

HOME EXERCISES STRENGTH



BICEPS CURLS:

Keeping elbows tucked by your side, slowly bring your hands toward your shoulder then release back down.



SHOULDER RAISES:

Keeping your arms straight, slowly raise your arms off to your side. Stop when your hands are aligned with your shoulders then slowly lower and repeat.



OVERHEAD TRICEPS EXTENSION:

Keeping your elbows pointed to the ceiling, bend your elbows to 90 degrees and drop your hands behind your head. Slowly straighten your arms and repeat.



CHEST PRESS:

Start with elbows off to your side at a 90 degree angle. Press your hands straight over your chest and slowly lower and repeat.



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BENT OVER ROW:

In a bent over position with the back straight, pull the weight towards your belly while driving the elbows up and squeezing your shoulder blades together.



GOBLET SQUAT:

Keeping the weight in front of the chest, press your hips back like you're sitting on a chair. Engage the glutes while standing up.



DEADLIFT:

Hold the bag in front of your body. Keeping the bag close to your body, hinge from the hips and slightly bend the knees as you lower the bag. Squeeze the glutes and push feet "through" the floor as you return to the starting position.



LATERAL LUNGE:

Hold the bag low or cradle it in a higher position. Step to the right as you hinge your hips and bend your knees on that side. Make sure to keep your heels on the floor. Return to start and repeat. Repeat for reps on the opposite side.