

# Basic Exercises for a Full-Body Workout

Not intended to replace instruction from a professional training

## TRICEP KICKBACK-START



Hold weight in hand, palm facing body. Keep elbow up high. Support body with other hand on knee.

## TRICEP KICKBACK-FINISH



Exhale as you "kick" arm back, keep elbow up high, and elbow movement to a minimum. "Squeeze" tricep.

## STANDING BICEP CURL-START



Stand with knees bent, palms facing out (can also be done with dumbbells). Keep elbows close to your sides.

## STANDING BICEP CURL-FINISH



Exhale as you curl the weight up. Keep elbows "locked" into your sides. Inhale as you slowly lower the weight.

## AB CRUNCH



Elevate legs as shown, may also use a bench or chair. Fold arms across chest or behind head. Exhale as you curl up, just high enough to get the shoulder blades up off the floor.

## REVERSE AB CRUNCH



With arms over head, lift legs up and towards your head, coming just high enough to lift the rear off the ground. Keep knees bent, lower legs to where the thighs are perpendicular to the floor.