

Seated Bicep Curls Supinated with Dumbbells

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin sitting in an upright position, holding a dumbbell in each hand, with your palms facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

Make sure to keep your palms facing forward, back straight, and do not shrug your shoulders during the exercise.

Seated Upright Shoulder Row with Dumbbells with PLB

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin in a seated upright position holding a dumbbell in each hand, with your palms facing backward. Breathe in through your nose.

Movement

Bend your elbows bringing your hands up to your chest, hold briefly, while blowing out through pursed lips, as if you are blowing out a candle. Slowly return your arms to the starting position, while breathing in through your nose. Repeat.

Tip

Make sure the exhalation is about twice as long as the inhalation. Make sure to keep your back straight during the exercise, elbows lifted and do not shrug your shoulders during the exercise.

Romanian Deadlift with Curl to Press

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



3



4



5



Setup

Begin in a standing upright position, balancing on one leg and holding a dumbbell in your opposite arm.

Movement

Bend at your hips and, extend your other leg backward while slowly lowering the dumbbell to the floor. Return to a standing position with your nonbalancing leg bent to 90 degrees and curl the dumbbell toward your body. Next, press the dumbbell overhead, rotating your fist to face forward. Carefully return to the starting position and repeat.

Tip

Make sure to keep your back straight during the entire exercise.

Supine Hip Flexion with Ankle Weight

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your back with one leg bent and your other leg straight with a weight secured around that ankle.

Movement

Lift your leg off the floor keeping your knee straight, then lower it back down and repeat.

Tip

Make sure to not to arch your low back as you lift your leg.

Seated Hip Flexion March with Ankle Weights

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



3



Setup

Begin sitting upright in a chair with your feet flat on the floor and weights secured around your ankle.

Movement

Keeping your knee bent, lift one leg, lower it back to the ground, then repeat with your other leg. Continue this movement, alternating between each leg.

Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.

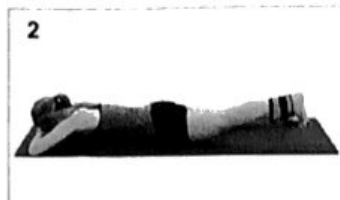
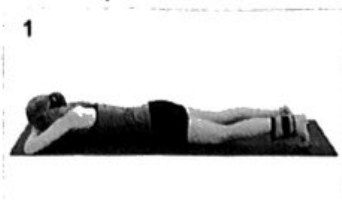
Prone Hip Extension with Foot in Dorsiflexion and Ankle Weight

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your front with your foot flexed and a weight secured around your ankle.

Movement

Lift your leg off the floor, keeping your knee straight. Hold briefly then lower it back down and repeat.

Tip

Make sure not to arch your back as you lift your leg.

Seated Hip Flexion and External Rotation with Ankle Weight

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting in an upright position with a weight secured around your ankle.

Movement

Lift one leg off the ground, then rotate your lower leg inward, keeping your knee bent. Bring it back to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

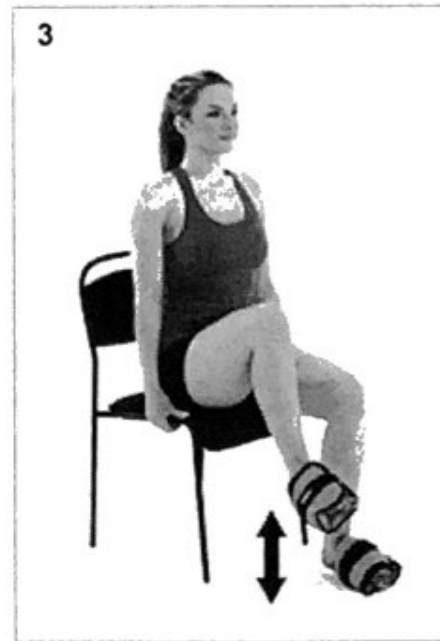
Seated March with Ankle Weights at Foot

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright in a chair with your feet flat on the floor and weights secured around your feet.

Movement

Keeping your knee bent, lift one leg, lower it back to the ground, then repeat with your other leg. Continue this movement, alternating between each leg.

Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.