

Dumbbell Workout

RESISTANCE	WEIGHT	SETS	REPS	CARDIO		
Balance	None	2/leg	30 sec/leg	30 minutes a day of moderate intensity cardio on 3-5 days/ week or 20 minutes of vigorous intensity cardio on 2-3 days/week		
Weighted Squat (glutes, hamstrings, quads)	Weight should be determined based on your ability to complete the last few reps of your set. The last few reps should be challenging with the inability to complete additional reps.	2-3	10-15	FLEXIBILITY	DURATION	INTENSITY
Pec Fly on Ball (pectoralis major, deltoids)		2-3	10-15			
Deadlift (glutes, hamstrings)		2-3	10-15	Hip Flexor Stretch	30sec/leg	Mild tightness
Bent Over 1 Arm Row (latissimus dorsi, teres major, deltoids, biceps)		2-3/arm	10-15/arm	Hamstring Stretch	30sec/leg	Mild tightness
Weighted Split Squat (glutes, hamstrings, quads)		2-3	10-15	Glute Stretch	30sec/leg	Mild tightness
Tricep Extension on Ball (triceps)		2-3/arm	10-15/arm	Calf Stretch	30sec/leg	Mild tightness
Weighted Step Up (glutes, hamstrings, quads)		2-3	10-15	Back Stretch	30sec	Mild tightness
Standing Bent Over Reverse Fly (rear deltoids, rhomboids)		2-3	10-15	Chest Stretch	30sec	Mild tightness
Weighted Standing Calf Raise (gastrocnemius, soleus)		2-3	10-15	Tricep Stretch	30sec/arm	Mild tightness
Bicep Curl to Shoulder Press (biceps, deltoids, trapezius, triceps)		2-3	10-15	Shoulder stretch	30sec/arm	Mild tightness

NOTE: rest between sets should be 2-6 minutes

See stretching flyer for additional instruction.

If you have any questions, please see the fitness staff member on duty.

If you are looking for a more personalized workout, please contact Rec Services to setup an appointment with a trainer today! 541-737-3736