

## ST LUKE'S FITNESS AND SPORTS PERFORMANCE CENTERS HOME FITNESS PLAN - DUMBBELL EXERCISES

EXERCISE	BODYPART AREA	BEGINNER		INTERMEDIATE		ADVANCED	
PUSH PRESS	TOTAL BODY	2	5	3	5	4	5
PUSH PRESS - ONE-ARM	TOTAL BODY	2	5	3	5	4	5
POWER JERK	TOTAL BODY	2	5	3	5	4	5
POWER JERK - ONE-ARM	TOTAL BODY	2	5	3	5	4	5
JERK - SPLIT	TOTAL BODY	2	5	3	5	4	5
JERK - SPLIT - ONE-ARM	TOTAL BODY	2	5	3	5	4	5
SNATCH - HANG - SPLIT	TOTAL BODY	2	5	3	5	4	5
SNATCH - HANG - ONE-ARM - SPLIT	TOTAL BODY	2	5	3	5	4	5
SNATCH - HANG	TOTAL BODY	2	5	3	5	4	5
SNATCH - HANG - ONE-ARM	TOTAL BODY	2	5	3	5	4	5
CLEAN - HANG	TOTAL BODY	2	5	3	5	4	5
CLEAN - HANG - ONE-ARM	TOTAL BODY	2	5	3	5	4	5
EXERCISE	BODYPART AREA	BEGINNER		INTERMEDIATE		ADVANCED	
CALF RAISE	LEGS - CALVES	2	10	3	12	3	15
CALF RAISE - ONE-LEG	LEGS - CALVES	2	10	3	12	3	15
STRAIGHT LEG DEADLIFT	LEGS - HAMSTRINGS	2	10	3	12	3	15
STRAIGHT LEG DEADLIFT - ONE-LEG	LEGS - HAMSTRINGS	2	10	3	12	3	15
LUNGE	LEGS - QUAD/GLUTES	2	10	3	12	3	15
LUNGE - ARC	LEGS - QUAD/GLUTES	2	10	3	12	3	15
LUNGE - REVERSE	LEGS - QUAD/GLUTES	2	10	3	12	3	15
LUNGE - SIDE	LEGS - QUAD/GLUTES	2	10	3	12	3	15
SQUAT	LEGS - QUAD/GLUTES	2	10	3	12	3	15
SQUAT - FRONT	LEGS - QUAD/GLUTES	2	10	3	12	3	15
SQUAT - FRONT ONE-LEG	LEGS - QUAD/GLUTES	2	10	3	12	3	15
SQUAT - JUMP	LEGS - QUAD/GLUTES	2	10	3	12	3	15
SQUAT - JUMP ONE-LEG	LEGS - QUAD/GLUTES	2	10	3	12	3	15
SQUAT - LATERAL	LEGS - QUAD/GLUTES	2	10	3	12	3	15
SQUAT - ONE-LEG	LEGS - QUAD/GLUTES	2	10	3	12	3	15
STEP-UP	LEGS - QUAD/GLUTES	2	10	3	12	3	15
STEP-UP - WITH KNEE LIFT	LEGS - QUAD/GLUTES	2	10	3	12	3	15
EXERCISE	BODYPART AREA	BEGINNER		INTERMEDIATE		ADVANCED	
ROW - ONE-ARM	UPPER BACK	2	10	3	12	3	15
ROW - BENT OVER	UPPER BACK	2	10	3	12	3	15

## ST LUKE'S FITNESS AND SPORTS PERFORMANCE CENTERS HOME FITNESS PLAN - DUMBBELL EXERCISES

EXERCISE	BODYPART AREA	BEGINNER		INTERMEDIATE		ADVANCED	
BENCH PRESS	CHEST	2	10	3	12	3	15
BENCH PRESS - ALTERNATING	CHEST	2	10	3	12	3	15
BENCH PRESS - ONE-ARM	CHEST	2	10	3	12	3	15
DECLINE PRESS	CHEST	2	10	3	12	3	15
DECLINE PRESS - ALTERNATING	CHEST	2	10	3	12	3	15
DECLINE PRESS - ONE-ARM	CHEST	2	10	3	12	3	15
FLY	CHEST	2	10	3	12	3	15
FLY - DECLINE	CHEST	2	10	3	12	3	15
FLY - INCLINE	CHEST	2	10	3	12	3	15
INCLINE PRESS	CHEST	2	10	3	12	3	15
INCLINE PRESS - ALTERNATING	CHEST	2	10	3	12	3	15
INCLINE PRESS - ONE-ARM	CHEST	2	10	3	12	3	15
PULLOVER	CHEST	2	10	3	12	3	15
EXERCISE	BODYPART AREA	BEGINNER		INTERMEDIATE		ADVANCED	
FRONT RAISE	SHOULDER	2	10	3	12	3	15
LATERAL RAISE	SHOULDER	2	10	3	12	3	15
SHOULDER PRESS	SHOULDER	2	10	3	12	3	15
SHOULDER PRESS - ALTERNATING	SHOULDER	2	10	3	12	3	15
SHOULDER PRESS - ONE-ARM	SHOULDER	2	10	3	12	3	15
T - BENT-OVER	SHOULDER	2	10	3	12	3	15
T - PRONE	SHOULDER	2	10	3	12	3	15
UPRIGHT ROW	SHOULDER	2	10	3	12	3	15
Y - BENT-OVER	SHOULDER	2	10	3	12	3	15
Y - PRONE	SHOULDER	2	10	3	12	3	15
EXERCISE	BODYPART AREA	BEGINNER		INTERMEDIATE		ADVANCED	
CURL	ARMS - BICEPS	2	10	3	12	3	15
CURL - HAMMER	ARMS - BICEPS	2	10	3	12	3	15
CURL - REVERSE	ARMS - BICEPS	2	10	3	12	3	15
CURL - ALT ARM	ARMS - BICEPS	2	10	3	12	3	15
CURL - INCLINE	ARMS - BICEPS	2	10	3	12	3	15
EXTENSION - SUPINE - BOTH	ARMS - TRICEPS	2	10	3	12	3	15
EXTENSION - SUPINE - SINGLE ARM	ARMS - TRICEPS	2	10	3	12	3	15
EXTENSION - STANDING - BOTH	ARMS - TRICEPS	2	10	3	12	3	15
EXTENSION - STANDING - SINGLE ARM	ARMS - TRICEPS	2	10	3	12	3	15
KICKBACK - BOTH ARMS	ARMS - TRICEPS	2	10	3	12	3	15
KICKBACK - SINGLE ARM	ARMS - TRICEPS	2	10	3	12	3	15

**ST LUKE'S FITNESS AND SPORTS PERFORMANCE CENTERS HOME FITNESS PLAN - DUMBBELL EXERCISES**

EXERCISE	BODYPART AREA	BEGINNER		INTERMEDIATE		ADVANCED	
AB CRUNCH	CORE - ABDOMINALS						
AB PRESS - TOE TOUCH	CORE - ABDOMINALS						
AB PRESS - TOE TOUCH ALTERNATING	CORE - ABDOMINALS						
FRONT PLANK	CORE - ABDOMINALS						
REVERSE CRUNCH	CORE - ABDOMINALS						
SEATED KNEE UP	CORE - ABDOMINALS						
V-UP	CORE - ABDOMINALS						
SUPERMAN	CORE - LOWER BACK						
AB CRUNCH - TWISTING	CORE - OBLIQUES						
SIDE PLANK	CORE - OBLIQUES						