

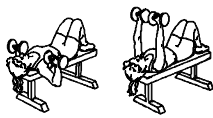
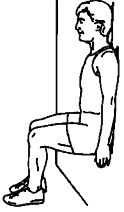
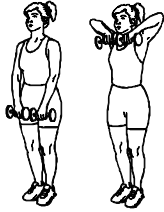
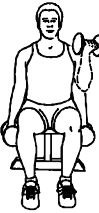




Routine For: Healthy Utah Members  
 Created By: Healthy Utah

Nov 25, 2009  
 Basic Strength Training Routine

|   | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
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# CHART COPY



Routine For: Healthy Utah Members  
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Nov 25, 2009  
Basic Strength Training Routine

### Program Instructions

Begin each exercise with a 5 minute warm-up.

Make sure you do full range of motion and move through the exercise slowly.

Pick a weight that challenges you so that your last 1-2 repetitions are difficult, otherwise you need to increase your weights.

Finish your workout with 5-10 minutes of stretching. Stretch all the major muscle groups for at least 30 seconds each.

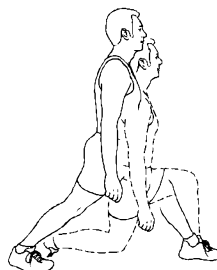
\*Start doing one strength training session per week



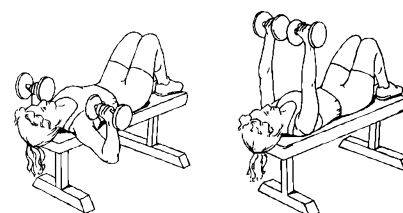
### LEGS: GLUTES / THIGHS - Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.

Do 1 sets.  
Complete 12 repetitions.



### CHEST - 15 Bench Press (Dumbbell)



Press to straight arms. Lower down again slowly. Repeat.  
Do 1 sets. Complete 12 repetitions.

### LEGS: GLUTES / THIGHS - Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold 10-30 seconds.

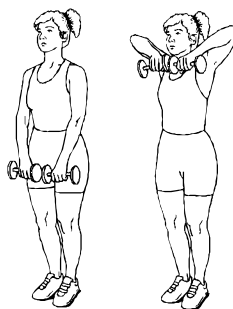
Do 1 sets.  
Complete 3 repetitions.



### BACK: TRAPS - Row: Upright (Dumbbell)

Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.

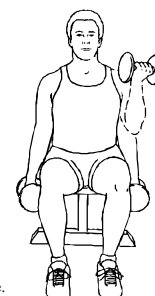
Do 1 sets.  
Complete 12 repetitions.



### ARMS: BICEPS - Curl: Sitting Alternating (Dumbbell)

Hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.

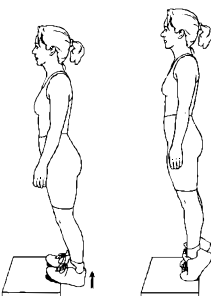
Do 1 sets.  
Complete 12 repetitions on each side.



### LEGS: CALVES - Heel Raise: Standing

Toes on board or step, knees slightly bent, rise up on toes as high as possible.

Do 1 sets.  
Complete 12 repetitions.



### SHOULDERS - Press: Sitting (Dumbbell)

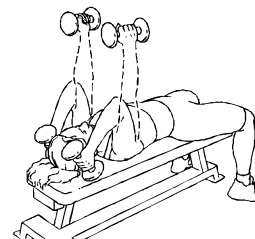
Palms in, press to straight arms, rotating to palms forward at end of movement.

Do 1 sets.  
Complete 12 repetitions.

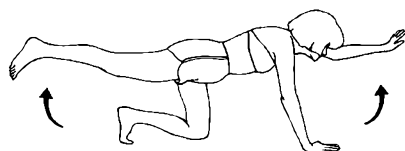


### ARMS: TRICEPS - Extension: Lying (Dumbbell)

Straighten arms, keeping upper arms perpendicular to floor. Focus on keeping the elbows pulled towards each other.  
Do 1 sets. Complete 12 repetitions.



### BACK- Back Extension on All Fours



Start on hands and knees, keeping them apart. Straighten right leg and left arm at the same time. Hold 3 seconds. Switch immediately and repeat with left leg and right arm.

Do 1 set of 12 repetitions on each side.

### ABS - Crunch: Raised Leg



Arms straight, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 1 sets. Complete 12 repetitions.

### ABS - Crunch: Twist - Bent Leg, Alternating

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.

Do 1 sets.  
Complete 12 repetitions to each side.

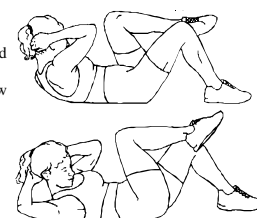
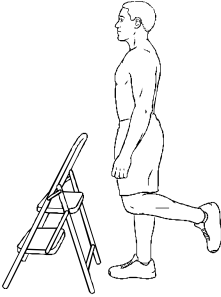



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| <p>ONE-LEG STAND - Without Support</p> <p>Stand on one leg in neutral spine without support. Hold <u>15-30</u> seconds.</p> <p>Repeat on other leg.</p> <p>Do 1 set of 5 repetitions</p>  | <p>Stretch</p>  <p>Stretch all the major muscles groups. Take each stretch to the point of sensation without pain. Hold for 30-60 sec.</p> <p><b>THIS IS THE MOST IMPORTANT PART OF YOUR WORKOUT.</b></p> | <p>Healthy Utah<br/>288 N 1460 W<br/>Salt Lake City, UT 84114<br/>Hours: Monday - Thursday 7 AM - 6 PM<br/>Phone: 801-538-6004</p> <hr/> |
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