



**Dumb Bell Curls**



Start with a comfortable weight. You can start with higher weight and lower the weight as you complete the sets if needed. Start with weight to the side of body, arms slightly bent, bring dumbbells up using a three count stop in the position shown in the picture. Use a 45 second rest between sets. Perform reps as stated below.

**Exercise: Complete number of reps shown next to the set/ Set 1 15 reps etc...**

Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Set 1 15</b>						
<b>Set 2 12</b>						
<b>Set 3 10</b>						
<b>Set 4 8</b>						
<b>Set 5 12</b>						

**Bicep Curls (Resistance Bands)**



Complete as many as you can in 1 minute. Do three sets, with a 1 minute rest between each set. Be sure the band is under the arch of your sneaker to ensure it can't slip out.

**Exercise: Bicep Curls (Resistance Bands)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Set 1</b>						
<b>Set 2</b>						
<b>Set 3</b>						



### Hammer Curls



Dumbbells are held vertically this time, use a lighter weight. Notice the range of motion. Slight bend in arm to start and just over half way on the vertical motion. Complete with a three count, slow fluid motion.

**Exercise: Perform number of reps shown with each set.**

Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Set 1 12						
Set 2 10						
Set 3 8						

### Med Ball V-Sit Twists



Can be done with or without med ball. Sit on a bench or floor, balance on your butt, as soon in pictures, twist body holding the ball next to you. Twist back and forth from side to side. Perform 10 reps to start, count each movement as one rep. Increase reps as your ability improves.

**Exercise: Perform one set now and than between each chest exercise. 3 Sets total.**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Set 1						
Set 2						
Set 3						

### Physio Ball Crawl



Start with ball under hips and upper quads and slowly hand walk (Crawl) until the ball is under the ankles and hand walk (Crawl) backward. Keep your body straight, butt slightly raised. Complete three sets of 4 with 30 seconds rests between each set.

**Exercise: This is a light Chest exercise with Core**

Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Set 1 4						
Set 2 4						
Set 3 4						



**Chest Flys (Resistance Bands)**



Use the attachment that came with your band. Attached band to the door at the level shown in figure 1. Keep your arms out to your side, but not behind you, and with slight bend. Bring arms forward until you fingers touch still keeping your arms straight.  
 Perform as stated below with 45 second rests between sets.

**Exercise: If you can't use bands Use the Free Motion Machine at the gym.**

Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Set 1 40</b>						
<b>Set 2 30</b>						
<b>Set 3 30</b>						

**Glute Med Ball Extension**



Lay with shoulders on the ball, legs bent, glutes about 1 foot off the floor as in pictures. Put medicine ball/weight on lap, raise up straight up, slightly over extending the hips, tighten the glutes as you do. The physio ball should not move back and forth. Three sets of 10 with 30second rests.

Exercise:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Set 1</b>						
<b>Set 2</b>						
<b>Set 3</b>						