



Workout Routine Sample

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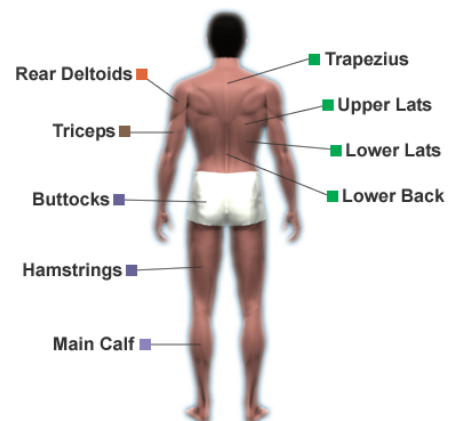
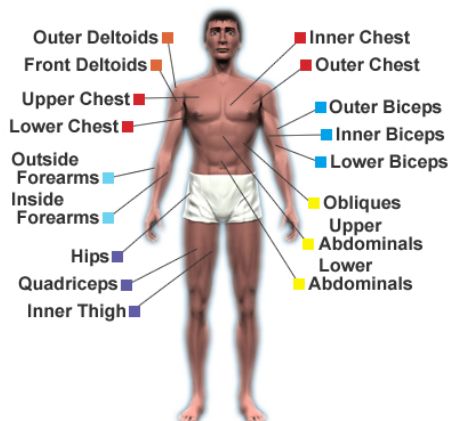
Workout Routine - Dumbbells - Lower Body


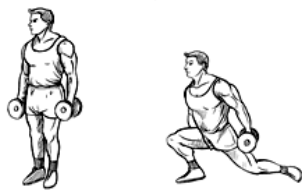


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Workout Routine Snapshot

1 Workout Days
0 Cardio Exercises
4 Strength Training →
0 Stretching Exercises

3 ■ Thighs
1 ■ Calves



	<p>■ Thighs Squat (Dumbbells)</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Crouch down and hold one dumbbell with both hands between your knees.</p> <p>Motion Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause.</p> <p>Tips/Caution Keep your back straight and arms extended throughout.</p>
	<p>■ Thighs Side Lunge (Dumbbells)</p> <p>Secondary Muscles Inner Thigh, Buttocks, Quadriceps</p> <p>Starting Position Stand up and hold one dumbbell with each hand against the side of your body, palms facing each other.</p> <p>Motion Take a wide step sideways so that your knee shows a 90 degree angle and slowly bring yourself back up after a short pause. Alternate feet between repetitions.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Thighs Bridging</p> <p>Secondary Muscles Hamstrings, Buttocks, Abs</p> <p>Starting Position Lie on the floor, knees at 90 degree angles and place your hands flat on the floor, arms extended.</p> <p>Motion Raise your buttocks from the floor as high as you comfortably can and lower it back down after a short pause.</p> <p>Tips/Caution Your feet and hands should not move throughout.</p>
	<p>■ Calves Calf Raise (Dumbbells) - Standing</p> <p>Secondary Muscles Calves</p> <p>Starting Position Stand up and hold one dumbbell with each hand against the sides of your body, palms facing each other.</p> <p>Motion Lift your heels from the ground by standing on your toes and lower yourself back down after a short pause.</p> <p>Tips/Caution Make sure that only the calf muscles are exercising.</p>