## Basic Strength Training Routine

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**Notes:**
- Perform each exercise with proper form and gradually increase the weight as the muscles get stronger.
- Rest between sets and keep your breathing controlled.
- Include rest days in your routine to allow for muscle recovery.

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*Image sources and credits available upon request.*
Routine For: Healthy Utah Members
Created By: Healthy Utah

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**Program Instructions**

Begin each exercise with a 5 minute warm-up.

Make sure you do full range of motion and move through the exercise slowly.

Pick a weight that challenges you so that your last 1-2 repetitions are difficult, otherwise you need to increase your weights.

Finish your workout with 5-10 minutes of stretching. Stretch all the major muscle groups for at least 30 seconds each.

*Start doing one strength training session per week.*

**LEGS: GLUTES / THIGHS - Lunge: Stationary**

In wide-stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.

- Do 1 sets.
- Complete 12 repetitions.

**CHEST - 15 Bench Press (Dumbbell)**

Press to straight arms. Lower down again slowly. Repeat.

- Do 1 sets. Complete 12 repetitions.

**LEGS: GLUTES / THIGHS - Wall Sit**

Back against wall, slide down so knees are at 90º angle. Hold 10-30 seconds.

- Do 1 sets.
- Complete 12 repetitions.

**BACK: TRAPS - Row: Upright (Dumbbell)**

Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.

- Do 1 sets.
- Complete 12 repetitions.

**ARMS: BICEPS - Curl: Sitting Alternating (Dumbbell)**

Hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.

- Do 1 sets. Complete 12 repetitions on each side.

**LEGS: CALVES - Heel Raise: Standing**

Toes on board or step, knees slightly bent, rise up on toes as high as possible.

- Do 1 sets.
- Complete 12 repetitions.

**SHOULDERS - Press: Sitting (Dumbbell)**

Palm in, press to straight arms, rotating to palms forward at end of movement.

- Do 1 sets.
- Complete 12 repetitions.

**ARMS: TRICEPS - Extension: Lying (Dumbbell)**

Straighten arms, keeping upper arm perpendicular to floor. Focus on keeping the elbows pulled towards each other.

- Do 1 sets. Complete 12 repetitions.

**BACK- Back Extension on All Fours**

Start on hands and knees, keeping them apart. Straighten right leg and left arm at the same time. Hold 15 seconds. Switch immediately and repeat with left leg and right arm.

- Do 1 set of 12 repetitions on each side.

**ABS - Crunch: Raised Leg**

Arms straight, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

- Do 1 sets. Complete 12 repetitions.

**ABS - Crunch: Twist – Bent Leg, Alternating**

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.

- Do 1 sets. Complete 12 repetitions to each side.
Basic Strength Training Routine

**ONE-LEG STAND - Without Support**

Stand on one leg in neutral spine without support. Hold **15-30** seconds.

Repeat on other leg.

Do 1 set of 5 repetitions

**Stretch**

Stretch all the major muscle groups. Take each stretch to the point of sensation without pain. Hold for 30-60 sec.

**THIS IS THE MOST IMPORTANT PART OF YOUR WORKOUT.**

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Phone: 801-538-6004