

BACK, ARMS, AND LEGS

Level: **Beginner / Intermediate**

Equipment: Dumbbells

Time: 1set: 12 min,

2sets: 24 min

3sets: 36 min



Shoulder Press

- Avoid if you have neck, shoulder, or spinal injury
- Stand with feet shoulder-width apart, knees slightly bent
- Bring dumbbells up to head level (elbows at 90°)
- Press arms up until fully extended
- Carefully return to starting position (elbows at 90°)
- Keep back straight throughout the exercise
- **Sets: 1-3 Rep: 10-15**



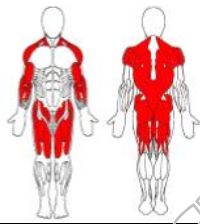
Mid Rows

- Stand with feet shoulder-width apart, knees slightly bent
- Lean forward and fully extend arms down
- Bring dumbbells as far up as possible and close to torso
- Keep back straight throughout the exercise
- **Sets: 1-3 Rep: 10-15**



Shrugs

- Stand with feet hip-width apart
- Hold dumbbells to the side of the body
- Bring shoulders up as high as possible
- Keep back and arms straight throughout the exercise
- **Sets: 1-3 Rep: 10-15**

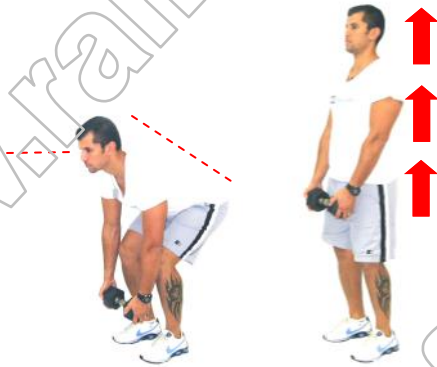


BACK, ARMS, AND LEGS

Level: **Beginner / Intermediate**

Equipment: Resistance Cable or Dumbbells

Time: 1set: 12 min,
2sets: 24 min
3sets: 36 min



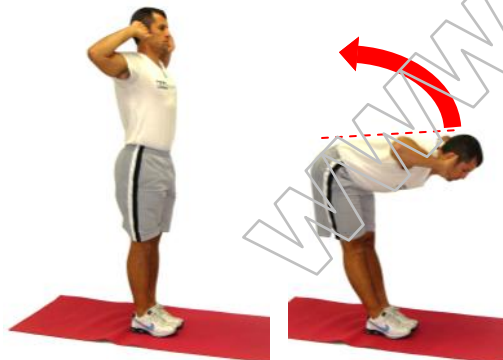
Deadlifts

- Avoid if you have lower back, spine, or hip injury
- Stand with feet hip-width apart
- Grab dumbbell with arms full extended, back is straight, and eyes looking forward
- Move back to full standing position
- Must keep back straight throughout the exercise
- **Sets: 1-3 Rep: 10-15**



Squats

- Avoid if you have knee pain or injury
- Stand with feet shoulder-width apart
- Keep back straight throughout the exercise
- Squat down until thighs are almost parallel to floor
- Move back to full standing position
- **Sets: 1-3 Rep: 10-15**



Low Back Extensions

- Tilt hips forward, keep back straight and chest up
- Place hands by head
- Keep knees locked though out the exercise
- Lean forward until back is parallel to floor
- **Sets: 1-3 Rep: 10-15**