

# Build Your Own Workout

**Simple Strength Training that Works**  
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# Build Your Own Strength-Training Workout

Pick one exercise from each category to build a complete workout that shapes and strengthens your entire body. You can build one workout and stick with it, or you can make a new workout each time. There are 24 workout combinations in this packet.

Strength training should be done on alternating days, 2 - 3 times per week. An easy way to use this is to build one workout and perform it for one week (2 - 3 times); that way you've got 24 weeks worth of workouts at your fingertips.

Remember to listen to your body and work at your own pace.

## Category 1: Warm-ups

Choose one activity and perform it for 3 - 5 consecutive minutes. You can also make this category count as cardio by going for longer durations (10 - 30 minutes) with cardio activities of choice (biking, walking, swimming, etc).

- March in place
- Jog in place
- Knee lifts
- Jumping jacks
- Jump rope

## Category 2: Legs

Choose one activity and perform 1 - 3 sets of 12 - 15 repetitions. Rest 15 - 30 seconds between each set.

- Leg squat
- Airplane Lunge
- Glute Lunge



### Leg Squat:

Stand with your feet shoulder width apart, toes forward. Push hips back and lower down, pushing weight down through heels and keep knees directly above the toes. Don't go lower than 90 degree bend at knee. Squeeze abs and gluteals as you lift.



### Airplane Lunge:

Push all your weight through your left foot, rest right toes on the floor. Bend forward from hips, arms out to sides, and extend right leg straight back - like an airplane, parallel to the floor - pushing all weight through the standing leg. Perform all reps on left foot, then switch sides.



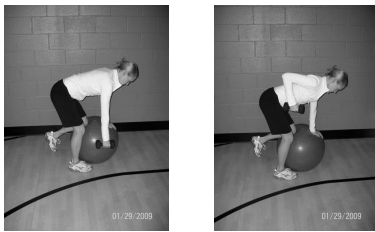
### Glute Lunge:

Step forward with left leg and back with the right leg so you are in a lunge position. Bend the front knee and lower down to the floor a few inches, then push back up and extend the back leg straight behind you. Lift the leg up and squeeze your glutes. Repeat all reps on left leg, then switch sides.

### Category 3: Back

Choose one activity and perform 1 - 3 sets of 12 - 15 repetitions. Rest 15 - 30 seconds between each set.

- Bentover 1-Arm Row
- Wide Row
- Pullover



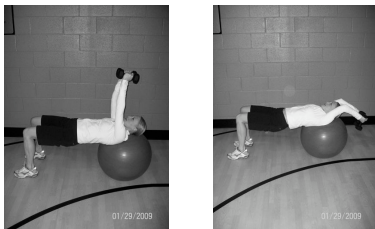
#### **Bentover 1-Arm Row:**

Place left knee and hand on a ball or chair. Hold a dumbbell in the right hand. Bend the elbow and row upward until the palm is near the ribcage, squeeze the shoulder blade inward as you lift. Keep shoulders parallel as you lift. Slowly lower back down. Repeat all reps with right arm, then switch sides.



#### **Wide Row:**

Grab one dumbbell in each hand and sit on a ball or a chair. Bend forward from hips and rest your chest on your thighs. Straighten the arms and hold the weights under your legs with palms facing the chair/ball. Pull elbows up to a wide "V" then lower back down.



#### **Pullover:**

Lie down on a ball or a bench with head, neck and shoulders fully supported on the ball/bench. Hold a weight overhead and slowly lower, with straight arms, down toward the crown of your head, then slowly bring the arms back up.

### Category 4: Biceps

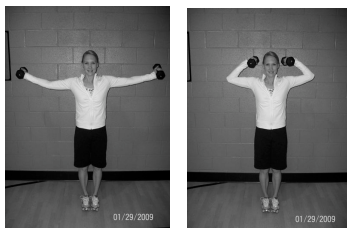
Choose one activity and perform 1 - 3 sets of 12 - 15 repetitions. Rest 15 - 30 seconds between each set.

- Biceps Curl
- Side Curl
- Concentration Curl



#### **Biceps Curl:**

Stand up tall and hold a weight in each hand, palms facing outward. Bend at elbow and bring the weight up to shoulder and slowly lower back down.



#### **Side Curl:**

Grab one weight in each hand and hold arms straight out to sides with palms facing upward. Keep elbows in line with shoulders at all times. Bend at elbow and bring the weights in toward shoulders, then slowly return to starting position.



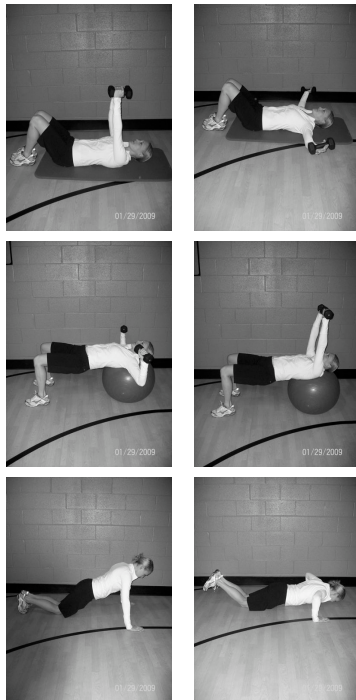
#### **Concentration Curl:**

Hold one or two weights in the right hand, then turn toes outward and squat down so that you can place your right elbow against the inside of your right knee. Then slowly curl the weight up to shoulder and lower back down.

## Category 5: Chest

Choose one activity and perform 1 - 3 sets of 12 - 15 repetitions. Rest 15 - 30 seconds between each set.

- Chest Fly
- Chest Press
- Push-up



### Chest Fly:

Hold one weight in each hand and lie down on the floor, or a ball or bench; make sure head and shoulders are fully supported on the ball/bench. Hold the arms straight up overhead, palms facing each other. Lower the weights down and bring them back up.

### Chest Press:

Hold one weight in each hand and lie down on the floor, or a bench or ball; make sure head and shoulders are fully supported on the ball/bench. Bend your arms to 90 degrees with palms facing toes; push the arms straight overhead and lightly touch the weights together then lower back down.

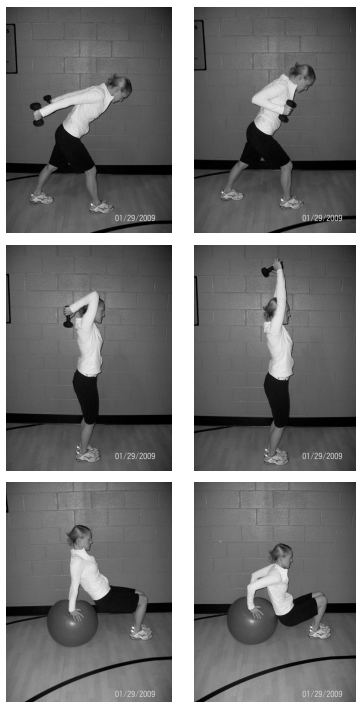
### Push Up:

You know this one! Keep your belly pulled in tight and place your hands out wide to the sides so that when you lower down your elbows are bent to 90 degrees.

## Category 6: Triceps

Choose one activity and perform 1 - 3 sets of 12 - 15 repetitions. Rest 15 - 30 seconds between each set.

- Triceps Kickback
- Overhead Press
- Triceps Dips



### Triceps Kickback:

Hold one weight in each hand, step one foot in front of the other, then bend forward from the hips (slightly) and bring elbows up until they're in line with your shoulders, then bend only at the elbow and push the weight back until arms are straight.

### Overhead Press:

Stand tall and hold 1 or 2 weights behind your head. Pull elbows in close to your ears and keep them there the whole time. Bend at elbows and push weight overhead til arms are straight, then lower back down.

### Triceps Dip:

Sit on a ball or a chair, place hands on the edge, right under your shoulders. Lift hips off the ball/chair and then lower down until shoulders are just above elbow height, then push back up.

## Category 7: Shoulders

Choose one activity and perform 1 - 3 sets of 12 - 15 repetitions. Rest 15 - 30 seconds between each set.

- Lateral Raise
- Shoulder Press
- Front-to-back Shoulder Raise



### Lateral Raise:

Hold one weight in each hand and stand with feet shoulder width apart. Palms face each other, then raise the arms straight out to the side until they are shoulder level, then slowly lower back down.



### Overhead Press:

Hold one weight in each hand and stand with feet shoulder width apart, contract abdominals and bring your arms up to a 90-degree bend at the elbow. Palms should be forward, elbows in line with shoulders, then push the weight overhead and slowly lower back down.



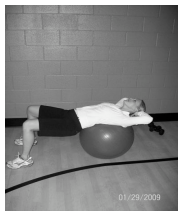
### Front-to-Back Shoulder Raise:

Hold one weight in each hand and stand with feet shoulder width apart, contract abdominals and rest the weights on the front of your thighs with your palms facing thigh. Raise the weights up to shoulder level, then lower back and slightly extend past your hips, then raise them back up.

## Category 8: Abdominals

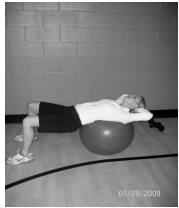
Choose one activity and perform 1 - 3 sets of 20 - 30 repetitions. Rest 15 - 30 seconds between each set.

- Ball Crunch, Oblique Crunch, Reverse Crunch or Plank



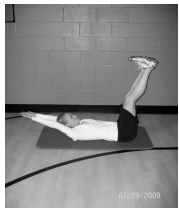
### Ball Crunch:

Sit on a ball and roll out until the ball is in the small of your back. Place your hands at the base of your head and press your elbows out to the side. Keep your chin lifted and contract abs as you lift up, then resist the contract (don't let it relax and slowly lower back down.



### Oblique Crunch:

Sit on ball and roll out till the ball is in the small of your back. Place your hands at the base of your head and press your elbows out to the side. Keep your chin lifted and contract abs as you lift your right shoulder toward your left knee; then lower and lift to the other side.



### Reverse Crunch:

Lie down on the floor and push your legs straight up in the air so your hips are bent at a 90-degree angle. Lift your hips 2 - 3 inches off the floor (like you are "stamping" your feet to the ceiling) and slowly lower hips back down to the floor.



### Plank:

Prop yourself up onto your elbow and toes. Contract your abs and glutes, pull your hips up so you low back isn't sagging down. Hold this position 15 - 30 seconds.