



Strength Training Exercises

By Coach Gillian Savage-Knight

Goal: Complete circuit 2 times per week

Contents

Weeks 1 & 2

Need 4 to 10 lb dumbbell

1. Arm Circles
2. Pushups
3. Shoulder Press
4. Tricep Pushback
5. Bicep Curls
6. a. Superman / 6.b. Superwoman
7. Walking Lunge
8. Plank

Weeks 3 & 4

Need 4 to 10 lb medicine ball and dumbbells

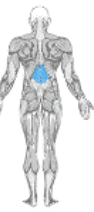
1. Medicine Ball Tap
2. Medicine Ball Swing
3. Tricep Extensions / Squat
4. Bent-over Row
5. Lying Leg Raise
6. Repeat circuit

Weeks 1 & 2 (need 4 to 10 lb dumbbell)

1. Arm Circles



Shoulders



Back



Triceps



Biceps



Stand with feet shoulder-width apart, arms extended straight out to sides at shoulder height.

Keeping shoulders down, do 20 small backward circles.

Switch directions; do 20 forward circles.

2. Pushups



Chest



Core



Do 12 reps.

3. Shoulder Press



Shoulders



Triceps

Stand with feet shoulder-width apart, holding a dumbbell in each hand.





Bend elbows, bringing hands to shoulders, palms facing forward.

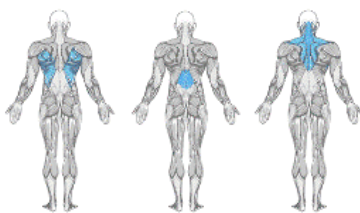
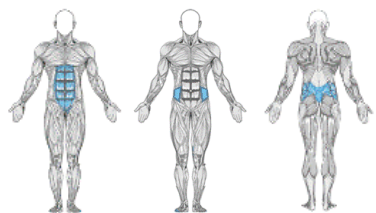


Press weights straight overhead, keeping shoulders down; lower weights back to shoulders.



Do 20 reps.

Weeks 1 & 2 (need 4 to 10 lb dumbbell)

4. Tricep Pushback	5. Bicep Curls
 <p style="text-align: center;">Triceps</p>	 <p style="text-align: center;">Biceps</p>
<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>Stand with feet shoulder-width apart, knees slightly bent, holding a dumbbell in each hand, arms straight down at sides, palms facing back.</p> <p>Lift arms straight back about 2 feet behind you; return to sides.</p> <p>Do 20 reps.</p> </div> </div>	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>Stand with feet shoulder-width apart, knees slightly bent, holding a dumbbell in each hand, arms straight down at sides, palms facing forward.</p> <p>Curl arms up towards head; return to sides.</p> <p>Do 20 reps.</p> </div> </div>

6. Superwoman	7. Plank
 <p style="text-align: center;">Back</p>	 <p style="text-align: center;">Core</p>
<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>Lie down facing the floor with arms and legs straight out.</p> <p>Raise up right arm and left leg about 6 inches off the floor.</p> <p>Lower back to floor and switch sides.</p> <p>Do 30 reps alternating sides.</p> </div> </div>	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>Maintain pushup position for 30 to 60 seconds.</p> </div> </div>

Weeks 1 & 2 (need 4 to 10 lb dumbbell)

7. Walking Lunge



Quads



Hamstrings



Glutes



Lunge forward with right leg until at 90 angle.

Push up with left leg and lunge with it.

Do 20 reps alternating sides.

Weeks 3 & 4 (need 4 to 10 lb medicine ball and dumbbells)

1. Medicine Ball Tap



Abs



Obliques



Arms



Stand with feet shoulder-width apart, knees slightly bent, abs engaged and back about 2 feet from a wall, holding ball with arms extended at chest height in front of you.

Bend arms slightly and rotate torso to right until ball taps wall behind you.

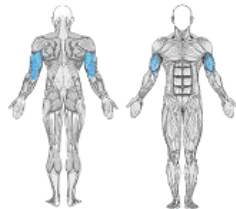
Rotate back through center and to left; tap wall with ball.

Do 15 reps alternating sides.

2. Medicine Ball Swing



Upper Back



Arms



Abs



Quads



Glutes



Stand with feet a little more than shoulder-width apart, knees slightly bent, holding ball (or dumbbell).

Squat, swinging ball between legs behind you, then immediately stand and swing ball up in front of body and directly overhead.

Do 20 reps.

Weeks 3 & 4 (need 4 to 10 lb medicine ball and dumbbells)

3. Tricep Extensions / Squat



Quads



Glutes



Triceps



Abs



Stand with feet shoulder-width apart, holding ball overhead.

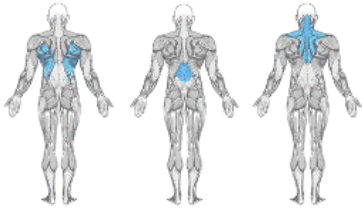
Squat, keeping knees behind toes (like you were sitting in a chair), while bending elbows behind you, keeping arms by ears.

Stand up as you raise ball back overhead.

Do 15 reps.

Weeks 3 & 4 (need 4 to 10 lb medicine ball and dumbbells)

4. Bent-Over Row



Back



Biceps



Holding a dumbbell in each hand, stand with feet apart and bend over until back is almost parallel to ground.

Extend arms straight down, palms facing each other.

Keeping back straight, draw dumbbells towards you.

Lower weights toward ground.

Do 20 reps.

5. Lying Leg Raise



Abs



Lower Back



Hips



Lie faceup on floor with legs together and extended, holding ball with both hands, arms extended overhead with elbows next to ears.

Engage abs and lift both legs straight up toward ceiling.

Slowly lower legs, keeping them straight and together until about 12 inches away from floor; lift back up.

Do 20 reps.

6. Repeat circuit