reps

Start with 2 or 3 sets of 8 to 16 repetitions and increase the speed as you become more comfortable with the movement. To further challenge and strengthen your back muscles, alternate this exercise with bird dogs and back extensions.

### 24. Alternating Plank Row Leg Raise

Primary muscles: **Core, upper back**

Secondary muscles: **Shoulders, arms, legs, glutes**

Equipment: **Dumbbells**

## Alternating Plank Row Leg Raise Instructions

1. Get into a plank position, with your hands under your shoulders, your feet a little wider than hip-width apart, and hold a dumbbell in each hand.
2. Pull the right dumbbell toward your waistline, squeeze the shoulder blades and then repeat on the left side.
3. Lift your right leg as high as you can without arching your back, hold for one second and then repeat with the left leg.
4. Repeat steps 2 and 3 until the set is complete.

## Proper Form And Breathing Pattern

Lock your wrists to protect the joints, keep your core tight, engage your glutes, and maintain your body in a straight line. Breathe out as you pull the dumbbells toward the waistline and breathe in as you lower the legs to return to plank position.

## Exercise Benefits

The alternating plank row leg raise is a full body exercise that trains your core, glutes, shoulders, arms, and legs. This challenging move strengthens and tones your whole body, improves stability and posture, blasts calories, and boosts your overall conditioning.

## Sets And Reps

To practice proper exercise form, start with the bent over row and plank leg lifts. Once you're comfortable, pair both moves and add 2 or 3, 30-second to 1-minute sets of the alternating plank row leg raise to your full body circuits.

## 25. Prone Back Extension

Primary muscles: **Middle, upper and lower back**

Secondary muscles: **Core**

Equipment: **No equipment**

### **Prone Back Extension Instructions**

1. Lie on your stomach with your legs fully extended and your arms extended back.
2. Engage your back muscles and lift your torso.
3. Pause for 2 seconds, then return to the starting position.
4. Repeat until the set is complete.

### **Proper Form And Breathing Pattern**

Maintain your head and neck in a neutral position, look down and keep your chin away from the chest. Breathe out as you lift your torso, pause, and inhale as you return to the starting position.

### **Exercise Benefits**

The prone back extension targets and strengthens the back muscles, improves posture, and gives you a taller, slimmer-looking physique. This exercise also enhances your core strength and improves the stability of the spine.

### **Sets And Reps**

Do 2 or 3 sets of 8 to 12 repetitions and pair the prone back extension with the bent leg jackknife and plank hip dips, to work your entire core.

Primary muscles: **Abs, back**

Secondary muscles: **Core, hip flexors**

Equipment: **No equipment**

### **Rolling Like A Ball Instructions**

1. Sit on the mat with your knees bent.
2. Lift both feet off the floor, clasp your hands over your shins and bend your back and neck slightly into a C shape.
3. Pull your abs in and roll back to the shoulders, then use your abdominal strength to roll back up.
4. Repeat until the set is complete.

### **Proper Form And Breathing Pattern**

Maintain your spine in a C shape, keep your chin away from your chest and engage your core. Inhale as you roll back and roll just to the shoulders, not to the neck. Exhale as you roll back up and use only the strength of your abdominal muscles to roll back and forth.

### **Exercise Benefits**

When done correctly, the rolling like a ball is a great exercise to strengthen the abdominal muscles and massage the spine, reducing tension. This pilates exercise also helps to improve your balance, mobility, and spinal articulation and is perfect for keeping your spine healthy and flexible.

### **Sets And Reps**

Repeat this exercise 6 to 12 times and, for a complete back workout, pair the rolling like a ball with the [pilates swimming](#) and the [cobra lat pulldown](#).

Primary muscles: **Middle back, lower back**

Secondary muscles: **Abs**

Equipment: **No equipment**

Exercises for the opposite muscles: **Seated knee tucks, crunches**

### **Superman Instructions**

1. Lie on your belly, with your arms and legs fully extended.
2. Lift both arms and legs off the floor, and hold for a count of 2.
3. Return to the starting position and repeat.

### **Proper Form And Breathing Pattern**

Maintain a neutral spine and inhale as you lift your arms and legs off the floor. Pull your abs in, keep your core tight and use your lower back muscles to keep your arms and legs up.

### **Exercise Benefits**

The superman targets your lower and middle back and helps to strengthen your core. This exercise also improves your posture and flexibility and stretches your upper body.

### **Sets And Reps**

Add 2 or 3 sets of 10 to 16 repetitions of the superman exercise to your core routines. For a complete core workout pair the superman with bicycle crunches, V sits and the plank exercise.

## **28. Superman Twist**

Primary muscles: **Back, trapezius, lats**

Secondary muscles: **Shoulders, core**

Equipment: **No equipment**



## Superman Twist Instructions

1. Lie on your stomach with your legs fully extended, arms bent, and hands behind the ears.
2. Lift and twist your upper torso to the side and pause for 2 seconds.
3. Return to the starting position and repeat, twisting your torso to the opposite side.

## Proper Form And Breathing Pattern

Keep your core tight, your spine neutral and engage your back muscles. Exhale as you twist your torso to the side and move only from the ribs up. Pause for 2 seconds and then breathe in as you slowly return to the starting position.

## Exercise Benefits

The superman twist targets the back muscles and is an excellent exercise to improve your posture and give you a taller and slimmer-looking appearance. This exercise also stretches the upper body and improves your flexibility.

## Sets And Reps

Do 2 or 3, 30-second to 1-minute sets. If you're a beginner start with the superman and the alternating superman. Once you're comfortable with your form advance to the superman twist.

### 29. T Press

Primary muscles: **Back, shoulders**

Secondary muscles: **Trapezius, core**

Equipment: **No equipment**

## T Press Instructions

1. Lie on your belly with your legs fully extended and your arms forming a T shape with your body.
2. Engage your back muscles to lift your torso and arms off the mat.
3. Bring the arms to the sides, squeeze the shoulder blades, and pause.
4. Return to the initial position and repeat.

## Proper Form And Breathing Pattern

Keep your head, spine, and neck neutral, and maintain your arms and legs fully extended. Breathe out as you lift your torso and squeeze the shoulder blades, and pull the shoulders away from your ears. Breathe in as you return to the starting position.

## Exercise Benefits

The T press strengthens the back and engages the deep abdominal muscles, which improves body alignment. This is a good exercise to add to your routines if your goal is to tone your back muscles, improve core strength and promote good posture.

## Sets And Reps

Start with 2 or 3 sets of 6 to 12 repetitions and keep the movement slow and controlled. For a thorough back workout, pair the T press with bird dogs, the cobra lat pulldown and back extensions.

## 30. Upper Back Stretch

Primary muscles: **Upper back**

Secondary muscles: **Shoulders, middle back**

Equipment: **No equipment**

## Upper Back Stretch Instructions

1. Stand straight with your feet shoulder-width apart. Clasp your hands together with the thumbs pointing down.
2. Straighten your arms and round your shoulders as you reach forward.
3. Hold the stretch for 10 to 20 seconds.

## Proper Form And Breathing Pattern

Keep your back straight, your shoulders relaxed, and breathe in deeply. Deepen your stretch slowly as you exhale. Don't lean forward, don't bounce and, if you feel any pain or discomfort, do not continue to stretch.

## Exercise Benefits

The upper back stretch is a great exercise for improving the posture, easing stiffness, and removing tension. If you spend a lot of hours sitting in front of a computer, it's important to add a couple of back stretches to your daily routine. This way you can help ease back pain and prevent injuries.

## Intensity And Duration

As with any other stretch it's crucial that you don't overdo it. You should extend the stretch as far as you can without feeling any pain and maintain that position for 10 to 20 seconds. A good balance between back stretches and back exercises is the key to a healthy back and a great posture.

### 31. Waist Slimmer Squat

Primary muscles: **Abs, obliques, lower back**

Secondary muscles: **Quads, hamstrings, glutes, shoulders**

Equipment: **Dumbbell, medicine ball**

## Waist Slimmer Squat Instructions

1. Stand straight with your feet shoulder-width apart and hold a dumbbell with both hands.
2. Rotate your torso to the right, straighten your arms and raise the dumbbell until it's parallel to the floor.
3. Squat, as you rotate your torso to the left, and bring the dumbbell diagonally across the body until it's close to your left hip.
4. Repeat and then switch sides.

## Proper Form And Breathing Pattern

Engage your core, breathe out as you twist your torso, keep your feet and knees pointing in the same direction, and don't let your knees go past your toes.

## Exercise Benefits

The waist slimmer squat strengthens your core, thighs, shoulders, and glutes, and improves the flexibility and stability of your spine.

## Sets And Reps

Do 10 to 12 repetitions on each side and, for a metabolism-boosting workout, pair the waist slimmer squat with the jump start, plank jacks and the heisman exercise.

### 32. Wide Row

Primary muscles: **Upper back**

Secondary muscles: **Middle back, lats**

Equipment: **Dumbbells**

Exercise for the opposite muscles: **Chest fly**

## Wide Row Instructions

1. Stand holding a pair of dumbbells in front of your thighs and bend forward at the waist.
2. Pull the dumbbells toward your chest, keeping your arms a little wider than shoulder-width apart.
3. Lower the dumbbells and return to the initial position.
4. Repeat this exercise until the set is complete.

## Proper Form And Breathing Pattern

Keep your knees slightly bent, open the chest, maintain your neck in line with your spine, and keep your back flat. Breathe out as you pull the dumbbells toward your chest and squeeze your back at the top of the lift. Maintain your core tight to give back support, and keep your palms facing down.

## Exercise Benefits

The dumbbell wide row targets the upper and middle back and also the lats, which are the muscles located at the sides of the back. The muscles of the upper back help pull the shoulders down and back. Training those muscles will improve the symmetry of your upper body and will also help you stand up tall and straight and maintain proper posture.

## Sets And Reps

Choose a set of heavier dumbbells and do 2 or 3 sets of 12 to 16 repetitions. Training the upper back isn't just for men, one of the secrets of looking great in a backless dress is doing exercises that target your back muscles.

Primary muscles: **Abs, obliques, lower back**

Secondary muscles: **Quads, hamstrings, glutes, shoulders**

Equipment: **Dumbbell, medicine ball**

### **Wood Chop Instructions**

1. Stand straight with your feet shoulder-width apart and hold a dumbbell with both hands.
2. Rotate your torso to the right and raise the dumbbell until it's over the right shoulder.
3. Squat as you rotate your torso to the left and bring the dumbbell diagonally across the body until it's close to your left hip.
4. Repeat and then switch sides.

### **Proper Form And Breathing Pattern**

Engage your core, keep your feet and knees pointing in the same direction, maintain your arms straight, and breathe out as you twist your torso.

### **Exercise Benefits**

The wood chop helps to keep your core strong and stable and improves the flexibility of the spine. This exercise also strengthens your upper and lower body and improves your balance and posture.

### **Sets And Reps**

Choose a weight that is heavy enough, and that allows you to perform at least 10 to 12 repetitions on each side with proper exercise form.

**How to maximise your pull-ups...**

This is a movement butchered in all four corners of fitness. From half reps to wild swinging motions to desperate, gurn-inducing jerks to force your chin over the bar, it's rare to see a pullup that actually looks like it might work the muscles in your back efficiently.

**Be better:** Take your time and focus on moving from a full stretch to a big squeeze. Start from a

full dead hang, arms fully outstretched, and pull your shoulder blades down as you begin the ascent, keeping your elbows flared – imagine trying to pull them down towards your hips. Keep the angle of your torso steady, avoid swinging your back and aim to get your chin as far above the bar as possible. Pause here for a count to absolutely nail the rep, focusing on squeezing your back hard in the top position before reversing, under control, back to a dead hang.

### **How to maximise your bent-over rows...**

When performed correctly, it's one of the quickest ways to target your lats, rear delts and mid back – the muscles that make you look thick as a brick from sideways on. Problems arise when your ego takes over loading the bar and what should be a long, smooth rowing motion becomes a short, quick drip to your mid-thigh followed by a wild, full-body effort to get the bar back to your hips.

**Be better:** Begin the barbell on the floor, or set a few inches off the ground. Hinge down to pick it up and keep your torso as close to parallel to the ground as possible (throughout the entire rep). Keep your elbows tucked in and row up to your stomach with a smooth, controlled tempo. Squeeze hard and retract your shoulder blades at the top, finishing under control, before reversing for a three-second count, all the way back to the ground.

### **How to maximise your deadlifts...**

There's a good reason you'll see these performed on back days – they build some seriously 3D muscle. Your lats act in tandem with just about every muscle in your body to pull off a successful deadlift. You can pimp this move for seriously impressive back gains with just one simple trick.

**Be better:** Attach a band to the middle of your barbell and anchor it to a rack or weight two to three foot in front of the bar. As you grip and rip, the band will attempt to pull the

bar forward, forcing your lats to light up to keep the bar path steady, doubling down on the back attack.

### **How to maximise your cable rows...**

With half reps, unsolicited assistance from the legs and perpetrators leaning back like they're ready for a lay down, this is a move many get wrong.

Be better: Just like the pull-up, you've got to go slow to grow. Grasp the handles and sit with straight legs, arms at full strength and a braced, upright torso. Ensure you maintain this strong upper-body position as you row your handles towards your stomach, keeping your elbows tucked in throughout. Squeeze hard and retract your shoulder blades, pausing briefly as the handles reach your body, ensuring you finish each rep under control, before reversing for a three seconds count, back to a straight armed position.

## **What are the top 10 foods for fitness?**

### **1. Cow's milk**

With hydrating water, muscle-healing protein, refuelling sugar and bone-healthy calcium, milk is a great choice if you are upping your activity levels. A warm glass around bedtime may also help you drift off and get the rest you need – all thanks to its slow-digesting casein and its ability to support sleep-inducing melatonin.

### **Fitness benefits**

Chocolate milk is an age-old favourite for endurance athletes. It might sound unhealthy, but it works because it contains the two essential ingredients you need after a workout: carbs to give you energy and protein to repair muscles. A homemade fruit milkshake or fruit smoothie does the trick too.

### **2. Dried Fruit**

High in natural sugars, dried fruits (such as apricots, raisins and mango) provide a concentrated source of carbohydrate, making them a great energy booster. You'll also get a dose of fibre as well as vitamins and minerals, including potassium, with every mouthful.



## Fitness benefits

If you can't stomach energy gels, dried fruit makes a great natural substitute because they're packed with carbs to give you energy. Aim for one or two servings before a race and two to three servings for every hour of running (one serving is roughly three dried figs).

As with all foods, if competing, experiment with dried fruit during training rather than on competition day!

### 3. Broccoli (and other green veg)

With free-radical-busting antioxidants, digestion-promoting fibre, plus a whole army of vitamins and minerals, broccoli along with kale, spinach and green cabbage are some of the most nutrient-dense foods you'll find. They're also a great source of folate that is thought to be good for heart health and for women hoping to conceive.

## Fitness benefits

When it comes to bone-building calcium, plant-based foods such as broccoli and kale offer a healthy dose and can be a good alternative to dairy products. Low calcium levels make you more vulnerable to stress fractures, particularly if you do endurance sports, so make sure you get enough calcium in your diet – the NHS recommends 700mg for adults a day.

### 4. Sweet potatoes

Mash, bake or make into pâté – sweet potatoes are versatile, count as one of your 5-a-day and provide disease-fighting beta-carotene, iron, fibre and vitamin C.

## Fitness benefits

Sweet potatoes are a good addition to a carb-loading diet and especially before a long race, such as a half marathon. They are also high in the electrolyte potassium, which can help ward off muscle cramps during exercise.

### 5. Bananas

Bananas are the perfect fitness food: compact, portable, soft to chew, and packed with nutrients. Don't be too quick to bin the peel however – Taiwanese nutritionists found the peel is not only packed with even more potassium, but mood-boosting serotonin and eye-protecting lutein, too. Try the whole banana, peel and all, in a smoothie.

#### Fitness benefits

Bananas are slightly higher in energy than other fruits, but the calories come mainly from carbohydrate, which makes them brilliant for refuelling before, during or after a workout. They're also packed with potassium, which may help with muscle cramps during exercise.

### 6. Tomatoes

As well as being loaded with vitamin C, tomatoes contain a powerful antioxidant called lycopene, which gives the fruit their lovely letterbox-red colour. Lycopene has been making headlines for a number of years as a potential nutrient to help prevent prostate cancer in men.

#### Fitness benefits

Tomatoes may help with a weight-loss programme: the fruit has been linked with natural weight management hormones in the body such as leptin, which helps regulate metabolic rate and appetite.

### 7. Brazil nuts

All nuts are packed with vitamins, minerals and fibre, but Brazil nuts are one of the few good sources of selenium, a mineral and micronutrient which helps to maintain a healthy immune system and may help protect against heart disease and cancer. The heart-healthy fats in nuts may help manage cholesterol levels, but be wary: they can be high in calories if you nibble too many.

#### Fitness benefits

Upping your exercise and activity levels can make you hungry so it's important to choose snack foods that pack in nutrients and curb hunger pangs. Nuts fill you up far better than other snack foods so are a wise choice to beat the 4pm snack attack.

## 8. Blueberries

Blueberries earned their 'superfood' status a few years ago, thanks to their high level of free radical-beating antioxidants. Free radicals are thought to travel around your body damaging cells, causing disease, and triggering signs of premature aging. Berries are often lower in calories than other fruits, too.

### Fitness benefits

Like dried fruit, fresh fruit is good to eat during and after exercise since it contains natural sugars, which provide energy to muscles in the quickest way possible. Frozen blueberries (often far cheaper than fresh) are brilliant whizzed up into a post-exercise smoothie to replenish your muscles' glycogen (energy) stores.

## 9. Salmon

Salmon is a good source of omega-3, a fatty acid that's believed to keep your heart healthy and slow down the effects of memory loss.

### Fitness benefits

Pick protein for your post-exercise meal. Protein rebuilds and repairs muscles so is the nutrient to fill up on after a workout. Protein-packed salmon is a great choice, as well as eggs and lean meats.

## 10. Cocoa

Cocoa is especially nutritious, rich in magnesium, antioxidants and amino acids. Studies suggest it may improve vascular function, reduce exercise-induced oxidative stress and alter fat and carb use during exercise. To get the full benefits you need to get as close to the whole bean as possible. Cocoa nibs or powder are best – sprinkle on yogurt, fruit or add to granola.

### Fitness benefits

One of the best things about doing regular exercise is that it allows you a little more leeway when it comes to delicious foods. If you're after a fix, pick dark chocolate (70% cocoa solids or above) rather than other calorie-laden options.

# WHAT SHOULD YOU DO FOR BETTER EXERCISES

## 1. Warming Up and Cooling Down

Spend five to 10 minutes warming up before each workout to prevent injury. Try doing dynamic stretches—such as butt kicks and high knees—to get the blood flowing to your muscles and move your joints. End your workout with a cool down by stretching your muscles or taking a slow walk to safely bring your heart rate back to normal.<sup>4</sup>

## 2. Upper/Lower Splits

You'll do four muscle-strengthening sessions in this sample workout plan: two upper-body and two lower-body days per week. Stick to the same exercises for each of those workouts, gradually boosting the weights and reps as you grow stronger.

## 3. Progressive Overload

Romano recommended progressive overload, or doing the same exercises but challenging yourself with heavier weights or more reps. Start with 10 reps for three sets, with a minute of rest between each set for each exercise.

Different variables—like your age or physical activity level—can affect how many reps you do and the weight you use as a beginner.<sup>5</sup> The key is to increase your weight if an exercise feels too easy so you can challenge your muscles.

## 4. Stretching

Some people may go straight into exercise without stretching before or after. Flexibility is key, however, for maintaining the range of motion in your joints and preventing injuries.<sup>6</sup>

Hold each of the following stretches for 30 seconds and then repeat on the opposite side:

- a. Calf stretch: Steady yourself against a wall, flexing your right foot upward so your toes rest against the wall. Move closer to the wall until you feel a stretch.

- b. Hamstring stretch: Lie down on the floor next to a wall. Raise your right leg, resting your heel against the wall. Straighten your leg until you feel a stretch.
- c. Hip flexor stretch: Place a towel under your left knee, kneeling on the floor. Place your right foot in front of you, bending your right knee. Shift your hips forward until you feel a stretch, placing your weight onto your right leg.
- d. Shoulder stretch: Hold your right arm over your chest with your left arm.
- e. Quad stretch: Steady yourself by holding on to a wall or the back of a chair. Grab your right ankle, pulling your heel up and back to your butt. Keep your knees pressed together.

## **BEST EXERCISES WORKOUT GYM FOR A WEEK**

### **1. Monday: Cardio**

Aim for at least 30 minutes of aerobic activity, such as biking, jogging, running, and walking. During moderate-intensity exercise, you'll be able to hold a conversation while exercising.

Vigorous intensity, in contrast, means that you can only say a few words without pausing.<sup>7</sup>

You can also measure exercise intensity with maximum and target heart rates. A good rule of thumb for finding your maximum heart rate is subtracting your age from 220. Your target heart rate for moderate exercise falls between 50 and 70% of your maximum rate. In comparison, your target heart rate for vigorous exercise falls between 70 and 85% of your maximum rate.<sup>8</sup>

Steady-state cardio (endurance workouts) improve the stamina of your heart and lungs and reduce the risk of diabetes, heart disease, and stroke. Your body learns to move oxygen and nutrients into your muscles more efficiently while transporting waste out.<sup>9</sup> As a result, those exercises will become easier over time, so you'll want to increase your pace gradually.

### **2. Tuesday: Lower Body**

With four compound lifts, your first muscle-strengthening session of the week will target your lower body, including your hamstrings, glutes, and quads. Compound lifts are

exercises that use multiple muscle groups. A deadlift, for example, works your lower body and your arm and core muscles.

Do 10 reps for three sets, with a minute of rest between each set, of the following exercises:

**Deadlifts:** Place your feet shoulder-width apart, push your butt back, bend your knees slightly, and bend forward, keeping your back straight. Grasp a barbell or pair of dumbbells with your hands. Lift the weights by driving your hips forward while keeping your back flat. Slowly lower the weights back to the floor.

**Hip thrusts:** Sit on the ground with your shoulders on a bench or stable chair behind you. Keep your feet planted on the ground, and then push your hips up. Squeeze your glutes until your knees are at a 90-degree angle. Lower your hips back to the ground.

**Lunges:** Stand in a split stance, so one foot is a few feet in front of the other. Keep your torso straight, and then bend your knees until your back knee is a few inches from the floor and your front thigh is parallel to the floor. Push through your heels to return to the starting position. Repeat this move on the opposite sides.

**Squats:** Lower yourself like you are sitting in a chair. Keep your feet shoulder-width apart and your feet flat on the floor. Push back up to standing.

Make sure to perfect your form before adding weights to avoid injury. Add just enough weight so your last couple of reps leave your muscles burning and your heart pumping.

### 3. Wednesday: Upper Body and Core

Your legs, which are likely feeling sore, will get a break since you'll be focusing on your arms today. You'll target your biceps, triceps, and chest muscles with these moves:

**Bicep curl:** Hold a dumbbell in each hand or grasp a barbell with both hands. Let your elbows rest at your sides with your forearms extended out parallel to the floor. Bend your elbows to bring the weight to your shoulders and then return to the start position.

**Chest press:** Lie back on a bench with your feet flat on the floor, holding a dumbbell in each hand or a barbell in both. Keep your arms perpendicular to your body and palms facing forward. Extend your elbows, pushing the weight up. Lower the weight to return to the starting position.

Tricep dip: Sit on a chair or bench and then grip the edge next to your hips. Slide your butt off the chair and lower yourself so your elbows are bent at a 45- or 90-degree angle. Push yourself back to the starting position.

Perform 10 reps of each exercise for three sets with one minute of rest in between each set. Finish this session with a quick core circuit. Pick some of your core moves—such as crunches, planks, and Russian twists—and do each one for 30 seconds with 10–15 seconds off. Repeat the exercises until you hit 10–15 minutes.

#### 4. Thursday: Active Rest and Recovery

Give your body a chance to recover and recharge. Muscle-strengthening activities create tiny microtears in your muscle fibers, leaving your muscles achy and sore. That may sound alarming, but it actually means your muscles will grow back stronger than before. Not allowing your muscles to recover heightens your injury risk and prevents your muscles from strengthening.<sup>10</sup> You may get some form of movement in, even on off days, if you are not too sore or tired. Active rest might include walking and stretching, which relieves post-workout muscle tightness.<sup>10</sup>

#### 5. Friday: Lower Body With a Focus on Glutes

This lower body session will focus on your glutes. Warm up your glutes with five resistance band exercises, such as bridges, clamshells, and squats, for three rounds.

You'll move on to weighted exercises once you activate your glutes. Romano recommended doing 10 reps for three sets of hinge movements, including deadlifts, hip thrusts, and singlelegged hip thrusts. Those exercises target your glutes and hamstrings.

#### 6. Saturday: Upper Body

Focus on your back and shoulders for your final workout of the week. You'll want to fire up your muscles before jumping into the weights. Try doing three sets of 10 reps each of push-ups and pull-ups. You can modify with incline push-ups and assisted pull-ups until you build more strength.

You'll then complete five weighted exercises for 10 reps and three sets. Those exercises include:

Dumbbell single-arm row: Place one hand under your shoulder, arm straight, on a bench. Rest your corresponding knee on the bench, keeping your other leg out to the side and your foot flat on the floor. Hold a dumbbell in your other hand, rowing your elbow up to your side until it's parallel to the floor. Lower and repeat on the other side.

Lat pull down: Grab the bar of a cable machine with your palms facing away and shoulder-width apart. Make sure you are seated on a bench or kneeling on the floor. Pull the bar down to your chest before returning slowly to the starting position.

Lateral raise: Standing or sitting with a dumbbell in each hand and arms at your sides, engage your core and slowly lift the weights out to the side until your arms are parallel to the floor.

Slowly return to the starting position.

Reverse fly: With your feet shoulder-width apart, bend slightly at your waist, holding a dumbbell in each hand. Raise both arms out to the side, squeezing your shoulder blades together. Return to the starting position.

Shoulder press: Either seated or standing, hold a dumbbell in each hand at shoulder height. Keep your palms facing away and elbows bent at a 90-degree angle. Press the weights up until your arms are straight and the weights touch overhead. Slowly lower to the starting position.

## 7. Sunday: Rest and Recovery Day

Celebrate your week of hard work by giving your body time to recover. Try yoga or stretching to prevent your muscles from getting too stiff and sore.

It's also OK to take a complete rest day. Both active and relaxed days off have a place in your weekly routine, whether that's reading a book on the couch or watching television. What matters most is that you pay attention to your body and how you feel.

## GYM TIPS

It can be difficult to stick with a regular workout routine. Here are some ways to make physical activity a consistent habit:

1. Invite your friends: Make a plan to meet up with a friend to work out together, which can keep you accountable.



2. Make exercise fun: The best way to stick to a workout plan is to find something you enjoy. This sample weekly workout schedule can be a good starting point for how to vary your workouts, but incorporate your favorite activities.
3. Schedule your workouts: Block out about 30–45 minutes during the day so you know you'll always have time to exercise.
4. Track your progress: Start a journal in which you write down how far you bike, jog, or walk or how much weight you lift. Seeing your progress can be motivation to keep moving forward.
5. Try a workout class: Sign up for a Pilates or Zumba class in your area to try something new.

## **The Ultimate 7 Day Gym Diet Plan**

### **Gym Diet Plan Chart – Day 1**

Breakfast : Oats Banana Pancakes with Protein Shake

Lunch : Multigrain roti along with palak chicken and Avocado bell pepper salad

Pre-Workout Snack : Bananas

Dinner(Post-Workout) : Brown rice, peas paneer curry, sprouts vegetable salad

### **Gym Diet Plan Chart – Day 2**

Breakfast : Oatmeal with Greek Yogurt & Seasonal fruits Mango Juice

Lunch : Multigrain roti, fish curry, vegetable salad

Pre-Workout Snack : Toast with Jam

Dinner(Post-Workout) : Broken wheat khichidi along with carrot raita, egg white, and vegetable salad

### **Gym Diet Plan Chart – Day 3**

Breakfast : Poached Eggs, Whole Grain Toast, Protein Shake

Lunch : Quinoa upma, chicken and broccoli salad

Pre-Workout Snack : Mixed Nuts & Dried Fruits

Dinner (Post-Workout) : Lean Beef and vegetable curry, brown rice, cucumber raita, Baby Potatoes, Chocolate Milk

#### Gym Diet Plan Chart – Day 4

Breakfast : Oatmeal with Honey Apple Juice

Lunch : Grilled Chicken Salad Whole Grain Bread

Pre-Workout Snack : Toast with Peanut Butter

Dinner (Post-Workout) : Methi Chicken, Brown Rice, Broccoli, Protein Shake

#### Gym Diet Plan Chart – Day 5

Breakfast : Scrambled Egg, Whole Grain Toast, Smoothie

Lunch : Grilled chicken vegetable roti rolls, Green Salad

Pre-Workout Snack : Mixed Nuts & Dried Fruits

Dinner (Post-Workout) : Chicken Stir Fry Spring Onion, Peppers & Broccoli, Chocolate Milk

#### Gym Diet Plan Chart – Day 6

Breakfast : Oatmeal, Whole Grain Toast, Orange Juice

Lunch : Whole Grain Chicken Wrap, Black Beans, Peppers & Greek Yogurt

Pre-Workout Snack : Apple with peanut butter

Dinner (Post-Workout) : Keema bhurji and multigrain roti Lean Beef Mince, Sweet Potato, Protein Shake

#### Gym Diet Plan Chart – Day 7

Breakfast : Oatmeal with Nuts, Smoothie

Lunch : Whole wheat pasta with chicken and Green Salad

Pre-Workout Snack : Granola or Cereal

Dinner (Post-Workout) : Fish curry, boiled green peas salad, Brown Rice, Garden Peas, Milk

