

RESISTANCE TRAINING PACKAGE

DUMBBELLS

General Instructions:

- Always complete a warm up and a cool down before and after resistance training.
- Select a weight (dumbbell or band) that you are able to complete 8 to 10 repetitions of the exercise using correct form, and would rate the exercise as “hard” or as a 15 on the RPE scale.
- Complete 8 to 10 repetitions of one exercise from each muscle group (legs, chest and shoulders, arms, and core). Repeat 1 to 2 times.
- Remember to breathe normally as you perform these exercises.
- 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 exercise.

MUSCLE GROUP: LEGS

SQUAT – BODY WEIGHT

- Stand with your feet hip-distance apart, toes facing forward.
- Push your hips back (as if to sit on a chair), while keeping your weight in your heels. Keep your head and chest forward.
- Push through your heels to return to standing.



SQUAT – DUMBBELLS

- Stand with your feet hip-distance apart, toes facing forward. Hold dumbbells close to your chest.
- Push your hips back (as if to sit on a chair), while keeping your bodyweight in your heels. Keep your head and chest forward.
- Push through your heels to return to standing.



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SEATED LEG EXTENSION – BODY WEIGHT

- Sit in a chair with a straight back, both feet flat on the floor. Do not slouch in the chair.
- Straighten the right leg by lifting the right foot to the level of the knee. Hold for 1-3 seconds, and then slowly lower foot back to the ground. Repeat on the left side.
- Use an ankle weight to increase the difficulty of this exercise.



STANDING SIDE LEG LIFT

- Stand with your feet hip-distance apart. Hold a sturdy object for balance if needed.
- Turn right foot inward slightly, then lift the right leg out to the side (about 1-2 feet) while keeping the standing leg and upper body straight. Repeat on left side.
- Use an ankle weight to increase the difficulty of this exercise.



STANDING HEEL RAISES – BODY WEIGHT

- Stand with your feet hip-distance apart. Hold a sturdy object for balance if needed.
- Lift both heels off the floor, hold for 1-3 seconds, and then slowly lower back down.
- For added resistance, try on one foot or hold a dumbbell in each hand.



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BRIDGE

- Lie on the floor with your knees bent. Place your feet flat on the floor.
- Slowly lift your hips off the floor until your knees, hips and torso are in a straight line. Hold for 1-3 seconds, and then slowly lower to the ground.
- Progress by holding for 30-60 seconds.



MUSCLE GROUP: BACK

SEATED ROW – DUMBBELLS

- Sit at the edge of a chair. Bend forward slightly. Place left forearm across lap. Hold dumbbell in right hand.
- Lift right elbow toward the ceiling, bringing the dumbbell to the right hip. Slowly return left arm to straight and repeat.
- Change your arm position and repeat on the other side.



STANDING ROW – DUMBBELLS

- Step back with your right leg. Hold a dumbbell in the right hand. Place the left hand on left knee. Slightly bend the front (left) knee. Keep the back (right) leg straight. Point feet forward.
- Bring the dumbbell to the side of the hip. Slowly return the right arm to straight and repeat.
- Change your arm and leg positions and repeat on the other side.



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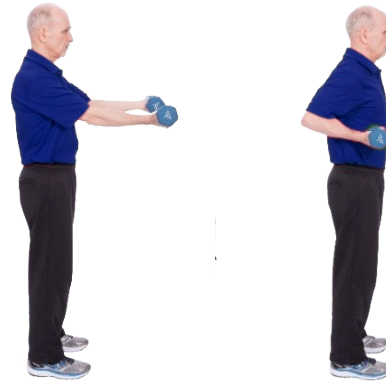


Central East

**REGIONAL
CARDIOVASCULAR
REHAB**

STANDING SHOULDER & BACK ROW - DUMBBELLS

- Stand with your feet hip-distance apart. Hold the one dumbbell in each hand, palms facing forward. Lift the arms to chest level. Start with your arms straight.
- Pull the elbows straight back, squeezing the shoulder blades together.
- Slowly return the arms to the starting position and repeat.



MUSCLE GROUP: CHEST AND SHOULDERS

SEATED CHEST PRESS - DUMBBELLS

- Sit on a chair with your feet hip-distance apart.
- Bring dumbbells to the side of your chest.
- Straighten your arms.
- Hold for a second and then begin to come slowly back down.



WALL OR LEDGE PUSH UP – BODY WEIGHT

- Stand with your feet hip-distance apart in front of a wall/ledge. Place your hands at chest height, shoulder-distance apart, on the wall/ledge. Start with your arms straight. Walk your feet (about 1-2 feet) away from the wall.
- Slowly bend the elbows to bring yourself towards the wall/ledge. Straighten the elbows to return to the starting position.



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LYING CHEST PRESS

- Sit in a chair with a straight back. Do not slouch in the chair.
- Place the band under both feet, and hold one end of the band in each hand. Hold band against your chest.
- Keep the band against your chest and slowly lean forward. Engage your core muscles and return to straight.



ADVANCED – LYING CHEST FLY

- Stand in front of a wall or ledge. Place both forearms on the wall or ledge. Slowly walk your feet away from the wall or ledge (about 1-2 feet away from a wall or ledge)
- Tighten your core muscles and push your hips forward to keep your body in a straight line. Hold this position for 30 to 60 seconds. Continue to breathe normally.



ADVANCED - FLOOR PUSH UP FROM KNEES

- If you feel comfortable, start on the floor, with your hands directly below your shoulders and your knees and lower legs resting on the ground. Ensure your back is straight by drawing your hips slightly toward the floor.
- Slowly lower towards the floor by bending the elbows.
- Slowly straighten your arms and repeat.



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ADVANCED - PUSH UP FROM FEET

- If you feel comfortable, start on the floor on your hands and knees. Place your hands below your shoulders and lift your knees off the floor. Ensure your back is straight by drawing your hips slightly toward the floor.
- Slowly lower towards the floor by bending the elbows.
- Slowly straighten your arms and repeat.



FRONT SHOULDER RAISE - DUMBBELLS

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Hold one dumbbell in each hand.
- With palms facing the floor, lift both dumbbells to shoulder level. Keep arms straight, with only a small bend in the elbow. Slowly lower and repeat.



SIDE SHOULDER RAISE – DUMBBELLS

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Hold one dumbbell in each hand.
- With palms facing the floor, lift both dumbbells to shoulder level. Keep your arms straight, with only a small bend in the elbow. Slowly lower and repeat.



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MUSCLE GROUP: ARMS

BICEPS CURL - DUMBBELLS

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Hold one dumbbell in each hand. Begin with the arms straight and the palms facing forward. Keep your elbows against the side of the body.
- Bend the elbows, bringing the dumbbells towards your shoulders. Lower the hands and repeat.



UPRIGHT SHOULDER ROW – DUMBBELLS

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Do not slouch in the chair. Hold one dumbbell in each hand.
- With palms facing the floor, lift both dumbbells to shoulder level. Keep arms straight, with only a small bend in the elbow. Slowly lower and repeat.



TRICEPS EXTENSION - DUMBBELLS

- Bend forward slightly and place the left hand on the left knee. Hold a dumbbell in the right hand. Lift the right elbow toward the ceiling, pulling the dumbbell to the right hip.
- Keep your elbow raised, and then slowly straighten your right elbow back to 90° and repeat.



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MUSCLE GROUP: CORE

SIDE BEND – DUMBBELLS

- Stand with your feet hip-distance apart, toes facing forward, holding a dumbbell in the right hand.
- Keep both arms straight, and lean slightly towards the right. Slowly return to starting position.
- Place the dumbbell in other hand and repeat on the other side.



SEATED ABDOMINAL CRUNCH – DUMBBELLS

- Stand with your feet hip-distance apart, band under both feet.
- Start with moderate tension on band. Using both hands, lift the band up to the belly-button level.
- Keep the hands at belly-button level as you extend both arms outward.
- Slowly bring the arms back to the starting position



ABDOMINAL TWIST – DUMBBELLS

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Use both hands to hold one or two dumbbells.
- Twist the upper body slowly to the right side and then return to the middle. Try to keep the hips facing forward as you twist the upper body.
- Repeat on the other side.



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WALL/LEDGE PLANK

- Stand in front of a wall or ledge. Place both forearms on the wall or ledge. Slowly walk your feet away from the wall or ledge (about 1-2 feet away from a wall or ledge)
- Tighten your core muscles and push your hips forward to keep your body in a straight line. Hold this position for 30 to 60 seconds. Continue to breathe normally.



ADVANCED – FLOOR BIRD DOG

- If you feel comfortable, start on the floor on your hands and knees. Start with your hips over your knees and your shoulders over your hands.
- Slowly straighten one leg, keeping the back straight. If you are able, lift the leg and the opposite arm at the same time.
- Lower the arm and leg to the original position and repeat on the other side.



ADVANCED – ABDOMINAL CRUNCH

- If you feel comfortable, lie on your back with your knees bent and the heels of your feet flat on the floor. Bring your hands behind your neck.
- Slowly lift your upper back 1-2 inches off the ground.
- Hold for one to two seconds, and then slowly lower back to the ground. Continue to breathe normally.



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ADVANCED - FLOOR PLANK FROM KNEES

- If you feel comfortable, start on the floor on your hands and knees. Place your elbows and forearms on the ground, directly below your shoulders.
- Keep your knees and lower legs on the floor as you lift your hips off the ground. Ensure your back is straight by drawing your hips slightly toward the floor.
- Hold this position for 30 to 60 seconds. Continue to breathe NORMALLY.



ADVANCED - FLOOR PLANK FROM KNEES

- If you feel comfortable, start on the floor on your hands and knees. Place your elbows and forearms on the ground, directly below your shoulders.
- Slowly lift your hip and knees off the ground. Ensure your back is straight by drawing your hips slightly toward the floor.
- Hold this position for 30 to 60 seconds. Continue to breathe normally.

