

# ESSENTIAL STRENGTH TRAINING WORKOUT

{ Here's a basic, effective strength-training workout that can be done in the comfort of your home. All you need to get going is a set of dumbbells 5-8 lbs. Do two sets of each exercise doing 10-15 reps per set. As you get stronger add in another full set. }

## DUMBBELL CHEST PRESS

Lie on a bench or sturdy, low table elbows bent 90 degrees out to the sides. Straighten arms up so weights are pushed out above your chest. Return to 90 degrees.

## ONE-ARM DUMBBELL ROW

Stand with legs hip-width apart and place one hand on bench or table. Hold weight in the opposite hand, draw elbow up toward ribs and lower back down.

## BICEPS CURL

Stand with arms extended, palms up, and curl weights toward shoulders.

## TRICEPS EXTENSION

Stand with legs hip-width apart. Lean forward from waist, elbows bent 90 degrees at your sides. Straight arms behind you.

## LATERAL RAISE

Stand with arms down by your sides, palms in. Raise straight arms to shoulder height.

## BASIC SQUAT

Stand with legs hip-width apart and bend knees until thighs are parallel to the floor. Return to standing position.

## FRONT LUNGE

Stand with your feet together and arms down by your side. Leading with your left foot first, lunge forward and lower hips until both knees are at 90-degree angles. With your right foot, push yourself back up, hold at standing and repeat.

## BICYCLE ABS

Lie face-up on the floor, bend opposite elbow to knee, then switch sides.

## SUPERMAN

Lie facedown on floor with arms out in front of you. Lift opposite leg and arm; switch sides (almost like a swimming motion).

