

Bent-Over One Arm Row with Tricep Extension



Equipment:

Hand Dumbbells

Muscle Groups:

Arms (biceps & triceps)
Back of Shoulders
Back

Helpful Tips:

Keep your back straight, maintaining a natural curve in your lower back but not rounding the back.

How to do it:

SET UP:

Step forward with your right foot keeping your left leg back in a modified lunge position.

Your body should form an imaginary straight line from your head down to your foot.

Holding one dumbbell in your left hand, extend your arm toward the floor with palm facing inward.

ACTION:

Bend your elbow and row the dumbbell up alongside your body until your elbow is in line with your shoulder.

Hold upper-arm in position and slowly rotate forearm while extending it upward until it is nearly parallel to the floor, palm facing downward.

Pause.

Bend elbow back returning the dumbbell to your side and then lower it toward the floor.

After completing the set for 8 times, repeat on the right side.



kraftcanada.com

Visit us for more great ideas.

Alternate Back Lunge



Equipment:

Hand Dumbbells

Muscle Groups:

Legs (front & back thigh)
Inner and Outer Thigh
Buttucks

Helpful Tips:

Rely on your abdominal and lower-back muscles to keep torso erect and centered between legs as you lunge.

Do not bend forward or backward.

How to do it:

SET UP:

Stand, feet hip-width apart, legs straight (but not locked at knee) and tailbone tucked in by contracting abdominals and butt muscles (neutral spine).

Keep rib cage lifted.

Hold one dumbbell in each hand (or no dumbbells optional), arms by your sides, palms facing in.

ACTION:

Step backward with your right foot, keeping right heel lifted, then lower your body towards the ground by bending your knees.

Stop when the knee of your back leg approaches the floor and your front knee is in line with the ankle.

Simultaneously pushing off with **BACK** leg and pulling up with **FRONT** leg, return to starting position.

Alternate lunges by stepping back with left foot and repeating action.

Complete 8 full sets (both sides).



kraftcanada.com

Visit us for more great ideas.

Squat with Overhead Press



Equipment:

Hand Dumbbells

Muscle Groups:

Butt
Legs
Shoulders
Back of Upper Arm (Triceps)

Helpful Tips:

Press up through your heels as you straighten your legs from the squat and feel your entire body working to stand tall.

How to do it:

SET UP:

Stand with feet hip-width apart, legs straight but knees not locked.

Hold a dumbbell in each hand, elbows bent, up and in front of your shoulders with palms facing outward.

Squeeze shoulders blades to hold in position.

Contract your abdominals and butt muscles to bring your pelvis into a neutral position (tailbone pointing down towards the floor).

Lift your chest and relax your shoulders.

ACTION:

Keeping your body weight centred on both feet toward your heels (versus toes), lower your torso as if to sit in a chair until thighs are as close to parallel to the floor as is comfortable.

Pause.

Knees should not extend beyond the front of the toe (90 degrees).

Straighten legs to starting position tucking pelvis in tightly by contracting your butt.

Then extend both arms overhead without locking your elbows.

Bend elbows, lowering dumbbells to your shoulders and repeat 10-15 times.



kraftcanada.com

Visit us for more great ideas.