

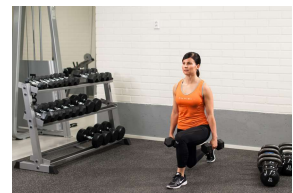
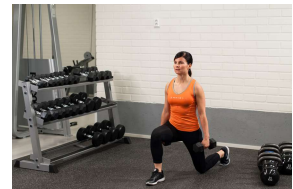
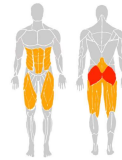
Program 1 | 5 exercises

Instructions

Warm up with aerobic machinery for 5-10 minutes before doing the muscle fitness exercises. Cool down with aerobic machinery for 5-10 minutes after the muscle fitness exercises.

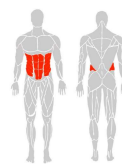
Dumbbell lunge (long stride)

1. Grip one dumbbell in each hand, stand with the feet at hip-width apart and breathe in.
2. Step forward with a long stride and descend by bending at the knee until the back leg's knee is close to the floor.
3. Push yourself back to the start position by extending at the hip and knee while breathing out.
4. Repeat the exercise with the other leg.



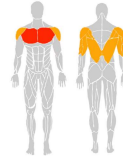
Weight plate Russian twists (feet in the air)

1. Sit on the floor with knees bent to 45°. Keep the neck in-line with the spine. Grasp the weight plate with both hands and hold it close to the body.
2. Draw in the stomach and lean back slightly, and raise the heels off the floor. Breathe in.
3. Twist the torso in a controlled manner from side-to-side with the elbows leading the movement.
4. Use a breathing rhythm that is comfortable.



## Pullover

1. Take one dumbbell in your hands with the thumbs and fingers around the bar and palms against the weight plate.
2. Lie down and raise the dumbbell with slightly bent elbows.
3. Lower the dumbbell using an arched range of motion above the head until you feel a stretch in your chest and rib cage (the upper arms will be close parallel with the floor). Breathe in during the lowering phase.
4. Lift the dumbbell back to the start position using the same arched range of motion while breathing out. Pause once the hands are directly above the head.



## One arm bent row on a bench

1. Place the left arm and knee on top of a bench. The right leg is straight, foot on the floor and pointing to the side wide enough to keep your hips at the same horizontal line.
2. Grasp a dumbbell from the floor with right hand get into the starting position. Ensure that your back is in a neutral position and neck aligned with the spine.
3. Breathe in to let your shoulder sink down to feel the stretch in your upper back.
4. Begin the lift by drawing your shoulder rear and up. Continue the pull leading with the elbow toward your waist while breathing out. Press your supporting arm down onto the bench to activate your shoulder girdle muscles and squeeze your shoulder blade toward your spine at the end of the pull.
5. Lower the dumbbell down with good control and breathe in. Let your shoulder blade slide to the side again.



## Dumbbell bench press

1. Grasp two dumbbells from the rack. Sit on a bench and place the dumbbells on your thighs. Lower into a lying position and, at the same time, take the dumbbells towards the armpits. Breathe in.
2. Press the dumbbells straight up while breathing out.
3. Lower the dumbbells using the same range of motion and breathe in.

