**1)push ups**

• Get down on all fours, placing your hands slightly wider than your shoulders.\n

• Straighten your arms and legs.\n

• Lower your body until your chest nearly touches the floor.\n

•Pause, then push yourself back up.\n

•Repeat.\n

1. Barbell Deadlift

1) Stand with your mid-foot under the barbell\n\n

2) Bend over and grab the bar with a shoulder-width grip\n\n

3)Bend your knees until your shins touch the bar\n\n

4)Lift your chest up and straighten your lower back\n\n

5)Take a big breath, hold it, and stand up with the weight\n\n

**3)front raise**

• Grasp dumbbells in both hands. Position dumbbells in front of upper legs with elbows straight or slightly bent.\n

• Raise one dumbbell forward and upward with until upper arm is above horizontal. Lower and repeat with opposite arm, alternating between arms.\n

4)Barbell biceps curl

1. Grasp a barbell at around shoulder width apart using an underhand grip (palms facing up).
2. Stand straight up, feet together, back straight, and with your arms fully extended.
3. The bar should not be touching your body.
4. Keeping your eyes facing forwards, elbows tucked in at your sides, and your body completely still, slowly curl the bar up.
5. Squeeze your biceps hard at the top of the movement, and then slowly lower it back to the starting position.

**5) plank**

• Begin in the plank position, face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor.\n

• Hold this position for 10 seconds. Release to floor.\n

• Over time work up to 30, 45, or 60 seconds.\n

**6)calf raises**

• Keep your torso upright and rest your heels firmly on floor. \n

• Raise your heels as high as possible by pushing through the balls of your feet and toes while extending your ankles. Hold for a count of one. \n

• Return to the starting position by bending your ankles until you feel a stretch in your calves. \n

7) Barbell squats

 Stand with the bar on your upper-back, and your feet shoulder-width apart\n

 Squat down by pushing your knees to the side while moving hips back\n

 *Break parallel* by Squatting down until your hips are lower than your knees\n

 Squat back up while keeping your knees out and chest up\n

 Stand with your hips and knees locked at the top\n

**8) lateral raises**

• Grab a set of dumbbells and stand straight up with the dumbbells at your sides. \n

• Your palms should be facing your body. You should be holding the dumbbells slightly off your bodyThis is your starting position for the exercise. \n

• To execute, slowly raise the dumbbells up to around shoulder height. It's important that you do not let your wrists go above your elbows while raising the weight \n

• Pause at the top of the movement, and then slowly lower the weight back to the starting position. \n

• Do not let the dumbbells touch your body, and then raise them for the next rep. \n

**9)shoulder press**

• Stand upright and keep the back straight. \n

• Hold a dumbbell in each hand at the shoulders with an overhand grip. Thumbs should be on the inside and knuckles facing up. \n

• Raise the weights above the head in a controlled motion while exhaling. Pause at the top of the motion. \n

• Return the [dumbbells](https://www.verywellfit.com/home-dumbbell-weight-training-program-3498514) to the shoulders while inhaling. \n

**10)two arms triceps extension**

• Standing or sitting grasp a dumbbell of desired weight. Be sure to keep the core tight throughout the entire lift. \n

• Raise the weight vertically into the starting position\n

• Lower the weight downward (behind the head) until the forearms reach horizontal, inhaling throughout the movement. \n

• Press the weight upwards to the starting position, exhaling throughout the movement.\n

• Repeat steps 3-4 for as many reps as desired\n