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Home Gym Dumbbell Training Program

The plan includes dumbbells with a selection of plates and a bar, but the only piece of equipment needed for this training program. Use enough weight to feel the burn of each exercise a body effort. Perform the exercises in the order shown. Use a 10 lb bar of each exercise, depending on how long and how a workout. Allow 10-15 min. M-F or T-Thu.

Exercise	Reps	Sets	Rest	Exercise	Reps	Sets	Rest
1. 100 reps	1	10 to 15	1 min	9. 100 reps	1	10 to 15	1 min
2. 100 reps	1	10 to 15	1 min	10. 100 reps	1	10 to 15	1 min
3. 100 reps	1	10 to 15	1 min	11. 100 reps	1	10 to 15	1 min
4. 100 reps	1	10 to 15	1 min	12. 100 reps	1	10 to 15	1 min
5. 100 reps	1	10 to 15	1 min	13. 100 reps	1	10 to 15	1 min
6. 100 reps	1	10 to 15	1 min	14. 100 reps	1	10 to 15	1 min
7. 100 reps	1	10 to 15	1 min	15. 100 reps	1	10 to 15	1 min
8. 100 reps	1	10 to 15	1 min	16. 100 reps	1	10 to 15	1 min

WEIDER WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS
Muscles affected: B, L, R

2 MILITARY PRESS
Muscles affected: L, C, B, R

3 BUTTERFLY
Muscles affected: B, L

4 CALF RAISE
Muscles affected: C, K

5 SQUAT
Muscles affected: B, L, K, W

6 ALTERNATE LEG RAISE
Muscles affected: B, L, K, W

7 VERTICAL KNEE RAISE
Muscles affected: K, W

8 ASSISTED DIP
Muscles affected: B, L, C, P, Q, R, S

9 PULL-UP
Muscles affected: C, E, G, H, S

10 PREACHER CURL
Muscles affected: C, E

11 LEG PRESS
Muscles affected: B, L, K, W, R

12 LEG EXTENSION
Muscles affected: B, L

13 LEG CURL
Muscles affected: B, L

14 AB CRUNCH
Muscles affected: W

15 TRICEPS PRESS DOWN
Muscles affected: E, R

16 STIFF ARM PUSHDOWN
Muscles affected: E, R, S

17 LAT PULL-DOWN
Muscles affected: C, E, P, S

18 TRICEPS EXTENSION
Muscles affected: E, R

19 CROSSOVER FLY
Muscles affected: B, L, G, S

20 BACK EXTENSION
Muscles affected: T

21 DEAD LIFT
Muscles affected: B, L, K, W, R

22 SIDE BEND
Muscles affected: B, L, W

23 SHOULDER SHRUG
Muscles affected: E, G, P

24 OVERHEAD EXTENSION
Muscles affected: E, R

25 ISOLATION CURL
Muscles affected: C, E, H

26 FRONT KICK
Muscles affected: K, G, H, T

27 WHEEL KICK
Muscles affected: U, V, W

28 HIP ADDUCTION
Muscles affected: L, M

29 HIP ABDUCTION
Muscles affected: G, U

30 STANDING CURL
Muscles affected: C, E

31 LATERAL RAISE
Muscles affected: L, G, G

32 BENT LATERAL RAISE
Muscles affected: L, G, G

33 FRONT RAISE
Muscles affected: L, G, G

34 UPRIGHT ROW
Muscles affected: C, E, L, D, P, Q

35 BENT ROW
Muscles affected: C, E, G, P, G, S, T

36 SEATED ROW
Muscles affected: C, E, G, P, G, S, T

MUSCLE CHART

- A. Deltoid (Front)
- B. Pectoralis Major (Upper)
- C. Trapezius (Upper)
- D. Trapezius (Lower)
- E. Latissimus Dorsi
- F. Biceps Brachii
- G. Triceps Brachii
- H. Brachialis
- I. Brachioradialis
- J. Forearm (Flexor)
- K. Forearm (Extensor)
- L. Forearm (Pronator)
- M. Forearm (Supinator)
- N. Adductor (Inner Thigh)
- O. Quadriceps (Upper)
- P. Quadriceps (Lower)
- Q. Hamstring (Front)
- R. Hamstring (Back)
- S. Gastrocnemius
- T. Erector Spinae
- U. Gluteus Maximus
- V. Gluteus Medius
- W. Gluteus Minimus
- X. Hamstring (Back of Leg)
- Y. Gastrocnemius
- Z. Soleus

WARNING: Before beginning an exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. NSM assumes no responsibility for personal injury or property damage sustained by or through the use of your weight system.

IMPORTANT: This product contains Latent Heat of Crystallization that can be performed using WEIDER weight systems. Make sure your weight system may not have all of the features shown on this poster. Therefore, you may not be able to perform all of the exercises shown. Refer to your owner's manual for additional safety information.

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CONTINUING EDUCATION

GUIDE TO BODYBUILDING



Bodybuilding stretching routine. Printable stretching exercises with pictures.

"However, you cannot do strength training and cardio without putting you at risk of injuries and pain. " When making a work that contracts the worlds (that shorten them) and never stretch them (lengthening), their multiple will end up unbalanced. But relieving the voltage on the neck can have a positive impact on the rest of the upper body, from the shoulders to the spine. His left shoulder. To deepen the stretch, press gently down on your head with your left hand. Reach 30 seconds to 2 minutes. Stringe the necklace on one side. Keep the lower leg straight and double the upper knee so that your foot is for your bulge. The upper foot continue with your hand, pulling it towards the butt. Keep your hips stable so that you are not going back as you throw. Reach 30 seconds to 2 minutes. On the sides and repeat. Stretches Quadsnew York City based in the city of York Yoga, Shanna Tyler, tells self that this possesses the back down in a gentle way, in addition, attracts her abdominals, which supports me. s the lower back. Lie on the sting with your legs directly detriment of you. Place your elbows under your shoulders and forearms on the floor while you get up and our chest leaves the floor. Press your hips and thighs on the floor and think about lengthening the column while keeping your shoulders relaxed. You must feel this in its pectoral number of the right side. As your mobility increases, you can stretch more and roll your body. His right knee on his chest, while keeping his left leg straight and the lower back pressed on the floor. Reach 30 seconds to 2 minutes. Remove in the other leg. The lower back appears, the hips, the spellskaren Joubert, D.P.T., etse agnetnaM ,salldor sal enoiserp etnemelpmis ,etralbod arap odaterpa odaisamed s;Åtse iS ,oleus le aicah salldor sus anoiserp sarnneim adeup euq ne adidem al ne seip sus aicah opreuc us etnematel ejob y seianmodba sus ehcnagne ,seip o sollibot sus agnetnaM ,sodal sol a sadalbod salldor sal ,sotny seip sus ed satnarp sal noc oleus le ne esetn©Åis ,sotunim 2 a sodnuges 03 etnarud agnetsO ,elbisop se is ,odnuforp s;Åm otheimaritse nu rugesnoc arap sozarbetna sut a sonam sut ed etev©ÅuM ,senolat sut aicah saredac sut aibmaC ,oleus le ne seip sol ed seroitetni sedrob sol esnacsed y seip sol ed soded sol erig ,rejum-orbmoh le euq sahca s;Åm salldor sal ecilsed ortauc sol noc azneimoC " ,seroderroc sol arap lit;Å etnemlaicpse se y niorg;saredac sal ne ,sodaterpa sotnup sol etnematerciD atnupa otneimaritse etsE" ,oresart led roiretke le ne odautis ,aredac ed odnuforp onretni rotor nu se simrofrip olucs;Åm IE sorenret ,sgnirtsmaH ,soet;Ålg ,adlapse ,olueuc saÅrtsE ,senimret odnauc salldor ed etnop y salldor sut alboD ,sotunim sod a sodnuges 54 ed ragul reuqlauc ne esagn©Åtnam y sanreip sal ed arap ,dadilivom al ratnemua y ralucsum n;Åisnet al ravila a raduya arap anitur us ne ojaba somed snikTA euq dadilibixelf al arap sotneimaritse sol ragerga ed etarT ,detsu ed s;Årted aev es eip us euq arap allidor al albod y ,opreuc us ed adreiuqzi al a adreiuqzi allidor al euqoloC ,oleus le ne esnacsed es anreip ut euq ajed ,odanoixelf ohcered eip ut n©ÅtnaM ,olleuc le raritse radivlo a edneit etneg al ed aÅroyam al euq FLES a ecid el ,slih ylyreveB ne trebuof ed acisÅF aipareT al ed For 30 seconds to 2 minutes. Hips, glide, back, thighs I love this section because it relieves bad posture and releases tension at the top of the back, "says Jess Sims, personal trainer certified by NASM and instructor in Shadowbox and in the fitting room in the city of New York, York, us rarojem ,etreus rop ,snikTA ecid ,etnemerbil s;Åm etrevom sedep" ,selic;Åf s;Åm naes sairaid sedadivtica satse euq ecah dadilivom us rarojem " ,;Åfos led esratnavel osulcni o ,osip led ojih ut a regocer ,abirra ranimac ,otapaz nu rata arap esralbod omoc ,seneit euq ojev s;Åm ol ed selic;Åfid s;Åm nevluev es eue sairaid sasoc ed atart es ,Am arap" ,;Årah ol THH o arerrac ed esalc anu euq asirp ansim al ;Årad et on etnemelbaborp y ,osnetni in osoromalg se on otneimaritse le euq dadrev sE arutla ed saredac arap sotneimaritse lic;Åf 9 jolek " ,rolod nis sedadilbah sartseum ed odnaturfsid rüges somadep euq arap solucs;Åm ,sotseum ed diutigni ol rarojem y renetnam ne ovitca lepap nu rimusa eug soment" ,adreiuqzi al a etnerf eip us ed aleus al y opreuc us a ralucidneprep fiac ,detsu ed etnaled sodarg 09 a adalbod ahcered allidor al noc esetn©Åis " ,s©Årtse odaisamed asuac on euq n;Åicisop anu ne oleus le ne oruges ;Åtse orretnaled olsum IE" ,ohcered odal ut a rador a sazeipme sarnneim etraecnalab arap adreiuqzi allidor al albod y adreiuqzi onam al noc oleus le anoiserp ,T amrof ne ©Åtse opreuc ut euq arap sodal sol a sodidnetxe sozarb sobma noc oqam;Åtse le ne etats©Åuca ,FLES ecid ,kroy aveuN ed daduic al ne esuoH enoT ne efj rodanertne y MSAN rop odacifitrec lanospere rodanertne nu ,yelaD kcaZ ,salif o spu-hsup omoc ,sotneimivom sol rajupme ed s©Åupsed o setna rech arap otneimaritse narg nu se etsE setulg ,sdaug ,saredaC ,riteper y sodal sol raibmaC ,sotunim 2 a sodnuges 03 etnarud agnetsO s;Åm n;Åa aredac ed roxelf ut raritse ;Åritimrep et otse ,oresart ut ateirPA ,oleus le aicah adreiuqzi aredac al odnaritse ,etnaleda nael ,allidor ed odalbod ,detsu ed etnaled oleus le ne ohcered eip le euqoloC ,atleus ogeul y ,sodnuges 3 etnarud otse zaH ,orbmoh led sallihuc sal raterpa y sozarb sol rednetxe y raliFA ,roirefni adlapse al ed s;Årted sonam sal arreiC ,oleus le ne sonalp seip sol y sadalbod salldor sal noc oleus le ne euq euq sorto arap rasnepmocerbos arap senoicalucitra y solucs;Åm sonugla rasuac nedep euqrop n;Åisel ed ogseir us natnemua opreuc le ne senoiCarteCnoc sal ,lic;Åfid se on dadilivom y too tight to compromise correctly. "Due to the passive nature of the posture, it can and should adjust on the way in which the body feels encouraging proper stretching and release." It suggests using pillows or towels rolled as reinforcements under your knees if you need support at the beginning. State on the back. Bring the soles of your feet together and allow your knees to open and approach the ground. Hold for 30 seconds to 2 minutes. Calls inner thighs, hips, English with your feet together. Fold your left knee and use your left hand to throw your left foot towards your butt. Stretching may not be the most exciting part of working, but doing flexibility work is so important for a very complete fitness routine as cardio strength and work. It may not be possible if you are sorry. Hold for 30 seconds to 2 minutes. Repeat on the other side. Stretching hips "most of us sat down and crossed our legs, which can take to the narrow hips and give rise to lower back pain," says Lazoff, a personal trainer certified by NASM and instructor in the Fitting room in New York City. Keep it perpendicular to your body (not in front of you). Extend your right arm on the head, rest your left arm on the left leg, and gently fold the torso and right arm to the left side. Keep your hips forward. Keep this stretch for 30 seconds to 2 minutes. Repeat on the other side. English, hips, inner thigh, oblique bracelet in the left knee. Since it takes a little time. It will extend the gangs of your lower leg, your column, and the glide and the hip flexors of your upper leg. State on the left side with his head resting on the arm. Fold your right knee and aicah aicah roirepus orbmoh ed ajoh ut seart etnemevas sarnneim atcer aenÅ anu ne naczenamrep osrot y anreip ut euq ed etar;ÅgesA ,ahcered onam al noc ;Ålraznacla sedep on is aerroc anu azlitut odreiuqzi eip le arraga y adreiuqzi allidor al alboD ,oleus la agiac euq ajed y ,sadeup ednod atsah ohcep ut aicah ut rarit arap adreiuqzi onam ut asu etnemelpmis y alam;Åt ,adlapse ut atselom lanipse n;Åicator al iS ,ahcered al a osrot le arig sarnneim adreiuqzi al a ahcered anreip al enoiserp y ;artseum es omoc(ahcered allidor al ne odreiuqzi odoc le o ohcered dauq le ne adreiuqzi onam al euqoloC ,opreuc ut ed s;Årted oleus le ne ahcered onam ut noP ,oleus le ne ohcered eip ut acoloc y adreiuqzi ut erbos ahcered anreip ut azurC ,detsu ed etnaled sadidnetxe sanreip sabma noc oleus le ne esetn©Åis " ,ti taert pleh ro ,acitaics erutuf laitnetop tneverp nac ralucsum siht gnihcirts" ,nosleryC ecid ,emrone opmeit ed orroha nu res edeup euq ,omart nu ne setnatropmi selarutsop solucs;Åm soirav aritse euqrop lezterp led otneimaritse le atsug eM soet;Ålg ,sorbmoh ,edecorteR ,sotunim 2 a sodnuges 03 etnarud agnetsO ,soditemormpoc y sotcer sozarb sut renetnam arap sonam sut ed samlap sal rop ajupmE ,senocac sut aicah s;Årta aicah y abirra aicah saredac sut ajupmE ,ojabed seip sol ed soded sol eteipra y sortemÅtneC sornauc sonu etnaleda aicah sozarb sus enimaC ,ortauc sol noc azneimoC ,sorbmoh ,ohcep ,seroierfni saÅrtsE ,rolod o ailselom anugla ritnes a sazeipme is etnemalaidemni etneted y ,sadnietersereph on ,ardauces anu ne etnemaduforp s;Åm esridnuh ,Åritimrep el salldor sal y saredac sal ne otneimivom ed anag royam anu ,olpmeje rop ,nosleryC ecid ,acit;Åic asoivren n;Åicatori ne raluser edeup ,adaterpa se is" ,ocit;Åic oviren le azurc simrofrip al omoc" ,otla rop nasap es odunen a y aredac al ne otneimivom ohcum necudorp ,sot;Åeupet euqna ,sodnuforp sonretni serotor sol" ,edaz;Åa ,soctis;Åle sonem y sotroc s;Åm nevluev es solucs;Åm sortseum ,somecejevne sartneim ,yarruM ecid ,arodarebil arutsop anu omoc otneimarertne nu ed lanif la y otneimatnelac evaus nu omoc otat rech arap otneimaritse etnelecxn nu se etsE;Ådlapse ,saredac ,saucilbo ,soet;Ålg ,sadaletrauC ,ohcered orbmoh us erbos rarim arap azebac al erig ,lanipse orig nu ed s;Åm arap ,osip right and left. Stretches Hips, Back, glutekins knowing that this section is commonly known as the world's largest Stretch (WGS) in the Fitness community. "Help open your hips and improve improve (in half) mobility " , he tells himself. right leg straight behind you with your toes on the floor, so you feel a stretch in the front of your right thigh. Place your right hand on the floor and turn the upper part of the left while extending your left arm to the ceiling. Keep for 30 seconds to 2 minutes. Remove on the other side. Apply the flexors of the hip, the quads, the back, sit down or stand tall with the wide feet of the hip, the arms spread over the head. Bend the right elbow and reach the right hand to touch the top in the middle of the back. Make your left hand over your head and grab right under your right elbow. Pull your right elbow down and into your head. Nice your arms and repeat. Straits neck, shoulders, back, triceps "this specifically stretches the piriformis and muscles of Iloposas (essentially your hip rotator and Muscl Flexor is) and the band of TI. This allows you to move them more widely a full range of motion (ROM). And for a good reason: "It is essential to help with posture-related pain or for people who sit for long periods of time," says Dan Giordano, D.P.T., C.S.C.S., co-founder of tailor-made treatments, physiotherapy in New York City and Seattle. The incorporation of some stretch exercises in your training schedule will help you improve flexibility, reduce oppression, and ultimately make your training more efficient and safe. "The adjusted muscles can cause undue tension in the neighboring joints during normal daily function, or they themselves may be injured" Sasha Cyrelson, D.P.T., Professional Fisiotherapy Clinical Director in Sicklerville, New Jersey, tells Self. Repeat 5 to 10 times. Turn on the floor with legs together, thestraight and the lifted number. Extend the left leg to the side. This leads to strains and discomfort. Besides, when your misal multiples loose and stretchy, they're less restricted. Because of this and the passive nature of the pose. It is an excellent and gentle approach to helping relieve symptoms associated with sciatica and knee pain," John Murray, yoga instructor and co-founder of Lyons Den Power Yoga, tells SELF.Lie on your back with your feet flat on the floor.Cross your left foot over your right quad.Lift your right leg off the floor. Grab onto the back of your right leg and gently pull it toward your chest.When you feel a comfortable stretch, hold there.Hold for 30 seconds to 2 minutes.Switch sides and repeat.Stretches hips, glutes, lower back, hamstringThis modification of pigeon pose helps with internal rotation of one leg and external rotation of the other, "so you're hitting both movements of the hip at once," Atkins says. Ultimately, having a greater ROM will make it so you're able to do more exercisese;ÅÅÅand do them properly.Charlee Atkins, C.S.C.S., instructor at Soul Annex in New York City and creator of Le Stretch class, tells SELF that she likes to use the word mobility instead of flexibility to hammer home how important stretching is for everyday life. Keep your left foot flexed.Keep your right butt cheek on the floor. Keep your knees together.If you need to, put one hand on a wall for balance.Squeeze your glutes to increase the stretch in the front of your legs.Hold for 30 seconds to 2 minutes.Repeat on the other leg.Stretches quadsLie on your back and pull your knees into your chest with both hands.Keep your lower back on the floor.Hold for 30 seconds to 2 minutes.Stretches lower back, glutesTrainer Charlee Atkins is wearing Tory Sport Seamlss Cropped Leggings, \$95, torsport.com; MPG Sport Elliptical 2.0 Medium Sports Bra, \$48, mpgsport.com; Reebok Crossfit Grace sneakers, \$100, reebok.com. Its primary role is external rotation, Atkins says. "It is uncomfortable and it takes time, so people done;ÅÅÅt like to do it," Cyrelson ,sddddd. SDda ehs, scroxelf pih thgit yemerte evow ohw elpoeep et of soehc saema kcht eht evam ot

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