



SD, WORKOUT CHART

1 Pushups



Kneel on your hands and knees. Place hands shoulder-width apart. Bend your elbows and keep your back straight. Lower your body down as close to the ground as you can. Then press back up. To make more challenging, lift your knees up and balance on your feet. Repeat 12-15 times.

2 Squat



Stand with feet hip-width apart. Bend knees to a 90-degree angle, as if sitting down into a chair. Return to a starting position. Repeat 12-15 times.

3 Wall Squat



Stand close to a wall. Begin with feet hip-width apart. With your back against the wall start to bend your knees as if you are sitting into a chair until they come to a 90 degree angle then hold. Hold your position for at least 30 seconds.

4 Forward Lunge



Stand with feet hip-width apart. Step right foot forward while dropping left knee to the floor. Make sure front knee doesn't extend past front toe. Press your right foot back to a standing position. Repeat, alternating between left and right leg. Repeat 12-15 times each side.

5 Stationary Lunge



Position feet as shown. Drop left knee to the floor, making sure front knee does not extend past front toe. Press back to starting position and repeat 12-15 times. Then do other side.

6 Reverse Lunge



Stand with feet hip-width apart. Step right leg back and drop your right knee to a 90 degree angle. Step right foot back to starting position and then continue on the left side, alternating right and left sides. Repeat 12-15 times.

7 Triceps Dip



You will need a chair or a bench for this exercise. Place hands on chair or step with fingers facing away from you. Lower your hips off the chair or step. Bend elbows to a 90 degree angle and then straighten your arms back to starting position. Repeat 12-15 times.

8 Calf Raise



Lift your heels off of the floor to your tip toes and then lower back down. Repeat 12-15 times.

9 Plank



Rest your elbows down on the floor, shoulder width apart. Lift your knees up, resting on your toes. Keep your back nice and flat. Hold here for 30 seconds.

#10 Ab Crunch



Begin lying on your back with your feet flat on the floor. Place your hands behind your head. Crunch up until your shoulder blades come off of the floor. Repeat 20-25 times.

11 Oblique Crunch



Lie on back with feet flat on the floor. Place hands behind head. Crunch up bringing right knee towards left hip and then lay flat. Repeat 20-25 times.

#12 Reverse Crunch



Lie on back with legs vertical and feet in the air. Place hands behind head. Raise butt up towards the ceiling and then return to starting position. Repeat 12-15 times.

13 Outer Thigh Lift



Lie down on left side. Place arms in front of you for balance. Straighten your right leg and lift your leg up towards your chest. From here raise your right leg up and lower back down. Repeat 12-15 times on each side.

14 Inner Thigh Lift



Lie down on left side. Place arms in front of you for balance. Bend right leg and rest foot on ground. Straighten your left leg and lift leg up towards your chest. From here lift leg up and lower back down. Repeat 12-15 times on each side.

15 Bridge



Lie on back with feet flat on the floor. Place hands with palms facing down on the ground for balance. Lift your hips off the floor and squeeze your glutes. Lower back down. Repeat 12-15 times.

16 Hip Extension (prone on all fours):



Ground on hands and knees. Raise foot as shown. Repeat 12-15 times and then repeat on the other side.

17 Bicep Curl



Holding a hand weight in each hand with your arms down at your sides, bend your elbows and curl the weights up toward your shoulders. Return to your starting position. Repeat 12-15 times.

18 Triceps Kickback



Begin on your hands and knees. Hold one hand weight with your right hand. Draw your elbow up on the weight to right by your hip. From here, extend your arm until it is straight then lower back down. Repeat 12-15 times and do the other side.

19 Overhead Triceps Extension



Stand with feet hip-width apart, holding one hand weight. Position the hand weight over your head, gripping it with both hands. Bend your arms straight, and then bend them at the elbows, bringing the hand weight down toward the back of your neck. Return to starting position.

20 Military Press



Holding both hand weights, raise the dumbbells up to shoulder height. From here press them up, and overhead and then lower back down. Repeat 12-15 times.

21 Lateral Raise



Holding a hand weight in each hand, stand with your arms down at your sides. Raise both arms out to your sides to shoulder height, keeping your palms facing downwards. Return to starting position.

22 Upright Row



Holding both hand weights, extend arms down to front of you with your palms facing in towards you. Bend your elbows, raising the hand weights up to shoulder height and then lower back down. Repeat 12-15 times.

23 Bent over Row



Holding a hand weight in each hand, bend knees to a 45-degree angle and lower your upper body towards the ground until your chest is angled towards the floor. Straighten your arms down with palms facing in. Bend elbows, keeping arms close to sides until the weights contact your sides. Return to starting position.

24 Chest Press



Lie down on the floor holding both hand weights. Bend knees and rest feet on the floor. Keep your elbows wide and press the hand weights up until arms are straight and then lower back down. Repeat 12-15 times.

25 Chest Fly



Lie down on floor holding both hand weights. Bend knees and rest feet on floor. Place both hand weights up in a hugging motion with your palms facing in. From here, lower arms down, keeping only a slight bend in arms. Repeat 12-15 times.

26 Squat



Begin standing with feet hip-width apart, holding hand weights at side. Bend knees to a 90-degree angle, as if sitting down into a chair. Return to a starting position. Repeat 12-15 times.

27 Lunge



Holding hand weights, step right foot forward while dropping left knee to the floor, making sure front knee does not extend past front toe. Press your right foot back to a starting position. Repeat, alternating between left and right sides. Repeat 12-15 times each side.

28 Calf Raise



Holding hand weights, lift your heels off of the floor to your tip toes and then lower back down. Repeat 12-15 times.

29 Bicep Curl (to the side)



Holding a hand weight in each hand with arms down at sides so that your hands are facing away from you. Curl the weights up toward your shoulders. Return to your starting position. Repeat 12-15 times.

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