

Sample Strength Programs

Instructions:

Perform each exercise for 8-12 reps or for 30-60 seconds and move from one exercise to the next with 30 second break in between movements. You can perform one or two rounds of the circuit. See our strength tutorial videos for demonstration per exercises below. When you complete the circuit- make sure to view our flexibility video tutorials for stretching.

Equipment Needed: Beginners will use their own bodyweight and intermediate and advanced exercisers will use a pair of dumbbells.

*** See our Warm-up tutorial videos for instructions.

Warm- up

- Frankies
- Walking Knee Hug
- Walking Knee to elbow
- Duck Walks
- Cat/Cow

Sample Strength Circuit

1. Sit To Stand- Can be performed with body weight or a dumbbell.
2. Push- up- Perform at wall, counter top or floor
3. Reverse Lunge
4. Dumbbell Row
5. Side Lunge
6. Dumbbell Y's
7. Calf/Toe Raises

Sample Program #2

Instructions:

Perform two sets of each pair of exercises for 8-12 reps. Take a 30-60 second break after the 2nd exercise in each pair. Perform a 2nd round and then move on to the next pair of exercises. You will be performing TWO sets of each exercise. When you complete the sample workout, make sure to view our flexibility tutorials for stretching.

Warm -up

Same as above.

Sample Strength # 2

1st Pair

1. Pile Squat
2. Push-up

2nd pair

1. Side Lunge
2. Dumbbell Row

3rd Pair

1. Calf Raise
2. Dumbbell Y's