

Beginner Dumbbell/Physioball Home Fitness Program



Instructions:

Do this program for 6 weeks, 2-3x per week. Be sure to take a day rest in between workouts and do an exercise class, walk, or cardio at the gym for at least 30 minutes on 3 or 4 alternating days per week. Rest 30 to a maximum of 45 seconds between sets or less if you need less time to recover your breath to keep your heart rate up and maximize the aerobic and fat burning benefits.

Begin by doing only 2 sets of each exercise the first two weeks, advancing to three sets by the start of week four. Perform prescribed number of repetitions on BOTH sides of the body – both arms or both legs. Always begin by warming up with walking, jumping rope, or the cardio machine of your choice for 8 to 10 minutes.

Body Part	Exercise	Sets/Reps/Weight	Notes
Legs	DB Squats	3 x 15 x 5-8 lbs	Holding DB's in each hand, feet slightly wider than shoulder width apart. Poke butt back and slowly raise and lower body. Make sure knees do not go past toes.
Back	Bent Over DB Row	3 x 12 x 5-8 lbs	Grasp a pair of dumbbells using an overhand grip. Keeping your knees slightly bent and your back in its natural alignment, bend 90 degrees at the waist. Draw in your abdominals to support the spine. Pull the dumbbells towards your abdomen, rotating them so your palms are facing forward when they touch your abs. Back should be contracted. Slowly lower and repeat.
Chest	DB Press on Physioball	2 x 10 x 5-8 lbs	Lay with upper back on physioball, hips elevated and spine in a straight line. Knees align with ankles. Position DBs in line with breasts, at each side of body, palms facing each other. Contract chest muscles and straighten arms rotating DBs to meet center chest. Slowly return to start. Nothing should move but your arms and chest muscles!
Glutes/Hamstrings	Glute Lift Over Physioball	3 x 25 x BW	Position body on top of physioball so spine and pelvis are supported with hands on floor. Draw in abdominals to support your spine. With foot flexed, contract butt muscles and lift one leg until parallel to the floor, squeezing glute on that side. Slowly raise heel towards ceiling and lower to floor for 25 reps. Repeat set on other leg.
Legs	Step Back Lunges	3 x 15 x 0-10 lbs	Start with no weight, work up to using light DBs after 2nd week. Holding a pair of dumbbells at your sides, stand erect with feet close together, and look straight ahead. Draw in abdominals to

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			<p>support your spine. Take a big step backwards with your left leg until your left knee is bent 90 degrees, and lower your body until it is about 8" from the floor. Return to the starting position by pressing up through the mid-foot and heel of your right (the front) foot. Do not lean backwards or forward – keep your shoulders aligned over your hips and abs engaged to protect your back. Repeat set with your right leg.</p>
Shoulders	DB Shoulder Raises	3 x 12 x 3-5 lbs	<p>Sit erect on your physioball with abs engaged. Grasp the dumbbells using an overhand grip, with palms facing each other at your sides. Gently pinch shoulder blades together and lower shoulder to natural position. Bend elbows so they are at 90 deg angles in front of body. Keeping elbows slightly bent, raise the dumbbells laterally in an arc-like motion until upper arms are parallel to the floor. The dumbbells will be positioned like you are pouring something out of them. Slowly lower the dumbbells back to the starting position. Nothing should be moving but your arms. Feel the contraction in the outer deltoid.</p>
Biceps	DB Bicep Curls	3 x 12 x 5-10 lbs	<p>Keep elbows close to body and curl slowly and smoothly towards shoulders. Feel biceps contract. Do not use momentum by swinging the dumbbells – shoulders should not move.</p>
Legs/Glutes	Physioball Squats Against Wall (alternate exercise)	3 x 15 x BW-10 lbs	<p>Place physioball between lower back and wall. Position your feet slightly wider than shoulder width apart. Some people prefer straight feet, others slightly toe out – adjust to your body's comfort. Slowly lower body until tops of thighs are parallel to the floor. Keep posture erect, abs engaged, and knees behind toes!!! Press up through mid-foot and heel to return to start position. Start with just body weight and work up to using dumbbells.</p>
Triceps	Physioball Triceps Extensions	3 x 12 x 3-8 lbs	<p>Lie on your back, shoulder blades against the exercise ball, buttocks off the floor. Abs and butt muscles contracted. Spine and neck should be in a straight line. Hold dumbbells on each side of your head, upper arms perpendicular to the floor. Raise the dumbbells up by straightening your arms and slowly lower them back after a short</p>

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			<p>pause. Keep your upper arms, shoulders and body still throughout – move arms only from elbow</p>
<p>AB EXERCISE #1 Pick Just ONE of these Two Ab Exercises – alternating with each workout</p>	<p>Heel Slides with Alternating Arm Offset</p>	<p>3 x 10 x Body Weight</p>	<p>Lie flat on your back on a mat, with your knees bent and feet flat on the floor. Straighten your arms and raise them directly over your shoulders. Exhale, and slowly extend one leg out in front of you, letting it hover a few inches above the floor, and simultaneously extend the opposite arm back above the head, just off of the floor. Inhale and slowly return to start. Repeat on the opposite side. Work to keep your hips and core stable through the entire movement. This subtle but powerful movement will help mend your diastasis recti issue.</p>
<p>AB EXERCISE #2 Pick Just ONE of these Two Ab Exercises – alternating with each workout</p>	<p>Prone Bridging on Elbows</p>	<p>Body Weight</p>	<p>Lie face towards the floor on a mat with your forearms/elbows on the mat and facing the floor; rise up so that you are resting on your forearms and toes; maintain abdominal draw in; your back and neck should be in a completely straight line. Hold this position for 20 seconds to start, and work up to 1 minute. Progress in increments of 15 seconds. Repeat 5-10 times.</p>
<p>AB EXERCISE #3 Pick Just ONE of these Two Ab Exercises – alternating with each workout</p>	<p>Supine Single Leg Marching</p>	<p>Body Weight</p>	<p>Lie on your back on table or mat with hips and knees bent to 90 degrees with feet flat on floor and arms palm-down at sides; draw in abdominal muscles and maintain throughout exercise; slowly raise your butt off the table/mat by using your glutes and hamstrings until your torso is in line with thigh; alternate raising right leg followed by left leg off table/mat into hip flexion while maintaining proper alignment. Repeat 10-20 times each side.</p>