

# Getting Started

The following workout is designed to help you get started with your strength and conditioning program. The goal is to establish a base for your training and prepare you for added progressions and intensities. This program is short but intense. You never want to achieve muscular failure, so select a load (weight) that allows you to complete the indicated sets and repetitions.

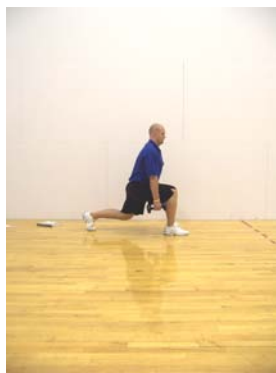
*Note: Consult your physician before you start any exercise program.*

## 1. Db Squat



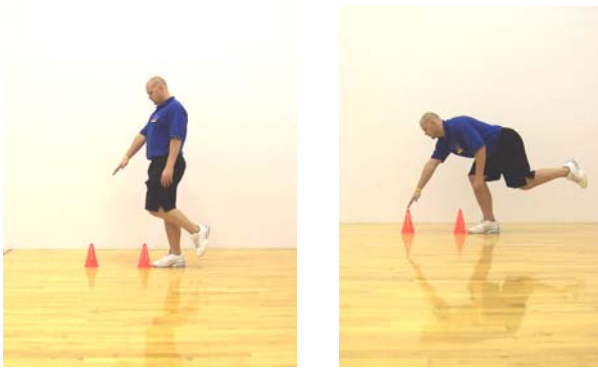
- Stand with your feet shoulder width apart and Dumbbells at your side.
- Squat down as close to parallel as you can keeping you back straight.
- Come back up to fully extended position (stand up).

## 2. Db Lunge



- Stand with your feet shoulder width apart and Dumbbell at your side.
- Step forward with right foot and lower your body till front thigh is parallel. Try to keep your knee on top of your ankle.
- Keep your back straight through the entire movement.
- Step back to the starting position and repeat with left foot.

### 3. Single Leg Anterior Reach



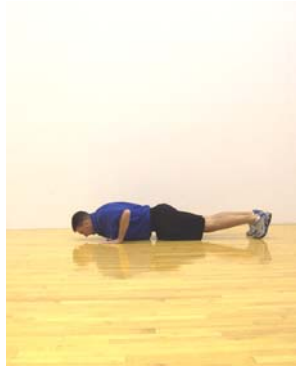
- Using 2 cones (or object that is 12-18 inches tall), stand with one foot right next to the first cone.
- Stand on right leg and reach with right hand to the next cone. Bending at the waist and flexing the knee.
- Keep your abs, hips and buttocks tight throughout the movement.
- Keep your back straight throughout the entire movement.
- Return to standing position. Once you've reached your desired repetitions switch legs.

### 4. Db Front Squat



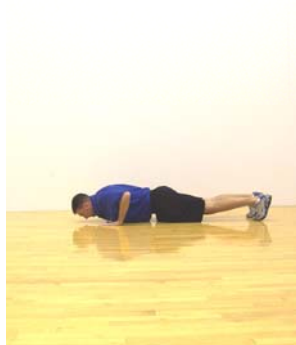
- Stand with your feet shoulder width apart and hold Dumbbells in front of your chest.
- Squat down as close to parallel as you can keeping you back straight.
- Come back up to fully extended position (stand up).

## 5. Pushup



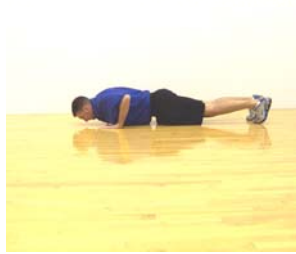
- Start in a plank position
- Keeping your body straight, lower body to ground by bending elbows.
- Stop a few inches from the ground and push back to the plank position.

## 6. Stability Pushup



- Start in a plank position
- Keeping your body straight, lower body to ground by bending elbows.
- As you push up, rotate at the hips and shoulder on to one arm. You should look like a "T".
- Rotate back to plank position and repeat exercise rotating on the other arm.
- For beginners, rotate onto one arm without completing the push-up phase of exercise.

## 7. Pushup



- Start in a plank position
- Keeping your body straight, lower body to ground by bending elbows.
- Stop a few inches from the ground and push back to the plank position.

## 8. Db Row



- Stand with your feet shoulder width apart and hold Dumbbells in front of your thighs.
- Bend over at the waist, keeping your back straight and slight knee flexion.
- Keeping the Dumbbells close to the legs, pull the Dumbbells up until your arms are at 90 degrees. You should feel your shoulder blades pinch towards one another. Really focus on keeping your back straight.
- Lower Dumbbells back to starting position and repeat.

## 9. Db Upright Row



- Stand with your feet shoulder width apart and Dumbbell at your side.
- Pull Dumbbells towards your chin keeping your back straight and abs tight. Keep the dumbbells close to your body and keep your elbows above the dumbbells.
- Lower to starting position.

## 10. Db Overhead Press



- Stand with your feet shoulder width apart and arms at 90 degrees.
- Keep your abs tight as you press the Dumbbells over your head.
- Slowly lower the Dumbbells returning your arms to 90 degrees.

## How

- Perform exercises as a circuit. Move from one exercise to the next.
- 10-15 reps per exercise.
- 2-3 sets per workout.
- Use full ranges of motions that are pain free.
- Move slowly and with control.
- Keep core tight throughout movements.

