

BEGINNER WEIGHT TRAINING EXERCISE LIST

Standing:

Arm Circles 30s each
Elbow Curls 30s
Wood Chops (1 weight) 30s
Rotations (1 weight) 30s
High Shelf (1 weight) 30s
Chair Stand to Press 12x
Front Raise 10x
Lateral Raise with Step 6x each foot
External Rotation 12x
Retracted Rows (no weights) 30s
High Retracted Rows (no weights) 30s
Upward Rotation (no weights) 30s
One Arm Row Hand on Chair 15x each
Bent-Over Wide Rows 12x
Reverse Fly 10x
Exchanging Curls with feet stacked 8x each

Floor:

Chest Press 45s
Fly 45s
Pullover 45s
Triceps Extensions 45s
Pelvic Tilts 45s
Bridges 45s
Crunches 45s
One Leg Bridge 12x each
Clam 12x
Cycles 20s each direction
Hip Lift Stretch 30s each
Frog Stretch 45s
Crocodile Stretch 45s each
Ankle Circles/ Point and Flex 12x each

Standing:

Squats 45s
Forward Bend (Deadlift) 45s
Lateral Lunge 45s
Yoga Chair 45s
Reverse Tap 30s each
Penguin 30s
Overhead Reach 6x w/ each foot forward
Elbow Plank on Chair 1 minute
Hip Extension (hands on chair) 12x each
Toe Raise/Heel Raise 45s
Calf Stretch 45s each
Counter Stretch 45s
Reaching Hip Stretch 45s each
Chair Partner Stretch 45s