

## ABS/OBLIQUE OBLIQUE SIT UP



### Beginning Phase:

- Lie face-up on a soft surface, bend knee and keep feet on ground
- Place hands behind head

### Upward Phase:

- Begin lifting your upper body and twisting while reaching for the opposite knee
- Leading with the shoulder; keeping the elbow out

### Downward Phase:

- Lower your body back to the floor to the starting position
- Continue alternating sides (from left to right)
- Make sure to start from the center with the back touching the floor



Check us out at  
[www.myjbsa-fss-mwr.com](http://www.myjbsa-fss-mwr.com)



# BEGINNER RESISTANT TRAINING CLASS

## GUIDE TO:

Learning the proper techniques of weight lifting and getting stronger.

Perfect for those who want to start a resistant training routine or learn more about resistant training.

Discovering the benefits of weight training for overall fitness and health.

# Beginner Resistant Training

You don't have to join the gym to be able to exercise. Below are some suggested exercises that are aimed to get you out of your chair and get a little home exercise. Although you can buy exercise equipment for the home, the only items that may need to be purchased are some dumbbells. These exercises are just a few of many but will help firm, tone and keep you active. They will leave you able to carry out your daily tasks more easily. The exercises below are ideal for anyone who is new to exercising at home. It's a good idea to check with a health professional and ask their opinion before exercising, especially if it has been a while since you have undertaken any fitness program or exercise.

## BICEP CURL



*These exercises can be done with a bar, free weights, or as alternative, water bottles.*

### Beginning Phase:

- Grasp the dumbbells with a closed, supinated grip; with arms at your side slightly wider than shoulder width apart.
- Stand erect with feet shoulder width apart and knees slightly bent

### Movement Phase:

- Raise the dumbbells in an arc by bending arms at the elbow moving upward to the front of the shoulders
- (Do not swing the dumbbells)
- Lower the dumbbells slowly; with control until the arms are fully extended

### Downward Movement Phase:

- With the right foot take a large step backward while keeping the left foot in place
- The right foot should be placed far enough back that the knee does not pass over the toes of the front foot during exercise
- Once the right foot is firmly on the floor lower (drop) the upper body by bending at the left knee (3-4 count) until the upper leg is parallel to the floor
- While bending at the left knee the right foot remains in place by shifting your weight to the right toes
- The right knee should bend slightly to assist in lowering the body but should not touch the floor

### Upward Movement Phase:

- Push with the left foot into the floor in an upward and backward direction (3-4 count) in order to raise the body into an erect posture
- Be careful to maintain a smooth, controlled movement while returning to the starting position to avoid losing your balance

## ABS ABDOMINAL CRUNCH



### Beginning Phase:

- Lie face up on a soft surface, bend knees and bring feet close to the buttocks
- Fold arms across chest, or place behind head, and tuck chin into the chest

### Upward Movement:

- Lift the upper body towards thighs with abdominal muscles while keeping the lower back on the floor

### Downward Movement:

- Lower shoulders and upper body slowly and with control

- Toes should point in the same direction as your knees
- The upper body should be straight and erect with head facing forward
- Abdominals should be contracted to assist in keeping the back straight

**Downward Movement Phase:**

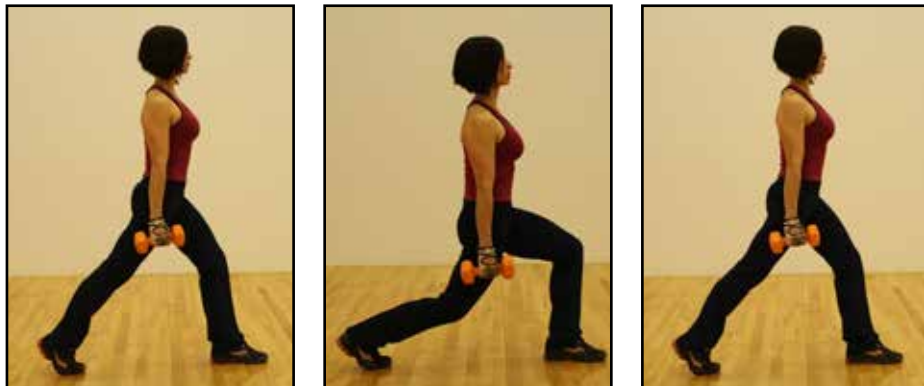
- Keeping both feet firmly on the floor begin lowering your body while bending at the hips (3-4 count) and forcing your buttocks out behind you
- Make sure your knees do not pass over the front of your toes, if this occurs add more bending at the hip (It should look similar to a sitting movement)
- Concentrate on keeping your back perfectly straight and not leaning forward
- Lower your body until your upper leg becomes parallel to the floor

**Upward Movement Phase:**

- Make sure to look forward during the entire movement
- Keep both feet firmly on the floor and exhale during this phase
- Press into the floor evenly with both feet and straighten the legs in a smooth, controlled motion (3-4 count) making sure to keep your back straight
- Be sure to keep a slight bend in the knees at all times to avoid “locking” your knees

*Return to the downward movement phase instructions and repeat the same movement*

## LEG LUNGE



*Can be done with body weight or hand-held weights.*

**Beginning Position:**

- Feet shoulder width apart with toes pointing forward
- Upper body erect, head facing forward with arms down at the side

## TRICEP EXTENSION



*This exercise can be done standing or using a bench for support.*

**Beginning Phase:**

- Place one hand on opposing leg or a bench for support with other leg on the floor for stability

**Movement Phase:**

- Raise the weight up to the front of the body at hip height by bending the arm at the elbow
- Straighten elbow so that the weight is at the back of the body

## UPPER BACK ONE ARM DUMBBELL ROW



**Beginning Position:**

- Stand and lean over and place inside hand on opposing leg or bench for support with hand directly below your shoulder
- Place outside foot 1-2 feet from leg or bench and flex knee
- Position body parallel to floor and grasp a dumbbell with your free hand
- Hang dumbbell down with arm straight

#### Upward Movement Phase:

- Pull dumbbell up toward the chest
- Keep body parallel to floor
- Touch dumbbell to outer chest

#### Downward Movement Phase:

- Lower dumbbell slowly and under control to straight arm position
- Maintain body position

## SHOULDER LATERAL RAISE



## LOWER BACK DEADLIFT



#### Beginning Positions:

- Stand with your feet shoulder width apart, dumbbells in front of you
- Keep your back straight with a slight bend in your knee

#### Downward Movement Phase:

- Lower the weight bending at the hip joint
- Make sure your back is flat and shoulders are back
- Keep it with your own range of motion

#### Upward Movement Phase:

- Raise the weight with your knees slightly bent and your arms locked out
- Lift with your lower back, hamstrings and quads
- Keep the weight as close as you can to your body and keep head even with your back

#### Beginning Phase:

- Stand with feet shoulder width apart, knees flexed
- Elbows are fully extended but not hyperextended; palms facing the body with dumbbells at side

#### Movement Phase:

- Raise the upper arms with the palms facing the floor to 90 degree or lower, at your side
- Elbows should be directly lateral to shoulder level since elbows are slightly bent forward
- Maintain elbow height above or equal to wrists; keep slight bend through elbows throughout movement
- Lower & repeat

## LEG SQUATS



#### Beginning Position:

- Begin by standing in proper alignment with dumbbells at side palms facing the body
- Feet should be shoulder width apart