

General Instructions:

- Always complete a warm up and a cool down before and after resistance training.
- Select a dumbbell that you are able to complete at least 10-12 repetitions of the exercise using correct form.
- For Circuit Training:
 - Complete each exercise circuit for 45 seconds and rest for 30 seconds
 - Focus on proper form and technique when going through each exercise
 - If you are unable to complete 45 seconds of each exercise, lower the weight and continue
- Do not perform any exercise that causes you pain or discomfort. Speak to your Exercise Therapist for another option
- Speak to your Exercise Therapist before performing any advanced exercises or circuit training

Circuit 1 - Legs

Dumbbell Goblet Squat

- Stand tall with feet slightly wider than hip width apart, holding (1) dumbbell in front of you with both hands
- Brace your core and keep your chin and shoulders up
- Bend at the hips and knees to squat down for a (3) second count
- Push back up through your heels and explode up



Dumbbell Alternating Lunge

- Stand tall with feet hip width apart, holding a dumbbell in each hand
- Keep your chest and chin up
- Lunge forward and down until both knees are bent at a 90° angle
- Return to the start and alternate leading leg with each repetition



Circuit 2 - Chest

Dumbbell Push Up

- Get in a push up position holding dumbbells
- Brace your core and glutes and keep your body stable
- Bend your elbows keeping them close to your side, to lower your chest to the floor
- Press back up and repeat



Lying Dumbbell Chest Fly

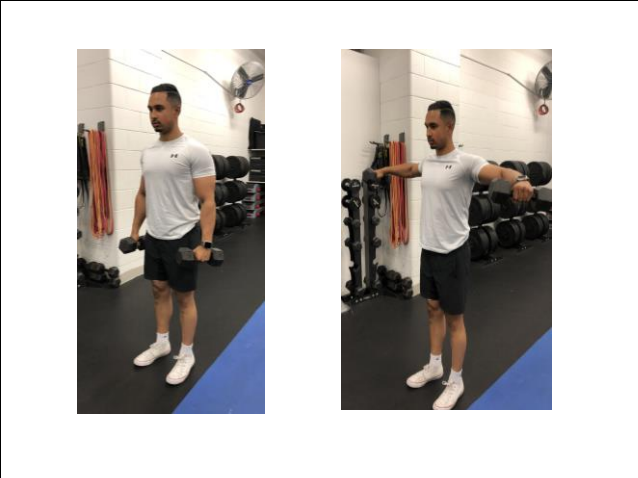
- Lie flat on ground/mat with arms out to the side at shoulder height holding a dumbbell in each hand
- Keep a slight bend in the elbow, turn your palms up
- Brace your core throughout the entire movement
- Bring the weights together with out touching
- Return back to starting position and repeat



Circuit 3 – Shoulders + Arms

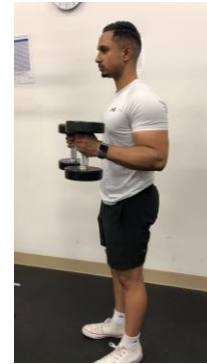
Side Lateral Raise

- Stand tall with your feet shoulder width apart
- Hold a dumbbell in each hand at your side
- Keep your back straight, brace your core and then slowly lift the dumbbells out to the side to shoulder height
- Maintain a slight bend in the elbows
- Lower the weights slowly for a (3) second count back down and repeat



Dumbbell Hammer Curls

- Stand tall with your feet shoulder width apart
- Keep your elbows at your side and chest and chin up
- Keeping your elbows tight to your sides, curl the weights up together
- Squeeze at the top and then lower down for a (3) second count and repeat



Tricep Dips (Bodyweight)

- Place hands behind you onto a chair/bench, so that your fingers face forward
- Extend your legs and bend at the elbow
- Lower your body until your arms are at a 90° angle
- Push through the palms
- Lift your body back up until your arms are straight and repeat





Seated Reverse Fly's


- Keep your spine neutral and shoulder blades together
- Holding two dumbbells, bring them together hanging down below your chest
- With both elbows slightly bent, raise your arms out to the side until your upper arms are nearly parallel to your back
- Bring weights back to starting position and repeat



Circuit 4 – Back

Dumbbell Deadlift	
<ul style="list-style-type: none"> ▪ Stand tall with feet shoulder width apart and knees slightly bent ▪ Holding one dumbbell in hand, brace your core ▪ Without changing the bend in your knees, hinge at your hips and lower the dumbbell directly down in between your legs ▪ Keep the dumbbell as close to your body as possible ▪ Pause at the bottom of the movement for (2) seconds and raise yourself back to the starting position ▪ Keep your back straight throughout the entire movement 	
Dumbbell Rows	
<ul style="list-style-type: none"> ▪ Stand with feet shoulder width apart, holding a dumbbell in each hand ▪ Bend your knees and keep your back straight ▪ Lift the dumbbells to your side, keeping the elbows close to your body ▪ Squeeze the back muscles and hold this position for (2) seconds. Repeat 	

Circuit 4 – Core

Lying Leg Raises	
<ul style="list-style-type: none"> ▪ Lay down flat on your back with your hands down to your side ▪ Raise your legs so they are off the ground while squeezing the core muscles ▪ Raise your legs 90° or till wherever is comfortable, while still squeezing the core muscles ▪ Slowly return legs to starting position do not touch the floor with your feet. Repeat 	

Shoulder Taps

- Start in a plank position with your wrists under your shoulders and your feet hip width apart
- Touch your left shoulder with your right hand and return back to the plank position
- Alternate with the other side and repeat
- Throughout the entire movement squeeze your core and keep breathing



Front Plank

- Get in the push up position, only put your forearms on the ground instead of your hands
- Squeeze the core and tighten the abdominals
- Maintain a straight position from head to toe
- Hold this position for 45 seconds, repeat
- Throughout the entire movement keep breathing

