

Dry Land / Weight Lifting Exercises

JUMPS

Power Squat Jumps – Lower body to a full squat, with hands low, by the side. Explode up into a fully extended jump, while throwing hands high above the head.

Quarter Turn Squat Jumps – Enter squat and explode upward, but twist body in the air so you land 90 degrees from the position of take-off. Hands remain low. This should be completed in this pattern: center, right, center, left, center, right, center, left, etc.. For a challenge, try holding light weights in each hand.

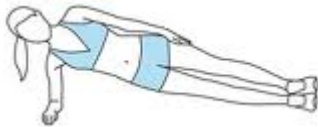
180° Squat Jumps – Same as quarter turn jumps, but turn a full 180° in the air, so you end up facing the opposite direction upon landing. For a challenge, try holding light weights in each hand.

Slalom Jumps – Start standing straight. Visualize a line down your center, splitting your feet. Quickly hop side to side, over the imaginary line, but try to keep your upper body centered.

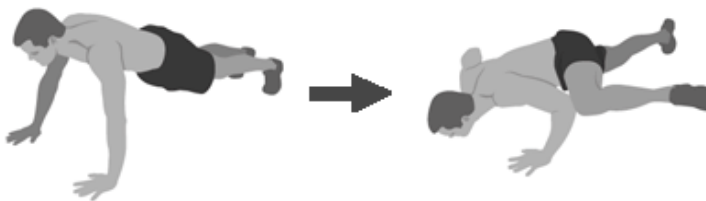
CORE

Planks – You know what to do... keep that body inline!

Side Planks – Same idea as standard planks, but on the side.



Spiderman Pushups – Start in standard pushup position. As you lower body, raise one knee to the elbow on the same side. Alternate sides, and focus on keeping core inline and stable. Hint: do this slowly.



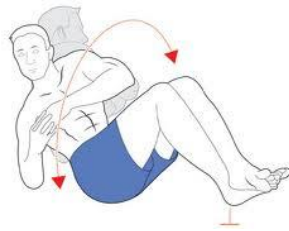
Leg Raises – Start flat on your back. Raise legs to as close to 90 degrees as possible, without hips coming off the ground. Lower legs until they are about an inch from the ground (do not touch the

ground with heels during the exercise). Remember to press your back against the floor so your back remains flat and does not arch.

V-Ups – Start flat on your back, with your hands above your head. Step 1: Raise legs and torso at the same time to reach a “V” position. Step 2: Keep your torso raised and stable, but lower legs until heels are about an inch off the ground, then raise them again, back to the “V” position. Step 3: Stay controlled and lower everything back to the ground. That is one rep. Notes: If it is too difficult, skip step 2, and go straight from 1 to 3. Also, try to keep your neck neutral and relaxed, don’t arch your back (the picture below is not doing a good job at that).



Russian Twists – Start in a balanced “V” position, but with your knees bent and your hands folded in front of your chest. Twist as far too each side as you can, while keeping your lower body balanced. For a challenge, try holding a medicine ball in your hands.



UPPER BODY

Bicep Curls –

Type A: Start with weights by your side, with your palms facing in, towards your body. With minimal movement of your body, curl the weights up to your shoulders while twisting your wrists so that you palms end face the ceiling. Alternate arms.



Type B: Start with weights by your side, with your palms facing in, towards your body. Instead of twisting your palms while curling the weights, keep them stable, facing towards each other. Lift both arms simultaneously. Remember to keep your body as still as possible.

Type C: Start with weights just in front of your thighs, with your palms facing forward. Instead of twisting your palms while curling the weights, keep them stable, facing up. Lift both arms simultaneously. Remember to keep your body as still as possible.

Shoulder Press – Start seated, with your back straight. Have a dumbbell in each hand, just above your shoulders and your elbows out wide. Try to explode upward until your elbows are straight. Come back down slowly and controlled.



Triceps Extension – Start flat on a bench with your elbows pointing straight up at the ceiling and set shoulder width apart. Have a dumbbell in each hand. Begin with your arms bent so that the weights are toward the floor. Bring the weights up so that your arms end in a straight position. Do not move your arm from the elbow to your shoulder – this should remain still!



Lat Pull-Downs – Use the lat pull-down machine. This is pretty simple, but there are a few important things to remember. First, make sure the machine is setup properly. Adjust the seat and knee guard so your legs sit at 90 degrees through the exercise. Second, do the exercise with your hands set wide apart – as wide as is comfortable. Also, remember to pull straight down with the bar. As you pull down, you can move your body back a little to get out of the way, and finish the pull by crunching your abs.

Weighted Rows – Use the weighted row machine. It is important to keep your back straight during the exercise. Start with your hands all the way forward, then bring them straight back toward your body. Finish the pull by squeezing your shoulder blades together.

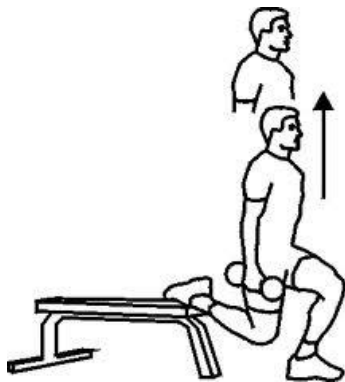
Bench Press – Always have a spotter for this exercise! Start flat on a bench with your arms raised and your hands gripping the weighted barbell. Your hands should be a comfortable distance apart, but there is no specific required distance. Bring the bar down, toward your chest, while keeping it balanced and controlled. Once you are about an inch from your chest, stop and try to explode back up to the start position.

Back Fly – Start leaning forward with your back straight and your knees slightly bent. Hold a dumbbell in each hand. Begin the exercise with your hands down toward the floor and your elbows slightly bent. Try to keep your arms in the same position while lifting the weights out and toward the ceiling. Go as far as possible.



LOWER BODY

Raised Leg Lunges – With your back leg raised on a bench, and your other leg out in front of you, lower yourself into a lunge and press yourself back to the start position. For a challenge, hold a dumbbell in each hand.



Wall Sits – Start with your back flat against a wall. Position your thighs and lower legs to that all are 90 degrees with the wall and the floor. Hold.



Weighted Squats – Start standing with your feet shoulder width apart and the barbell resting as comfortably as possible along the back of your neck and the top of your shoulders. Keeping your back straight, lower your butt so that your thighs are just past parallel with the floor, and explode back to the start position. Remember, as you are squatting, keep your knees behind your feet – don't let them come forward.