

# Basic Strength Training

- Exercises target the major muscle groups
- Start out with two sets of dumbbells (3-5 lbs / 8-12 lbs or a set of resistance bands, cans of food, anything with weight!)
- Complete 2 sets of 10 to 15 reps each

## 1. Dumbbell chest press (works chest)

- Lie on a bench, elbows bent 90 degrees out to sides; straighten arms up and return.



## 2. One-arm dumbbell row (works upper back)

- Stand with legs hip-width apart and place one hand on bench, opposite arm holding weight; draw elbow up toward ribs and lower.



## 3. Biceps curl (works biceps)

- Stand with arms extended, palms up, and curl weights toward shoulders.



## 4. Triceps extension (works triceps)

- Stand with legs hip-width apart. Lean forward from waist, elbows bent 90 degrees at your sides; straighten arms behind you.



## 5. Lateral raise (works shoulders)

- Stand with arms down by your sides, palms in; raise straight arms to shoulder height.



## 6. Basic squat (works legs/butt)



## 7. Front lunge (works legs/butt)

## 8. Crunch or Bicycle (works abs)

- Bicycle-Lie face-up on floor, bend opposite elbow to knee, then switch sides.



## 9. Deadlift

- Stand with feet shoulder width apart. Bend at the waist and knees. As you stand up, pinch your shoulder blades together.



<http://www.fitnessmagazine.com/workout/lose-weight/build-strength/strength-training-for-beginners/>