

BASIC STRENGTH WORKOUT ROUTINE

INSTRUCTIONS: Do 2 sets of 10 repetitions of each of the exercises below. You will alternate between muscle groups, doing a set of each exercise, then repeating. After each muscle group is complete, move on to the next muscle group.

Example: Do 1 set of the chest exercise, followed by 1 set of the back exercise. Wait 45-60 seconds. Then repeat the same to two exercises, before moving on to legs.

Pick a weight that you can't quite complete all 10 reps on the second set. Once you're able to do 2 complete sets of 10 reps, you're ready to move up in weight by 5 – 10%.

Time: 20-30 minutes

EXERCISES

- Flat Chest Press
- Single One Arm Row

- Alternating Lunge w/Dumbbells
- Squats

- Seated Shoulder Press
- Upright Rows

- Decline Seated Bicep Curls
- Tricep Kickbacks

- Plank hold (30-60 seconds)

- (rest)

- Plank hold (30-60 seconds)

For an example of how to do the dumbbell exercises, visit: <http://www.sport-fitness-advisor.com/dumbbellexercises.html>.

For an example of how to do plank holds, visit: <http://www.bodybuilding.com/exercises/detail/view/name/plank>.