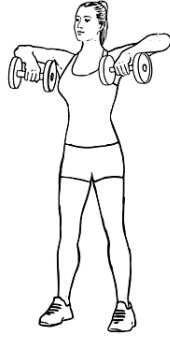
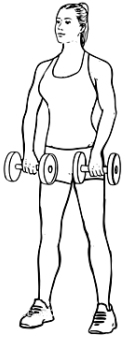


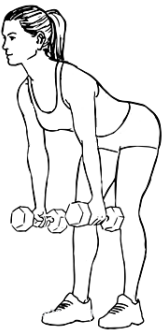
Bicep Curl

1. **STAND WITH ARMS STRAIGHT DOWN AND PALMS FACING FORWARD.**
2. **BEND ARMS AND BRING WEIGHT UP TO SHOULDERS.**
3. **LOWER WEIGHTS BACK TO STARTING POSITION.**



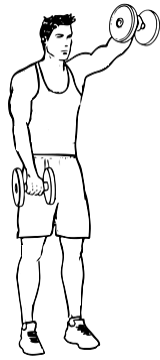
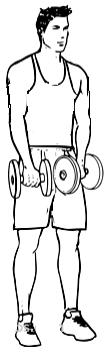
Upright Pulls

1. **STAND WITH ARMS STRAIGHT DOWN AND WEIGHTS AT YOUR SIDE.**
2. **PULL WEIGHTS UP ALONG YOUR SIDES TO ABOUT ARMPIT LEVEL.**
3. **LOWER WEIGHTS BACK TO STARTING POSITION.**



Bent-Over Rows

1. **START SLIGHTLY BENT OVER**
2. **ARMS ARE STRAIGHT AND PALMS FACING INWARD**
3. **PULL WEIGHTS UP TO YOUR CHEST**
4. **RETURN WEIGHTS BACK TO STARTING POSITION**



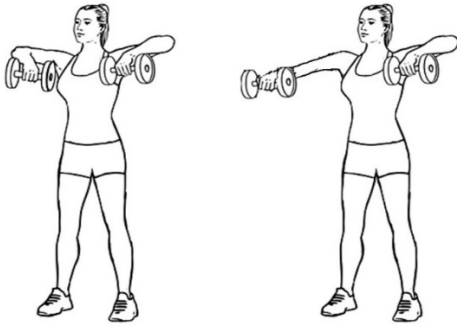
Frontal Raises

1. **STAND WITH WEIGHTS AT YOUR SIDE, PALMS FACING BACKWARD.**
2. **ALTERNATING AND KEEPING ARMS STRAIGHT, RAISE ARMS FORWARD TO SHOULDER HEIGHT.**
3. **LOWER WEIGHTS BACK TO STARTING POSITION.**



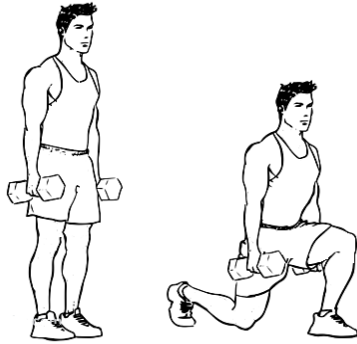
Tricep Kickback

1. **Stand with back slightly bent forward**
2. **With arms bent, weights are around your chest, elbows are slight behind you**
3. **Straighten your arm behind you**
4. **Bend back at elbow and bring weights back to starting position**



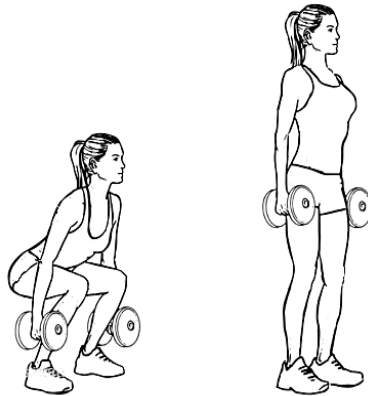
One Arm Punches

1. **STAND WITH WEIGHT AT CHEST HEIGHT**
2. **ONE ARM AT A TIME, EXTEND THE WEIGHTS STRAIGHT OUT IN FRONT OF YOU**
3. **RETURN WEIGHTS BACK TO STARTING POSITION**



Lunge (can be done without weights)

1. **STAND STRAIGHT WITH LEGS CLOSE TOGETHER**
2. **STEP WITH ONE FOOT FORWARD, DROP YOUR OPPOSITE KNEE TOWARDS THE FLOOR**
3. **PUSH OFF THE FORWARD FOOT, STAND BACK UP TO STARTING POSITION**



Squats (Can be done without weights)

1. **START STANDING WITH FEET AT SHOULDER WIDTH APART**
2. **LOWER YOUR REAR TOWARDS THE GROUND**
3. **TRY TO KEEP BACK CLOSE TO STRAIGHT**
4. **RAISE BACK UP TO START POSITION**

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