

Full Body Workout - Dumbbells

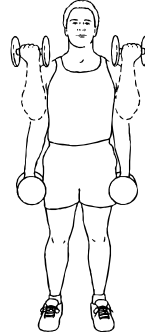
If you have any physical limitations or special exercise needs, contact your Orthus Health Coach.

GENERAL TIPS

- Keep non-exercising hand on hip for stability.
- Do not lock elbows for upper extremity press exercises.
- Keep abdominals tight to help stabilize trunk.
- Keep knees slightly bent for stability.
- Always stay in pain free range.

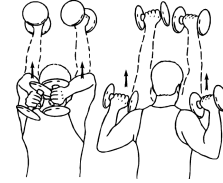
ARMS, BICEPS - Curl: Standing

Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



Do ___ sets. Complete ___ repetitions.

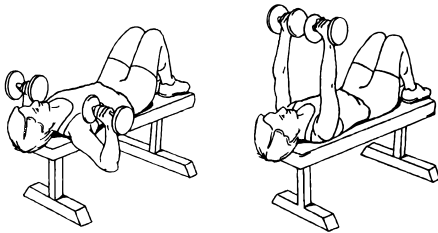
ARMS, TRICEPS - Extension/Press: Standing



Knees slightly bent, straighten arms, keeping upper arms close to sides of head, palms in. Rotating palms forward, lower weights to shoulders then press to straight arms. Repeat sequence each repetition.

Do ___ sets. Complete ___ repetitions.

CHEST - Bench Press

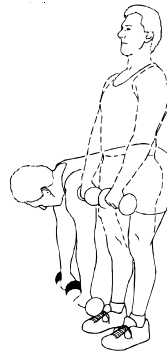


Press to straight arms.

Do ___ sets. Complete ___ repetitions.

BACK, LOW - Dead Lift

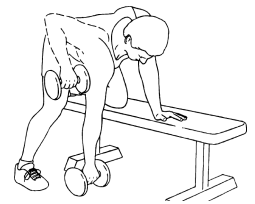
Legs straight, back flat, raise torso until in line with legs.



Do ___ sets.
Complete ___ repetitions.

BACK, LATS - Row: Bent Over, Single Arm

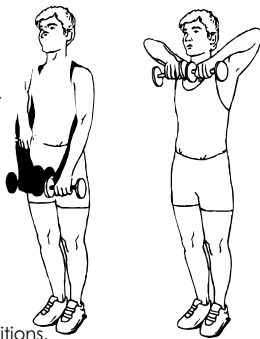
Lift weight to side of chest, keeping elbow close to body.



Do ___ sets. Complete ___ repetitions.

BACK, TRAPS - Row: Upright

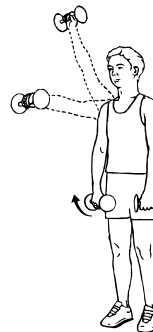
Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.



Do ___ sets.
Complete ___ repetitions.

SHOULDERS - Front Deltoid Raise: Single Arm

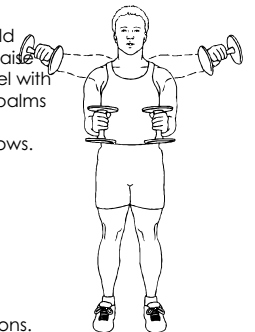
Knees slightly bent, raise dumbbell over head, keeping elbow locked. Alternate arms.



Do ___ sets.
Complete ___ repetitions.

SHOULDERS - Lateral Deltoid Raise: Standing

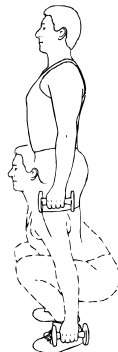
Knees slightly bent, hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.



Do ___ sets.
Complete ___ repetitions.

LEGS, GLUTES/THIGHS - Full Squat

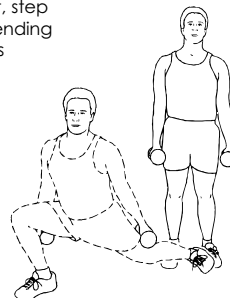
Head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Keep abdominals tight and maintain weight on heels.



Do ___ sets.
Complete ___ repetitions.

LEGS, GLUTES/THIGHS - Lunge: Side

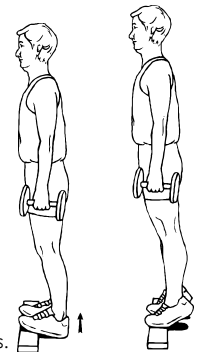
Head up, back straight, step forward and to side, bending forward leg until thigh is parallel with floor. Alternate legs.



Do ___ sets.
Complete ___ repetitions.

LEGS, CALVES - Heel Raise: Standing

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do ___ sets.
Complete ___ repetitions.