

# Intermediate *Exercises*

It is important to warm-up and cool-down before and after each workout. Your warm-up should last up to 10 minutes at a low to moderate intensity (walking, jogging, jump roping, etc.) On average, 12-15 repetitions is suggested per exercise (per side if applicable). Cool-down should be about 5-10 minutes or until your body is back to a steady state of rest. Walking and stretching are good to do during cool-down.

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## CORE-TRAINING EXERCISES

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### Front Plank

(abdominal muscles)

1. Lie flat on the floor with feet together and forearms on the ground.
2. Draw abs in and tighten gluteals (butt muscles).
3. Lift entire body off the ground until it forms a straight line from head to toe, resting on forearms and toes.
4. Slowly return body to the ground, keeping chin tucked and back flat.
5. Repeat as suggested.



### Reverse Crunch

(abdominal muscles)

1. Lie on your back on a bench or floor with hips and knees bent at a 90 degree angle, feet in air, and hands gripping a stable object for support.
2. Draw navel in.
3. Lift hips off the bench while bringing the knees toward the chest.
4. Slowly lower the hips to the bench.
5. Repeat as suggested.



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## BALANCE-TRAINING EXERCISES

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### Single-Leg Squat

(buttocks, hamstrings, quadriceps)

1. Stand with feet shoulder-width apart and pointed straight ahead. Hips should be in a neutral position.
2. Lift chest, pull in shoulders slightly, tuck chin, and place hands on hips or extend out front.
3. Flex abdominal muscles and squeeze buttocks.
4. Lift one leg beside balance leg and flex foot inward. Maintain optimal alignment, including level hips and shoulders.
5. Slowly squat as if sitting in a chair. Lower to first point of compensation. Hold for 2 seconds.
6. Slowly stand upright and contract buttocks.
7. Switch legs and repeat as suggested.



### Single-Leg Squat Touchdown

(buttocks, hamstrings, quadriceps)

1. Stand with feet shoulder-width apart and pointed straight ahead. Hips should be in a neutral position.
2. Lift chest, pull in shoulders slightly, tuck in chin, and place hands on hips.
3. Flex abdominal muscles and squeeze buttocks.
4. Lift one leg directly beside balance leg.
5. Slowly squat as if sitting in a chair, reaching hand to the balance leg toward foot.
6. Slowly stand upright using abs and buttocks.
7. Switch legs and repeat as suggested.



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## STRENGTH-TRAINING EXERCISES

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### Stationary Lunges with Dumbbells

(buttocks, calves, hamstrings, quadriceps)

1. Stand with your feet shoulder width apart.
2. With your back straight, head up and abs tight, take a large step forward with your right leg and lunge down toward the floor until your left leg is parallel to the ground.
3. Once you reach the bottom, drive your body back up with your right leg until you are in a standing position.
4. Perform the same movement with your left leg and continue alternating until you complete the suggested repetitions.



### Squats with Dumbbells

(buttocks, calves, hamstrings, lower back, quadriceps)

1. Stand with your feet shoulder width apart, toes facing straight ahead.
2. Hold each dumbbell with your arms straight down by your sides, palms facing in.
3. Keep your back neutral, chest up and head facing forward.
4. Bend your knees and go down into the squat like you are about to sit down.
5. Keep going until your knees are almost at 90 degrees. Keep your knees pointed in the same direction as your feet, but don't let them bend beyond your toes.
6. Slowly come up to the starting position.
7. Repeat as suggested. For a challenge, try one leg.



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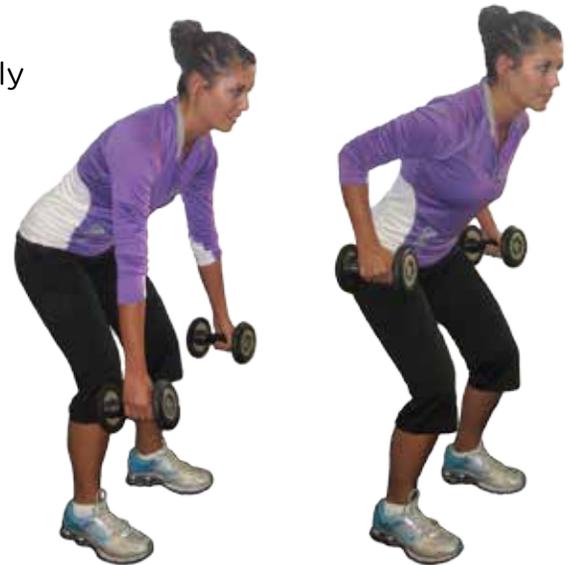
## STRENGTH-TRAINING EXERCISES

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### Bent Over Row with Dumbbells

(back muscles - trapezius and rhomboids)

1. With a dumbbell in each hand, bend your knees slightly and bring your trunk forward by bending at the waist. As you bend make sure to keep your back straight until it is almost parallel to the floor.
2. Make sure that you keep your head up. The weights should hang directly in front of you as your arms hang perpendicular to the floor and trunk.
3. While keeping the trunk stationary, lift the dumbbells to your side, keeping the elbows close to the body. On the top contracted position, squeeze the back muscles and hold for a second.
4. Slowly lower the weight again to the starting position as you inhale.
5. Repeat as suggested.



### Straight Arm Pull Down with Resistance Bands

(back muscles - lats)

1. Hang resistance band on top of the door or a higher surface.
2. Grab both ends of the band using a wider than shoulder-width grip. Step back two feet or so.
3. Bend your torso forward at the waist by around 30 degrees with your arms fully extended in front of you and a slight bend at the elbows. If your arms are not fully extended then you need to step a bit more backwards until they are.
4. While keeping the arms straight, pull the bands down until your hands are next to the side of the thighs.
5. While keeping the arms straight, go back to the starting position.
6. Repeat as suggested.



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## STRENGTH-TRAINING EXERCISES

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### Ball Dumbbell Flies

(pectoral muscles)

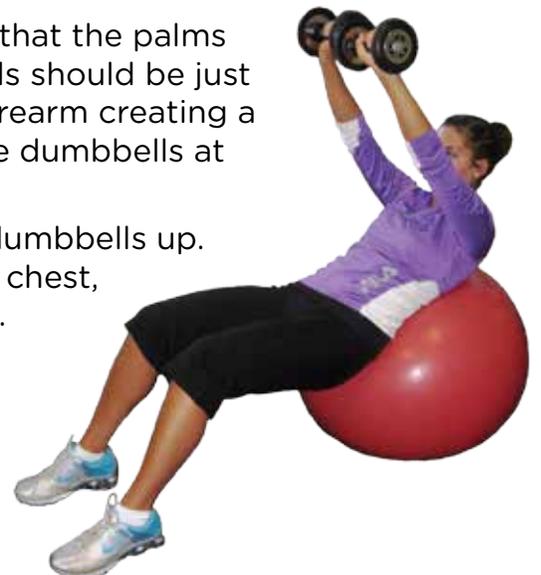
1. Lie down on a stability ball with a dumbbell on each hand resting on top of your thighs. The palms of your hand will be facing each other.
2. Then, using your thighs to help raise the dumbbells, lift dumbbells one at a time so you can hold them in front of you at shoulder width with the palms of your hands facing each other. Raise the dumbbells up like you're pressing them, but stop and hold just before you lock out. This will be your starting position.
3. With a slight bend on your elbows in order to prevent stress at the biceps tendon, lower your arms out at both sides in a wide arc until you feel a stretch on your chest. Breathe in as you perform this portion of the movement.
4. Return your arms back to the starting position as you squeeze your chest muscles and breathe out.
5. Hold for a second at the contracted position and repeat as suggested.



### Ball Incline Press with Dumbbells

(pectoral muscles)

1. Lie down on a stability ball with a dumbbell in each hand resting on top of your thighs. The palms of your hands will be facing each other.
2. Then, using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width.
3. Once at shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. The dumbbells should be just to the sides of your chest, with your upper arm and forearm creating a 90 degree angle. Be sure to maintain full control of the dumbbells at all times. This will be your starting position.
4. Then, as you breathe out, use your chest to push the dumbbells up. Lock your arms at the top of the lift and squeeze your chest, hold for a second and then begin coming down slowly.
5. Repeat as suggested.



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## STRENGTH-TRAINING EXERCISES

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### Dumbbell Shoulder Press - Seated or Standing

(shoulder muscles)

1. Sit on stability ball or stand up while holding a dumbbell in each hand on top of your thighs.
2. Position the dumbbells above your shoulders with your arms extended. The arms should be perpendicular to the floor with your palms facing forward and knuckles pointing towards the ceiling. This will be your starting position.
3. While keeping the arms straight and locked, lift the dumbbells by raising the shoulders from the bench as you breathe out.
4. Bring back the dumbbells to the starting position as you breathe in.
5. Repeat as suggested.



Seated

Standing

### Back Flies with Resistance Bands

(shoulder muscles)

1. Run a band around a stationary post.
2. Grab the band by the handles and stand back so that the tension in the band rises.
3. Extend and lift the arms straight in front of you. Your arms should be straight and parallel to the floor while perpendicular to your trunk. Your feet should be firmly planted on the floor spread at shoulder width. This will be your starting position.
4. As you exhale, move your arms to the sides and back. Keep your arms extended and parallel to the floor. Continue the movements until the arms are extended to your sides.
5. After a pause, go back to the original position as you inhale. Repeat as suggested.



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## STRENGTH-TRAINING EXERCISES

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### Bicep Curls with Dumbbells

(bicep muscles)

1. Stand up straight, with knees slightly bent.
2. Place feet hip distance apart.
3. Make sure toes are pointing forward.
4. Keep shoulders even as you complete this exercise.
5. Hold weights in both hands, palms facing upward, with elbows positioned next to waist and rib cage. Position arms so weights are directly above thighs and elbows are slightly bent.
6. Exhale as you slowly and evenly lift both forearms upright to shoulders to a full bicep curl.
7. Inhale as you evenly and slowly lower both arms down to starting position. Remember to squeeze your bicep muscles as you lower the dumbbells, instead of letting gravity do the work. Repeat as suggested.



### Triceps Extension with Dumbbells

(tricep muscles)

1. Select a weight that can be held above the head with two hands.
2. Sit on a bench or a chair, or stand with the back straight and feet planted on the floor at a comfortable width apart. The exercise can also be done standing.
3. Grasp dumbbell around an area where you can get a firm grip, and raise above the head. Brace the abdominal muscles. **Note:** Make sure to keep back and neck straight at all time. Repeat as suggested.

