



At-A-Glance Muscle Sculpting Exercises

Things to always remember when exercising.

- 1) Mild Cardio Warm-up (2 - 5 minutes)
- 2) Stretch your large muscle groups (4 - 7 minutes)

3) Proper form

- a) Are you your knees over your heels...Are your hips over your knees...are your shoulders over your hips...is your neck in one line with your spine?
- b) Roll your shoulder up, back and down...**KEEP IT THERE!** Open your chest and welcome in the oxygen...You'll need it!
- c) Inhale and exhale half way and lock your abdominal muscles. **KEEP IT THERE!**
- d) Place your mind in the muscle you are taxing. Think with that muscle!

Now you are ready to begin!

- 4) Drink your water between all exercises. **Please Stay Hydrated!**
- 5) Cool Down. Always make time to stretch. Hold your stretches for at least 30 sec. If you have no time what so ever, **BARE MINIMUM**...Stretch your hamstrings...**REMEMBER...NO BOUNCING...EVER!**

EXERCISE	MUSCLE TAXED	EQUIPMENT/WT	NOTES
Bicep Curls (Palms facing up. Upper arm is one with your rib cage) - Up and down in front of you	Biceps		1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet can be hip or wider than hip distance apart or in a lunge position. Please remember 90 degree angle with the front knee if in a lunge position! Knees always soft. Wrist always in line with the forearm
Hammer Curls (Palms facing in. Upper arm is one with the rib cage) - Up and down in front of you			
Alternating Curls (Palms facing up. Upper arm is one with the rib cage) - Up and down in front and to the side of you			
Triceps Extension in a lunge position (Palms facing in. Upper arm is one with the rib cage) - Extending both arms simultaneously behind you	Triceps (behind your bicep muscle)	Rope	1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Please remember 90 degree angle with the front knee! Rope is under your front foot. Knees always soft. Wrist always in line with the forearm
Triceps Extension overhead in a lunge position (Support elbow with opposite hand while looking though the window created). Extend arm overhead and flex back to shoulder		1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Please remember 90 degree angle with the front knee! Rope is under your BACK foot. Knees always soft. Wrist always in line with the forearm. Opposite hand...opposite foot.	

EXERCISE	MUSCLE TAXED	EQUIPMENT/WT	NOTES
Triceps Extension overhead (Wrap both ends of band in hands accordingly). Elbow in a 90 degree angle at start position	Triceps (behind your bicep muscle)	Purple Band	1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet hip distance or wider. Knees always soft. Wrist always in line with the forearm
Chest Press (Band across your back and under your armpit while holding each end. Elbow and armpit at 90 degree angle. Extend arms forward and back to 90 degree)	Pectoralis and Deltoid		1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet hip distance or wider. Knees always soft. Wrist always in line with the forearm. A variation is crossing the arms in front of your chest.
Half Moon (Combine Triceps Extension overhead with arms in front of you creating an arc, stopping at belly button, pulling band into your belly button while elbows are facing the back and hugging your rib cage.	Pectoralis, deltoid (shoulder), triceps and tapezius		1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet hip distance or wider. Knees always soft. Wrist always in line with the forearm. Take this slow and feel every muscle in your upper body working
Rows (Hip flexion forward. Hug rib cage with elbows while bringing your elbow in and back, return to extended position	Trapezius (holds your head up) and deltoid	Rope	1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet hip distance or wider. Knees always soft. Wrist always in line with the forearm. Rope wrapped over your feet and crossed in front of you. NECK IN ONE LINE WITH THE SPINE!
Diagonal Cross Over (Rope under opposite foot. Creating a diagonal line across the front of your body)	Rotator Cuff		1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet much wider than hip distance. Knees always soft. Wrist always in line with the forearm. Rope is under opposite foot. Hand goes from opposite hip to the diagonal while being able to see hand from the side of your eye.

EXERCISE	MUSCLE TAXED	EQUIPMENT/WT	NOTES
Outer Thigh Leg Extension (Both knees soft - Band round your ankles - Extend leg out to the side and back)	Abductor Muscle	Yellow Band	1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet hip distance apart. Knees always soft. Hands on your waist. Hips in one line. Variation - You can do this on the floor while on your side.
Inner Thigh Cross Over (Both Knees soft. Band around your ankles - Cross leg over medial line)	Adductor Muscle		
Hamstring Curls (Both Knees together. Stepping on Band with opposite foot and across your opposite ankle. Flex leg behind you and to your butt)	Hamstring and Gluteus		1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet together, knees together. Knees always soft. Hands on your waist. Hips in one line. Variation - You can do this on the floor while on your stomach. Rest your face on your hands.
Knee Up (Both Knees together. Stepping on Band with opposite foot and across your opposite ankle. Flex leg in front of you)	Quadriceps (Thigh)		1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet together, knees together. Knees always soft. Hands on your waist. Hips in one line. Variation - You can do this in a chair or sitting on the floor on your butt. Hands at your sides holding you up.
Squats (Knees either hip distance apart or wider. Sit back in that imaginary chair while keeping your torso upright)	Quadriceps and Gluteus	None	1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet hip distance or wider. Knees always soft. Hands on your hips. Make sure to sit back while sticking your butt back. ALWAYS WATCH YOUR KNEES. THEY SHOULD NOT COME OVER YOUR TOES! Use a wall to practice
Lunges (one leg forward and the other behind you while keeping your torso upright)			1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet staggered. Knees always soft. Hands on your hips. Make sure front thighs is parallel to the ground and back lower leg is parallel to the ground, bending at both knees. Up on the back toe. ALWAYS WATCH YOUR KNEES. FRONT KNEE SHOULD NOT COME OVER YOUR TOE! Use a wall to practice

EXERCISE	MUSCLE TAXED	EQUIPMENT/WT	NOTES
Wall Sit (place soccer ball between your knees and squeeze - Extra Inner thigh work)	Quadriceps and Gluteus	Soccer Ball	1 - 2 full sets of 12 (2 super sets of 8..itty, bitty, tiny) Feet hip distance apart. Knees always soft. Hands on your hips. Both thighs are parallel to the ground. ALWAYS WATCH YOUR KNEES. KNEES ARE BEHIND YOUR TOES! Your back is on the wall.
Plank	Core Abdominal Muscles	None	1 - 3 full sets of 12 count. On the floor and on your elbows. Elbow are stacked under your shoulders. Extend both legs out and on your toes and hold yourself up while squeezing your abdominal muscles. NECK IS IN ONE LINE WITH YOUR SPINE! More advanced - Hold yourself in the push -up position
Crunches	Rectus abdominis	Soccer Ball	This is a series - Make sure your neck is in one line with your spine. Make sure to support your head NOT BEHIND YOUR NECK but at the center of your head. Elbows out to the side and NOT visible.
<p style="text-align: center;">On ALL of the abdominal exercises, make sure to press the small of your back into the ground. PLEASE DO NOT arch your back! Neck should remain neutral w/ the spine.</p>			1st - Feet on the floor for 10 - 20 reps
			2nd - Feet at 90 degree angle 10 - 20 reps
			3rd - Feet crossed and up 10 - 20 reps
			4th - knees meet elbows in center 10 - 20 reps
Leg Raises	Lower Abdominal, Quadriceps, Hip flexors	None	1 - 2 full sets of 20 (2 super sets of 8..itty, bitty, tiny) While on your back, cross legs up in the air. Place your hands under your hips at each side. Lift your legs up to the sky.
Side Bends	Oblique	None	1 - 2 full sets of 20 (2 super sets of 8..itty, bitty, tiny) While Laying on your side, place your hand at your ear and either lay on the other hand or hold yourself up on your elbow. Bring your knee and your elbow to meet at your hip line while squeezing your waist
Crunch and Twist			1 - 2 full sets of 20 (2 super sets of 8..itty, bitty, tiny) While Laying on your back follow the crunch movement but when you are up off your shoulder blades twist your torso to your opposite knee while keeping your elbows open...back to center and down...twist to the opposite side...repeat!