
















Basic Isolation Resistance Exercises






2-3 x a week: 1-3 sets

Levels
GREEN HIGHLIGHT- BEGINNER
ORANGE HIGHLIGHT INTERMEDIATE
RED HIGHLIGHT- ADVANCED

Leg Extensions 10-15 reps		https://weighttrainingguide.com/exercises/leg-extension/
Leg Curls 10-15 reps		
Inner and Outer Thigh Movement 10-15 reps		https://weighttrainingguide.com/exercises/machine-seated-hip-abduction/
Leg Press Machine 10-15 reps		https://weighttrainingguide.com/exercises/incline-leg-press/ This page describes
Row Movement 10-15 reps		https://weighttrainingguide.com/exercises/straight-back-seated-cable-row/
Pulldown Movement 10-15 reps		https://weighttrainingguide.com/exercises/wide-grip-lat-pulldown/
Press Movement 10-15 reps		https://www.acefitness.org/education-and-resources/lifestyle/exercise-
Fly Machine 10-15 reps		https://weighttrainingguide.com/exercises/machine-fly/
Reverse Fly Machine 10-15 reps		https://weighttrainingguide.com/exercises/machine-fly/
Assisted Pull Up Machine 10-15 reps		https://weighttrainingguide.com/exercises/assisted-pull-up/
Assisted Dip Machine 10-15 reps		https://weighttrainingguide.com/exercises/machine-assisted-triceps-dip/
Db Curls 10-15 reps		https://weighttrainingguide.com/exercises/dumbbell-curl/
Db Shoulder Presses 10-15 reps		https://weighttrainingguide.com/exercises/seated-dumbbell-overhead-press/
Db Lateral Raises 10-15 reps		https://www.acefitness.org/education-and-resources/lifestyle/exercise-
Cable Triceps Pushdowns single or double arm 10-15 reps		https://weighttrainingguide.com/exercises/cable-one-arm-reverse-grip-

Basic Compound Exercises



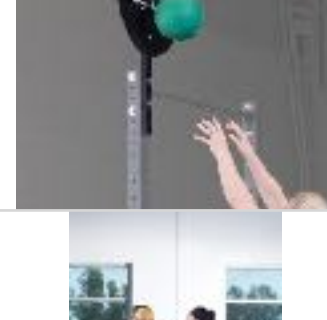
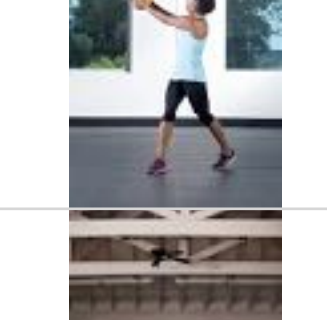
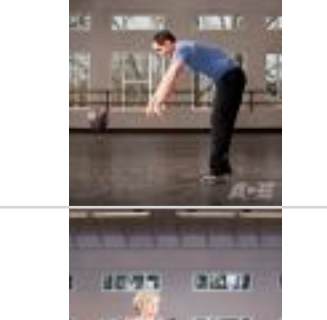



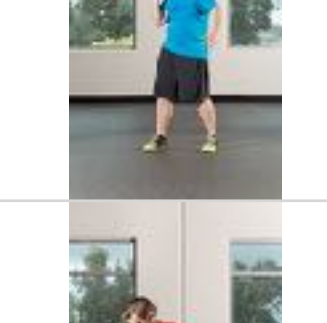
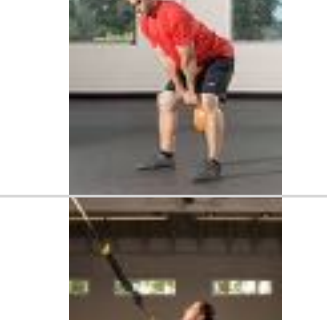
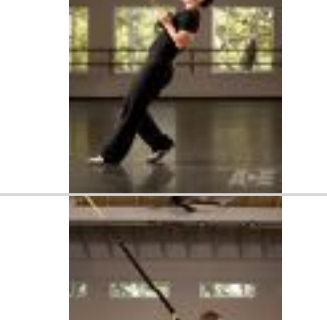
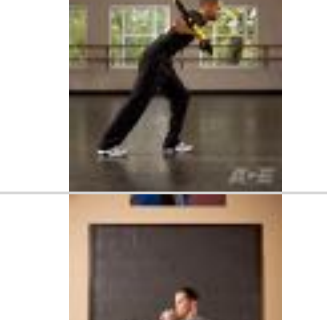
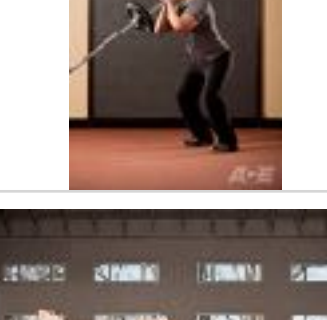



which are exercises that work more than one muscle group. 2-3 x a week: 1-3 sets

Single Leg Deadlifts –You can hold onto something at first. With knee locked and somewhat bent hinge at hip and bend forward keeping back locked. Go to stretch and return and then repeat for 10-15 reps. Perform 1-3 sets. Remember to do both sides.		https://www.youtube.com/watch?v=HtHxNwMgZM
Dips off a chair-till you feel a burn-you can put feet up to increase challenge. Do not fog too deep. Nor more than 90 degrees of flexion		https://www.youtube.com/watch?v=HCf97NPYeGY
Squats to Shoulder Press 10-15 reps—Weighted with Dumbbells or Bands		https://www.youtube.com/watch?v=7JzNvdMLJ8
Wide Squats to Curls 10-15 reps—Weighted with Dumbbells or Bands-when you can 10-15 reps easily increase weight		https://www.youtube.com/watch?v=j3c_1dJzBC4
Deadlifts to Upright Rows 10-15 reps-Weighted with Dumbbells or Bands-when you can 10-15 reps easily increase weight. DO NOT BRING DUMBBELLS BELOW KNEES OR ABOVE SHOULDERS AS SEEN IN VIDEO		https://www.youtube.com/watch?v=yq9XTJqQ79I

Basic Functional Exercises

2-3 x a week: 1-3 sets

Levels
GREEN HIGHLIGHT- BEGINNER
ORANGE HIGHLIGHT INTERMEDIATE
RED HIGHLIGHT- ADVANCED

BATTLE ROPES- asynchronous		https://www.youtube.com/watch?v=HtHxNwMgZM
BATTLE ROPES- simultaneous waves		https://www.youtube.com/watch?v=HtHxNwMgZM
Wall Ball Target		https://www.youtube.com/watch?v=HtHxNwMgZM
Medicine Ball HayBailer		https://www.youtube.com/watch?v=HtHxNwMgZM
Slam Ball Overhead Slams		https://www.youtube.com/watch?v=HtHxNwMgZM
Medicine Ball Wood Chop		https://www.youtube.com/watch?v=HtHxNwMgZM
Kettlebell Bottoms up Press		https://www.youtube.com/watch?v=HtHxNwMgZM
Kettlebell Farmers carry		https://www.youtube.com/watch?v=HtHxNwMgZM
Kettlebell Waiter's carry		https://www.youtube.com/watch?v=HtHxNwMgZM
Kettlebell Swing		https://www.youtube.com/watch?v=HtHxNwMgZM
TRX ® Back Row		https://www.youtube.com/watch?v=HtHxNwMgZM
TRX ® Chest Press		https://www.youtube.com/watch?v=HtHxNwMgZM
Barbell Jammers		https://www.youtube.com/watch?v=HtHxNwMgZM
Inverted Flyer		https://www.youtube.com/watch?v=HtHxNwMgZM
Step Ups		https://www.youtube.com/watch?v=HtHxNwMgZM
Pull to Press with Bands or Cable		https://www.youtube.com/watch?v=HtHxNwMgZM