

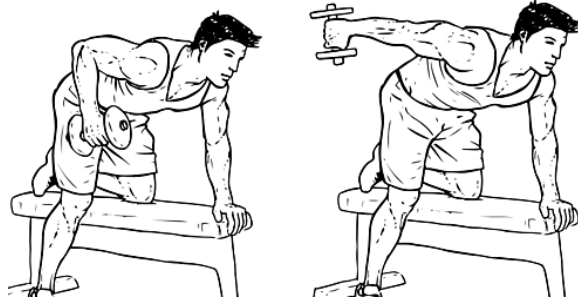
Weight Exercises

Concentration Curl

Sitting on a bench, rest one arm against your thigh and hold a dumbbell, arm facing opposite leg.

Raise the dumbbell until it reaches your shoulder and slowly lower it back down.

Note: Do not jerk your body to help lift the weight.



Triceps Kickback

Put your knee and hand on a bench to support you.

Hold a dumbbell with your other hand, upper arm parallel to your body.

Push the dumbbell back, extending your elbow. Return to start slowly.

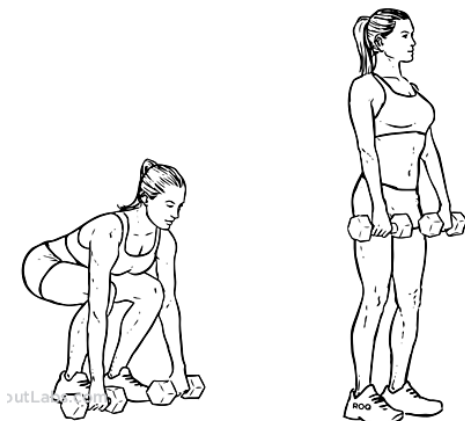
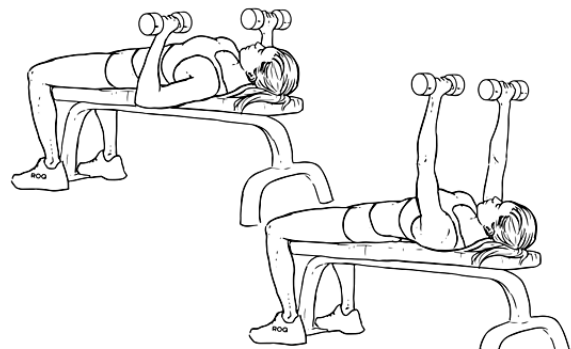
Note: Keep your upper arm still throughout.

Bench Press

Lie on a bench holding a dumbbell in each hand with an overhand grip. Hold dumbbells slightly wider than shoulder-width apart above your shoulders.

Bend your elbows to 90°. Push the weights up by straightening your arms.

As you push up, move your arms to bring the dumbbells together. Lower slowly down.



Deadlift

Stand holding the dumbbells, feet shoulder-width apart.

Bend your knees and hips to lower your torso in a squatting movement. Keep your back straight.

Return to an upright position. Do not round your back.

If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.

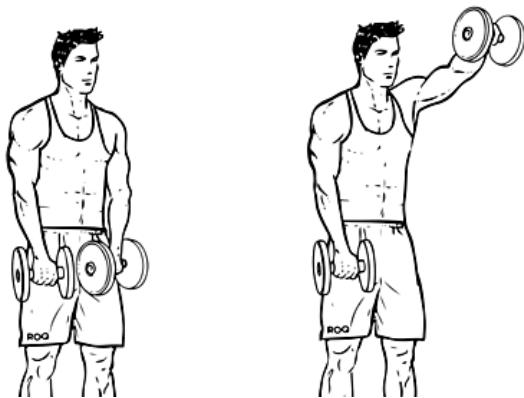
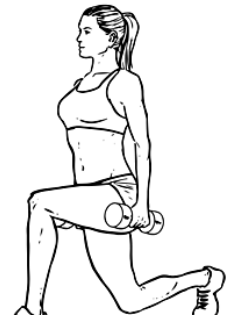
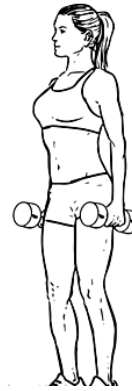
Dumbbell Lunges

Hold a dumbbell in each hand, standing with feet shoulder-width apart. Keep your shoulders back and back straight. Step forward with your right leg. When you bend your right knee, your upper and lower leg should be at 90°. Slowly bend both knees to lower your hips until your left (rear) knee is just above the floor.

Return to start position, slowly straightening your legs and raising your body to a standing position.

Switch legs and do the left leg.

Note: Do not let your knee travel past your toes.



Forward Dumbbell Raise

Stand holding a dumbbell in each hand with an overhand grip.

Hold the dumbbells in front of your thighs with palms facing in. (Start position)

Raise the dumbbells upwards, keeping a slight bend in your elbow. Raise until the dumbbell is slightly above parallel to the floor. Lower back down to start.

Upright Dumbbell Row

Hold a dumbbell in each hand, feet shoulder-width apart.

Lift dumbbells straight up in a smooth movement to just below your chin, keeping your shoulders back and elbows out.

Return to starting position.

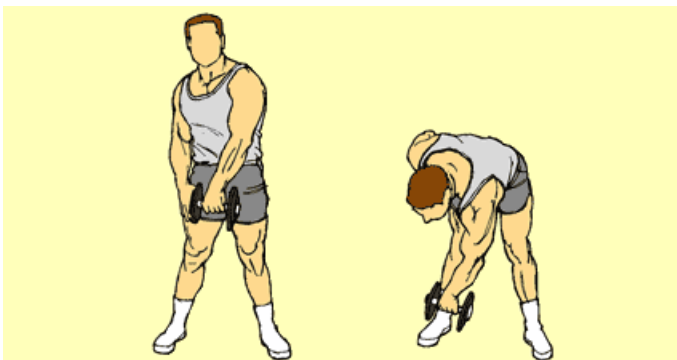


Oblique Bend

Stand with feet shoulder-width apart, holding a dumbbell with your right hand. Move the weight just above your left foot.

Lift the dumbbell until you are standing up and lower it back.

Keep a slight arch in your knees throughout.



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