

SHOULDERS - EXERCISE BAND ALT. SHOULDER PRESS

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart on the middle of an exercise band. Grip each handle at shoulder level with your elbows bent and palms facing forward. Movement: Exhale as you alternately press the handles up above your head until you have just a slight bend in your arms. Inhale as you alternately return the handles back down to the starting position. Repeat as required.

Notes:

*** WITHOUT REST: DO 1 SET OF EACH EXERCISE UNTIL ALL ARE COMPLETE. ROTATE THROUGH UNTIL YOU HAVE COMPLETED 3 SETS OF ALL EXERCISES.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="14"/>		<input type="text" value="8"/>
Set 2	<input type="text" value="16"/>		<input type="text" value="8"/>
Set 3	<input type="text" value="18"/>		<input type="text" value="8"/>

ABS - REVERSE CURLS

Image 1 - Start



Image 2 - End



Starting Position: Lie on your back with your hands at your sides. Raise your legs straight up in the air. Movement: Exhale as you bend your knees while curling your lower body towards your chest. Inhale as you slowly return your legs to the starting position. Remember to squeeze your abs, and repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>		<input type="text" value="0"/>
Set 2	<input type="text" value="20"/>		<input type="text" value="0"/>
Set 3	<input type="text" value="25"/>		<input type="text" value="0"/>

LEGS - DUMBBELL SINGLE SIDE LUNGE

Image 1 - Start



Image 2 - End



Starting Position: Stand on your right leg with your left leg bent and raised behind you. Grip a dumbbell in each hand with your arms hanging at your sides. Movement: Inhale as you bend your right knee and lower yourself down until it is at a 90-degree angle. Exhale as you press yourself back up to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="10"/>		<input type="text" value="8"/>
Set 2	<input type="text" value="12"/>		<input type="text" value="8"/>
Set 3	<input type="text" value="14"/>		<input type="text" value="8"/>