

# STRENGTH TRAINING— CLASSIC WORKOUT ROUTINE

- Warm up with five minutes of light cardio movement.
- Select a weight load that allows you to do 12-15 repetitions (reps)
- After one set of 12-15 reps, rest for 30 seconds, and repeat the set
- End with gentle stretching

<p><b>Modified Chest Press</b></p> <p>Works the chest (pectorals) and back of the arm (tricep)</p>	<ul style="list-style-type: none"> <li>- Lie on your back on a carpet or mat. Bend your knees until your heels are directly below. Feet should be flat on the floor, 18 inches apart.</li> <li>- Hold one weight in each hand, with elbows bent at 90 degrees and palms facing away from you. Inhale.</li> <li>- As you exhale, press weights up and together over your chest. Inhale and slowly lower weights to starting position.</li> </ul>
<p><b>Overhead Press</b></p> <p>Strengthens shoulders, back and abdominal muscles</p>	<ul style="list-style-type: none"> <li>- Sit back in a sturdy chair with your feet flat on the floor.</li> <li>- Hold a weight in each hand. Raise your arms out to the side at shoulder level, bending your elbows 90 degrees and turning palms away from you. Inhale.</li> <li>- Exhale and press the weights overhead.</li> <li>- Inhale as you return to starting position.</li> </ul> <p><u>Tip:</u> Imagine forming a triangle with the weights. As you lift, your hands form the peak of the triangle; as you lower, your arms form the base.</p>
<p><b>Bicep Curl</b></p> <p>Strengthens the biceps and tones the arms</p>	<ul style="list-style-type: none"> <li>- Sit on the edge of a sturdy chair with your feet flat on the floor.</li> <li>- Hold a weight out to each side with your palms up. Inhale.</li> <li>- As you exhale, curl the weights up toward your shoulder, stopping when your arm forms a 45-degree angle.</li> <li>- Inhale and slowly lower to starting position.</li> </ul>
<p><b>Half Squat</b></p> <p>Works front of thigh (quadricep), back of thigh (hamstring), hips and rear (gluteals)</p>	<ul style="list-style-type: none"> <li>- Stand with feet just wider than hip distance, toes pointed out slightly. Holding a weight in each hand, allow arms to hang at your sides, palms facing in.</li> <li>- Keep abdominals tight and knees slightly bent. Inhale.</li> <li>- Exhale and slowly bend knees as if sitting down in a chair—but stop when your knees reach about 45 degrees. Allow upper body to lean slightly forward to counter balance your weight. Using your legs and rear, push back up to starting stance.</li> </ul>
<p><b>Calf Raise</b></p> <p>Strengthens the calf muscles (gastrocnemius) to improve balance</p>	<ul style="list-style-type: none"> <li>- Stand tall with feet hip distance apart and abdominals tight. Look straight ahead.</li> <li>- Hold one weight in each hand. Inhale.</li> <li>- Slowly lift your heels as high as you can without wobbling, pressing the balls of your feet into the floor. Hold for a moment, then steadily lower.</li> </ul>
<p><b>Single Arm Bent Over Row with Extension</b></p> <p>Works upper back (latissimus dorsi or “lats”) and back of the arm (tricep)</p>	<ul style="list-style-type: none"> <li>- Position a sturdy chair with its back against a wall.</li> <li>- Holding a weight in your right hand with palm facing in, place your left knee and left hand on the chair seat. Lean forward from the hips; allow your right arm to hang down. Inhale.</li> <li>- Exhale and, leading with a bent elbow, lift your right arm behind you until the upper arm is parallel to the floor.</li> <li>- Holding your upper arm in place, straighten the lower arm with the weight. (Imagine slow-motion hammering toward the ceiling.)</li> <li>- Re-bend elbow and inhale as you lower arm to starting position.</li> <li>- Switch sides for the second set.</li> </ul>