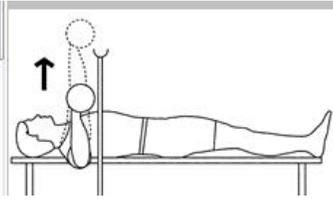


Basic Free Weight Strength Training Exercise Routine

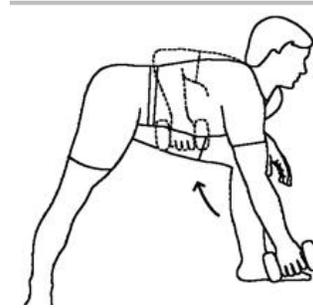
Chest Exercise: **Bench Press**



- Lie on bench press bench.
- Grasp **barbell bar or dumbbells**, hands shoulder distance or slightly more apart.
- Lift weight off of support.
- Lower weight to chest.
- Push weight up.
- Repeat and place bar back on support when finished.

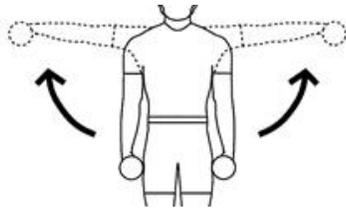
***Note:** This exercise can also be done with **dumbbell** weights.

Back Exercise: **Partial Bent Row**



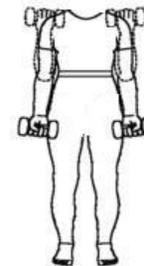
- Begin in position shown. Right leg bent, toes forward, right arm on right thigh, left leg straight and extended back, toes pointed to left. Keep back straight, parallel to floor, with shoulders squared.
- Begin with weight on floor.
- Raise it up to abdomen, keeping elbow close to side.
- Lower and repeat.

Shoulder Exercise: **Lateral Raise**



- Hold weights in hands.
- Begin with arms at side elbows straight.
- Lift arms out to side, up to shoulder level.
- Keep elbows straight or slightly bent.
- Return to start position and repeat.

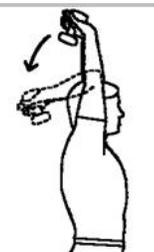
Biceps Exercise #4: **Palms-In Curl**



- Begin with arms at side, sit or stand, elbow straight, palms up, **dumbbells or barbell** in hand.
- Bend elbows upward.
- Return to starting position.

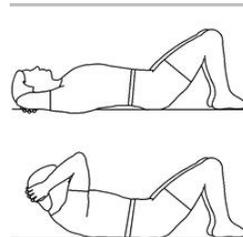
***Note:** This exercise can also be done with a **barbell**.

Tricep Exercise: **Overhead Extension**



- Stand with feet hip distance apart.
- Begin with weight straight overhead in both hands.
- Lower weight to center of upper back.
- Keep elbows close to ears and pointed up.
- Straighten and repeat.

Abdominal Exercise: **Crunches**



- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets, raise left shoulder toward right knee, return to floor.
- Lift right shoulder toward left knee, return to floor.