



UNITED  
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Center

*Improving health and well-being through thoughtful movement.*

## Home Strength Training Routine

Created By: Mark Pearson

Use light weights, soup cans, milk jugs, or just the weight of your arms.

Maintain good posture.

Do not lock elbows for upper extremity press exercises.

Keep abdominals tight to help stabilize trunk.

Keep knees slightly bent for stability.

Always stay in pain free range.

SHOULDERS - 1 Press:  
Standing (Dumbbell)

Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.

Do 2 sets  
Complete 12 repetitions

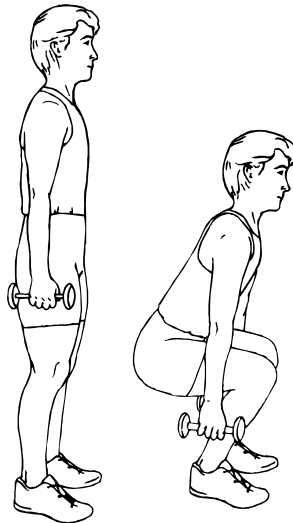


LEGS: GLUTES / THIGHS - 4  
Parallel Squat (Dumbbell)

Back straight, head up, bend knees until thighs are parallel to floor.

Keep abdominals tight and maintain weight on heels.

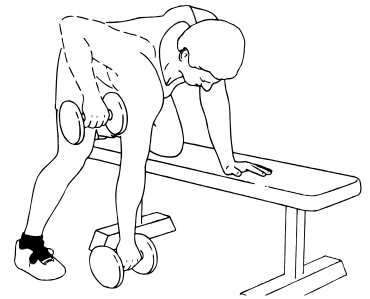
Do 2 sets  
Complete 12 repetitions



BACK: LATS - 2 Row:  
Bent Over - Single Arm (Dumbbell)

Lift weight to side of chest, keeping elbow close to body.

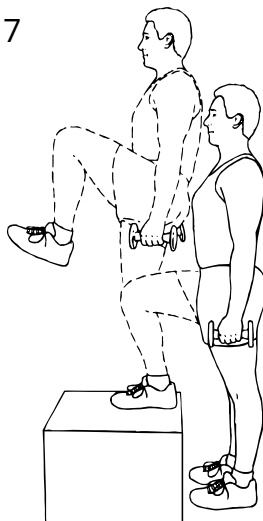
Do 2 sets  
Complete 12 repetitions



LEGS: GLUTES / THIGHS - 17  
Step-Up (Dumbbell)

Head up, back straight, step up on box bringing other leg up toward chest.  
Alternate step-up leg.

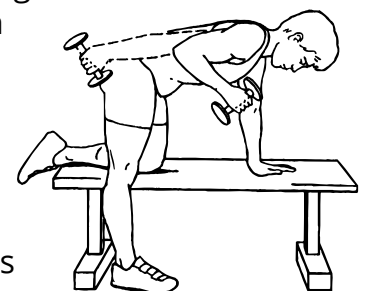
Do 2 sets  
Complete 12 repetitions



ARMS: TRICEPS - 1 Kickback:  
Bent Over - Single Arm (Dumbbell)

Straighten arm, keeping upper arm in line with body.

Do 2 sets  
Complete 12 repetitions



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A Program  
of  
UNITED  
GENERAL  
DISTRICT 304



Building Healthier  
Communities

# Home Strength Training Routine

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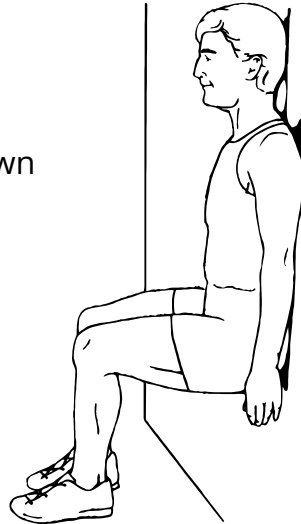


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## LEGS: GLUTES/THIGHS - 2

### Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold 30-40 seconds.

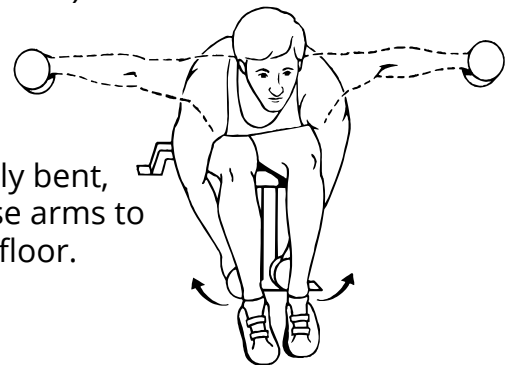


Do 2 sets

## SHOULDERS - 18

### Rear Deltoid Raise: Sitting (Dumbbell)

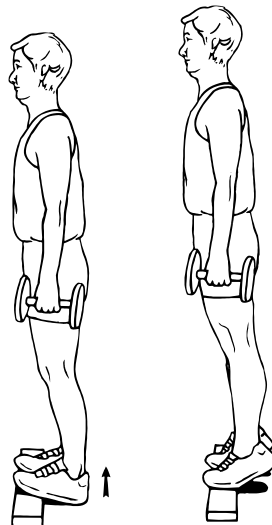
Elbows slightly bent, palms in, raise arms to parallel with floor.



Do 2 sets  
Complete 12 repetitions

## LEGS: CALVES - 4 Heel Raise: Standing (Dumbbell)

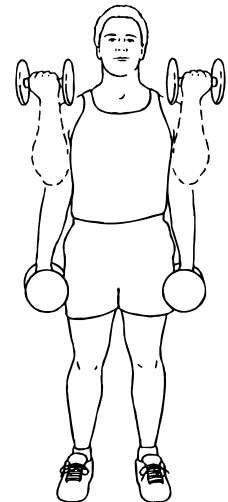
Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do 2 sets  
Complete 15 repetitions

## ARMS: BICEPS - 8 Curl: Standing (Dumbbell)

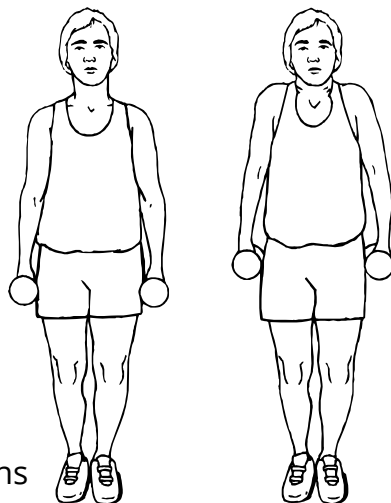
Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



Do 2 sets  
Complete 12 repetitions

## BACK: TRAPS - 7 Shrug (Dumbbell)

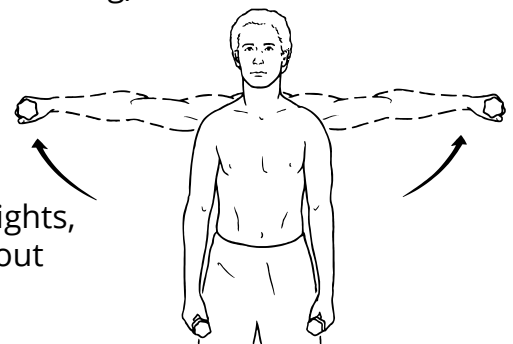
Knees slightly bent, raise shoulders as high as possible, keeping arms straight.



Do 2 sets  
Complete 12 repetitions

## SHOULDER - 67 Progressive Resisted: Abduction (Standing)

Holding weights, raise arms out from sides.



Do 2 sets  
Complete 12 repetitions