



## 1.) Dumbbell Squats (Double Arm)

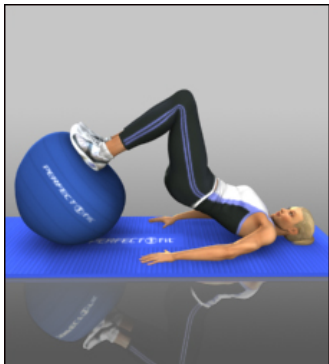
Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Assume a standing position- feet slightly wider than shoulder width and dumbbells held in each hand. Lower into a full squat position (90 degrees of hip and knee flexion) and move dumbbells slightly forward to improve balance. Try not to allow your knees to cross forward over your toes. Maintain an upright trunk and neutral lumbar spine with abdominals braced and your shoulders retracted back.



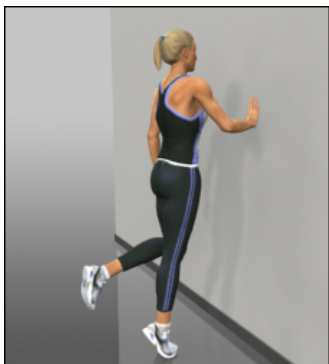
## 2.) Supine Double Leg Ball Curls

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a back-lying position on the floor with your feet and lower calves positioned on a stability ball. Bridge yourself up into a straight position by extending your hips and using your hands to assist with balance. Brace your lower torso by contracting your abdominals and back muscles. Roll the ball in toward your buttocks by flexing your hips and knees and roll the ball slowly out keeping your trunk stationary. Perform a complete set, then rest.



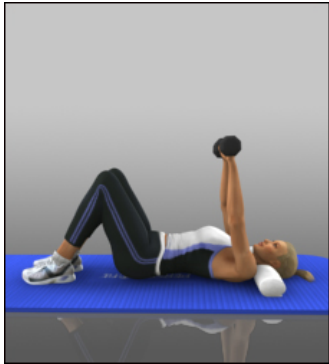
## 3.) Single Leg Calf Raises

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a standing position leaning forward against a wall with your knee straight standing on a single leg. Begin with your foot flat on the floor and push up on your toes as high as possible. Hold at the top for a brief second and then allow your heel to lower. Perform a complete set then switch legs. Take the appropriate rest period.



## 4.) Dumbbell Chest Press on Floor

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Assume a back-lying position on the floor with your knees bent up and a towel positioned under your shoulders and neck. Hold dumbbells in each hand above the lateral aspect of your chest with your elbows bent 90 degrees and positioned on the floor out from your shoulders. Slowly push the dumbbells toward the ceiling until your elbows are straight to assume the exercise start position; you may naturally allow the dumbbells to come together. Lower the dumbbells slowly and press them back up toward the ceiling to complete the repetition. Take the appropriate rest between sets.



## 5.) Bent-Over Dumbbell Row (Single Arm)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Assume an upright standing position with your feet shoulder width apart holding a single dumbbell in one hand. Bend your knees, flex your trunk slightly forward, and raise your arm to chest height while keeping your palm facing in. Brace your lower torso by contracting your abdominals and back muscles. Row the dumbbell toward you until your elbow is bent 90 degrees and positioned at your side. Pause briefly, then return the dumbbell back to the starting position to complete the repetition. Switch sides, then take the appropriate rest between sets.



## 6.) Dumbbell Curl-to-Press (Standing Double Leg)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Assume an upright standing position looking straight ahead with your knees slightly bent. Hold dumbbells at your sides with your palms facing in. Brace your lower torso by contracting your abdominals and back muscles. Curl both dumbbells in front of your shoulders, then press them straight up toward the ceiling. Lower the dumbbells back down to the same position in front of your shoulders, and then return them to your sides to complete each repetition. Take the appropriate rest between sets.



## 7.) Bent-Over Single Arm Dumbbell Tricep Kickback

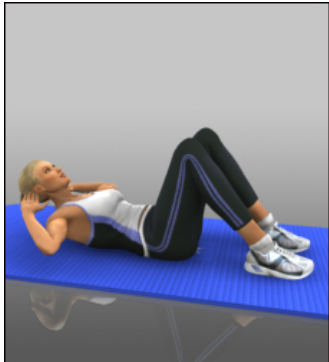
Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Assume a bent-over position with one hand and one knee positioned on a flat weight bench. Your weight-bearing elbow should be straight and your back flat in this position with your abdominals and low back braced. Hold a single dumbbell in your opposing hand and position your elbow stationary at your side in a flexed position slightly more than 90 degrees. Extend your elbow straight, pause for a brief second, and then return the dumbbell back to the starting position to complete each repetition. Switch arms, then take the appropriate rest between sets.



## 8.) Supine Crunch (Knees Bent)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a back-lying position with both knees bent up and your feet on the floor. Position your fingertips of each hand behind your ears. Contract your abdominal musculature to elevate your head and trunk a short distance off the floor. Hold for a brief moment at the top; then return to a back-lying position. Perform repetitions in a slow, controlled manner. Rest in between sets.



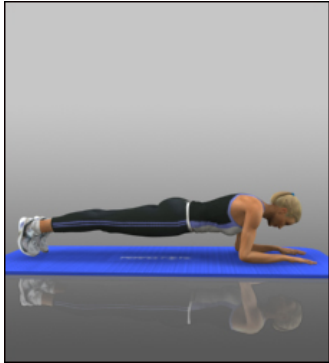
## 9.) Bird dog with Sweep

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a quadruped, or hands and knees position. Maintain a neutral lumbar spine with abdominals braced. Reach up and forward with one arm (thumb up) and extend your opposite leg back and hold for 2-3 seconds. Slowly lower your arm and leg back to the quadruped starting position to complete the repetition, however do not set them down. Place cuff weights around your wrist and/or ankles for a greater challenge. Complete an entire set on one side and then switch sides. Take the appropriate rest between sets.



### 10.) Prone Bridge on Elbows

Repeat 2 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a front-lying position on the floor. Bridge yourself up on your elbows and toes and position your body perfectly straight. Contract and stabilize your core musculature as you hold this static position. Progress to holding for 30 seconds. Rest in between sets.