

Dumbbell Squats 3 sets 40 reps

Required Equipment: Dumbbells

Stand with dumbbells at your sides, then lower your body until your thighs are parallel to the floor. Straighten up and repeat.

Plié Squats 3 sets 40 reps

Required Equipment: One dumbbell

Stand with your feet several feet apart and toes pointed outward. Hold the dumbbell with both hands and let them hang down in front of you. Bend your knees and lower yourself until your thighs are nearly parallel to the ground, keeping your back straight. Raise yourself up and repeat.

Cable Abductors 3 sets 12 reps

Required Equipment: Universal machine and ankle cuff

Stand beside the universal machine. Attach the ankle cuff on the low pulley to your far ankle. Using the machine for balance, stand on your near foot and swing your far leg in front of you, then back. Repeat until finished, then switch legs.

Abdominal Crunches 3 sets 15-20 reps

No Equipment Required

Lie flat on your back with knees bent and feet on the floor. Place your hands behind your head or on your chest, and roll your torso toward your knees. Hold briefly, then relax and repeat.

Tuesday/Thursday

Arnold Presses 3 sets 15 reps

Required Equipment: Dumbbells

Hold dumbbells with your palms facing your body and elbows bent. Push the dumbbells upward and turn your elbows until your arms are straight. Lower and repeat.

Lateral Raises 3 sets 16/10 reps/burn out

Required Equipment: Dumbbells

Lean forward slightly and raise your arms sideways. Make sure your palms are face down and your elbows are nearly straight. Lower and repeat.

Posterior Deltoid Raises 3 sets 12 reps

Required Equipment: Dumbbells

Hold your dumbbells and lean forward with your knees slightly bent until your torso is parallel to the ground. Let your arms hang down with elbows slightly bent, then raise the dumbbells to the sides until they are level with your shoulders. Lower and repeat.

