

# Basic Exercises for a Full-Body Workout

Not intended to replace instruction from a professional trainer

## LUNGE



May perform while holding weights. Keep back straight and don't let thigh go lower than parallel to the floor. Keep knee over foot.

## PUSH-UP



Can initially do these against a wall or table. Exhale as you go up. Try to get chest within one "fist distance" of floor.

## BACKROW-START



Hold weight in hand, support yourself with other hand on knee. Allow arm with weight to hang down, thus getting a good stretch.

## BACKROW-FINISH



Exhale as you pull the weight up into the body. "Squeeze" the shoulder blades together. *Do not* curl wrist as in the photo above.

## LATERAL RAISE-START



Stand with weight in each hand, knees slightly bent to take stress off back. Palms should be facing body.

## LATERAL RAISE-FINISH



Exhale as you lift weight out to side. Stop when arms are parallel to the floor. Inhale as you lower weight back to starting position.