

## Pushup



Step 1: Place your hands & feet on floor and lift your body up  
Step 2: Slowly bend your elbows & lower your body to floor  
Step 3: Don't let your hips or lower back sag or dip  
Step 4: Straighten arms back to starting position

## Core Flys



Step 1: Lay flat on your back, bend knees, bring feet towards you  
Step 3: Raise your arms up to the sky  
Step 4: Bend your elbows & lower your arms towards floor  
Step 4: Keep bend and return to starting position

## Back Row



Step 1: Stand with feet shoulder width apart  
Step 2: Lean forward slightly, with arms slightly out in front of you  
Step 3: Pull your arms up and behind you  
Step 4: Return to starting position

## Rear Delt Flys



Step 1: Stand with feet shoulder width apart  
Step 2: Lean forward almost 45 degrees, let arms hang down  
Step 3: Extend arms to sides, just past parallel to your body  
Step 4: Return to starting position

## V Sit Ups



Step 1: Get on your hands and knees  
Step 2: Raise both legs 45 degrees off of floor  
Step 3: Perform a sit up and try to touch your toes  
Step 4: Slowly return to starting position

Sets: 3 Reps: 15 Weight: 0

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 3 Reps: 20 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 3 Reps: 15 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 3 Reps: 15 Weight: 5

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 3 Reps: 50 Weight: 0

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_



# 8 Week Muscle Builder Plan - Week 1: Tues

## Squat & Press



Step 1: Stand with your feet shoulder width apart  
 Step 2: Hold dumbbells in your hands just above your shoulders  
 Step 3: Squat until thighs are parallel to floor- ankles inline w knees  
 Step 4: Straighten back up and press arms above head

Sets: 3 Reps: 20 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## One Leg Deadlift



Step 1: Stand with feet shoulder width apart  
 Step 3: Lean forward and raise one leg behind you  
 Step 4: Lower your arms towards floor  
 Step 4: lean back and return to starting position

Sets: 3 Reps: 15 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## Side Step



Step 1: Stand with feet shoulder width apart  
 Step 2: Step to your side and squat down on one leg  
 Step 3: Be sure ankles, knees, hips and elbows are inline  
 Step 4: Keep opposite leg on floor. Return to starting position

Sets: 3 Reps: 15 Weight: 20

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## Sumo Squat



Step 1: Stand with feet wider than shoulders, toes pointed out  
 Step 2: Hold dumbbell in your hands in between legs  
 Step 3: Squat until thighs are parallel to floor- ankles inline w knees  
 Step 4: Keep arms straight entire move. Return to starting position

Sets: 3 Reps: 20 Weight: 20

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## In & Outs



Step 1: Lay on your back in sit up position  
 Step 2: Raise both legs slightly off of floor  
 Step 3: Perform a crunch and bring one leg in & press other leg out  
 Step 4: Lower and repeat with opposite legs

Sets: 3 Reps: 50 Weight: 0

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## Crunch #1



- Step 1: Lay on your back in sit up position
- Step 2: Hold a med ball in your hands and extend them behind you
- Step 3: Perform a crunch while keeping your arms straight
- Step 4: Return to starting position when ball is above your head

## Oblique Twists



- Step 1: Lay on your back in sit up position
- Step 2: Lift your shoulders, back & legs off of the floor
- Step 4: Hold ball in hands in lap
- Step 4: Rotate arms side to side, keep legs & upper body off floor

## Crunch #3



- Step 1: Lay on your back in sit up position
- Step 2: Hold ball & arms out in front of your at 45 degrees
- Step 3: Perform a crunch, pushing arms & ball away from body
- Step 4: Slowly lower and return to starting position

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Sets: 3 Reps: 50 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 3 Reps: 25 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 3 Reps: 50 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## 21's



Step 1: Stand with feet shoulder width apart, arms at sides  
Step 2: Curl arms up halfway to your waist and lower. Repeat 7x  
Step 3: Curl arms from waist to shoulders. Repeat 7x  
Step 4: With hands at sides, curl arms from sides to shoulders 7x

Sets: 3 Reps: 21 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## Kneeling Bicep Curls



Step 1: Kneel down and hold dumbbell in hand  
Step 2: Support arm with opposite hand  
Step 4: bend your elbow and perform a strict curl  
Step 4: Lower and repeat

Sets: 3 Reps: 12 Weight: 15

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## Overhead Tricep press



Step 1: Stand with feet wider than shoulders  
Step 2: Hold dumbbell in hands & your extend arms above head  
Step 3: Bend your elbows and let the weight go behind your neck  
Step 4: Extend arms back to starting position. Repeat

Sets: 3 Reps: 12 Weight: 15

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## Kneeling Kickbacks



Step 1: Kneel on the floor or gym mat on your hands and knees  
Step 2: Hold db in hand, bend your elbow & raise arm up to your side  
Step 3: Extend arm behind you until parallel to the floor  
Step 4: bend elbow and repeat.

Sets: 3 Reps: 12 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## Tricep Pushbacks



Step 1: Stand with feet wider than shoulders  
Step 2: Hold dumbbells in hand and bend forward  
Step 3: Let arms hang down, keep them straight push the behind you  
Step 4: Lower and repeat

Sets: 2 Reps: 20 Weight: 5

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

## Shoulder Press



Step 1: Stand with feet shoulder width apart, arms above head  
Step 2: Bend elbows 90 degrees, press arms up  
Step 3: Lower arms to 90 degrees but still above head  
Step 4: Repeat

## Lateral Raises



Step 1: Stand with feet shoulder width apart, arms at sides  
Step 2: Lean forward slightly, let arms hang down in front of you  
Step 4: Bend elbows slightly, raise arms to sides until even to floor  
Step 4: Lower and repeat

## Front Raises



Step 1: Stand with feet shoulder width apart, arms at sides  
Step 2: Hold dumbbell in hands  
Step 3: Raise arms out in front of you until about head height  
Step 4: Lower and repeat

## Upright Row



Step 1: Stand with feet shoulder width apart, arms in front of you  
Step 2: Slide your arms up under neck by bending your elbows  
Step 3: Keep elbows above wrists entire movement  
Step 4: Lower and repeat

## Back Extensions



Step 1: Lay flat on the floor face down  
Step 2: Extend arms out in front of you, keep palms down on floor  
Step 3: Raise arms & upper body slightly off of floor  
Step 4: Lower and repeat

Sets: 3 Reps: 15 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 3 Reps: 15 Weight: 5

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 3 Reps: 12 Weight: 3

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 3 Reps: 12 Weight: 10

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_

Sets: 2 Reps: 20 Weight: 0

Set 1\_\_\_\_ Set 2 \_\_\_\_ Set 3\_\_\_\_