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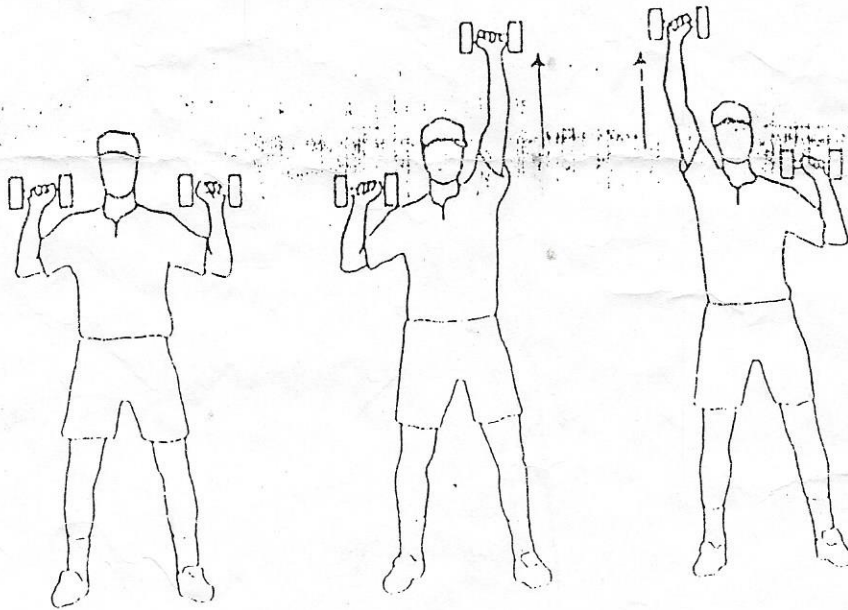
- Dave -
BUSZ

WORKOUT

Dumbbells

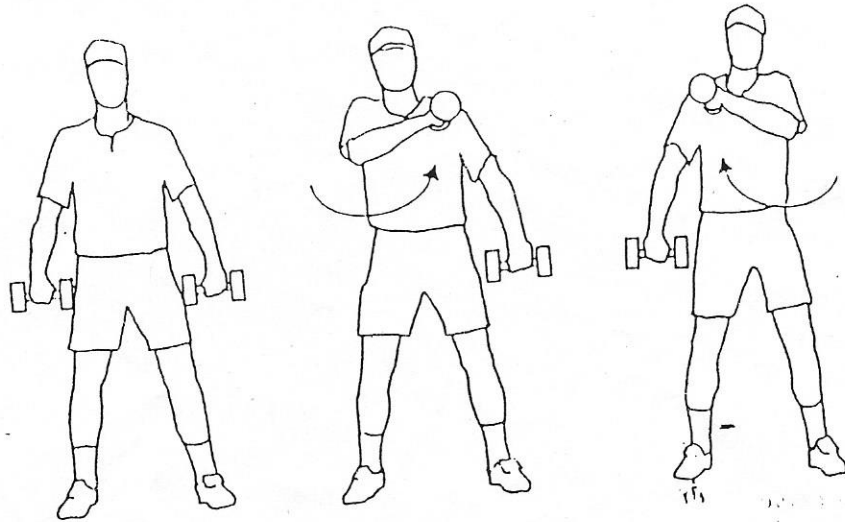
Perform 10 repetitions each of the first 12 exercises using 3- to 15-pound dumbbells. Perform the final exercises

Exercise #1: Start with weights at tip of shoulders. Alternate extending arms to full reach. Option: Alternate rotating palms out or in during extension.

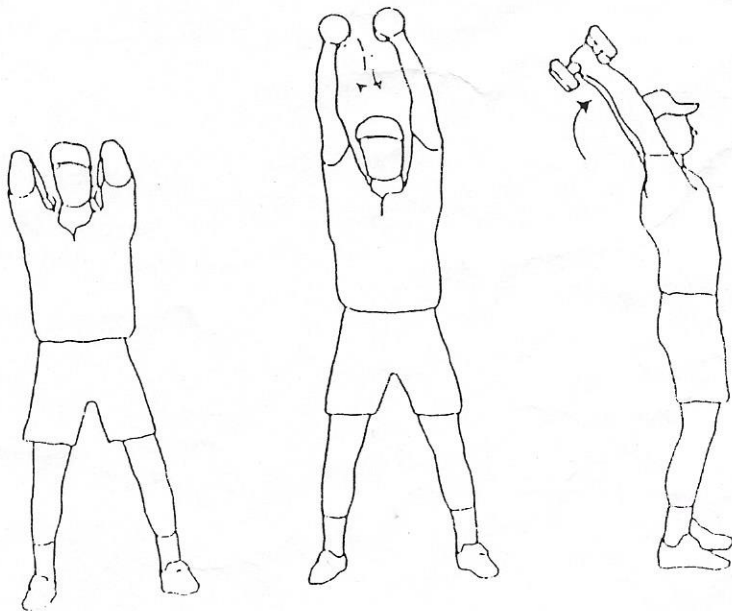


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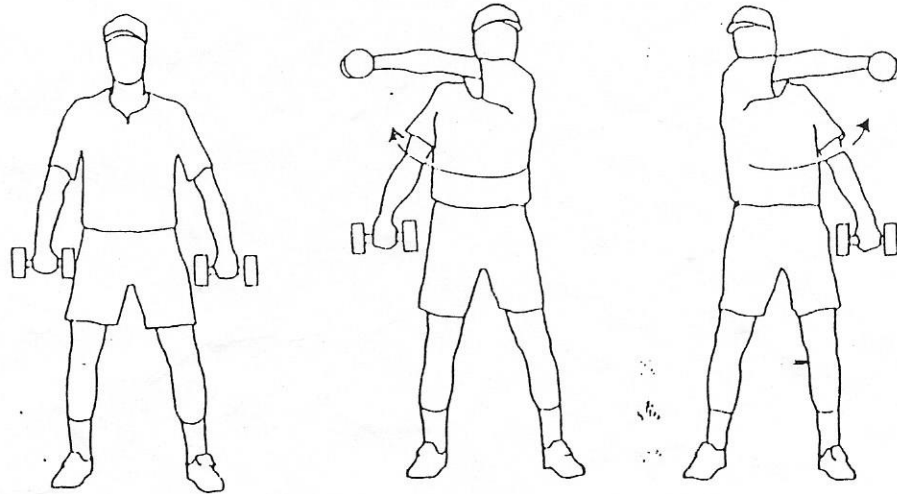
Exercise #2: Start with weights at sides. Bring right arm to left shoulder bending elbow, palm up going up, palm down coming down.



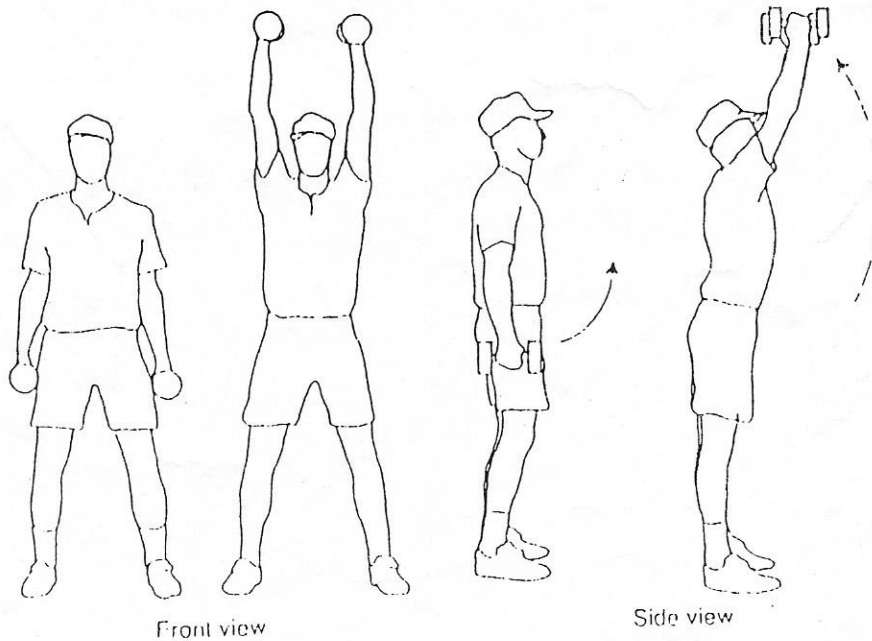
Exercise #3: Start with weights hanging behind head and shoulders with elbows held as high as possible. Alternate extending to full reach. Option: Do both arms at the same time, but keep elbows as close to head as possible. (When arms are extended, they should be slightly in front of or behind your head, not directly above.)



Exercise #4: Start with weights hanging at sides. Lift across body at 45-degree angle to shoulder height. Alternate, keeping back of hand toward sky. Pretend shoulders are against a wall and keep them there with each lift. Option: Rotate thumbs down, thumbs up in the lift.



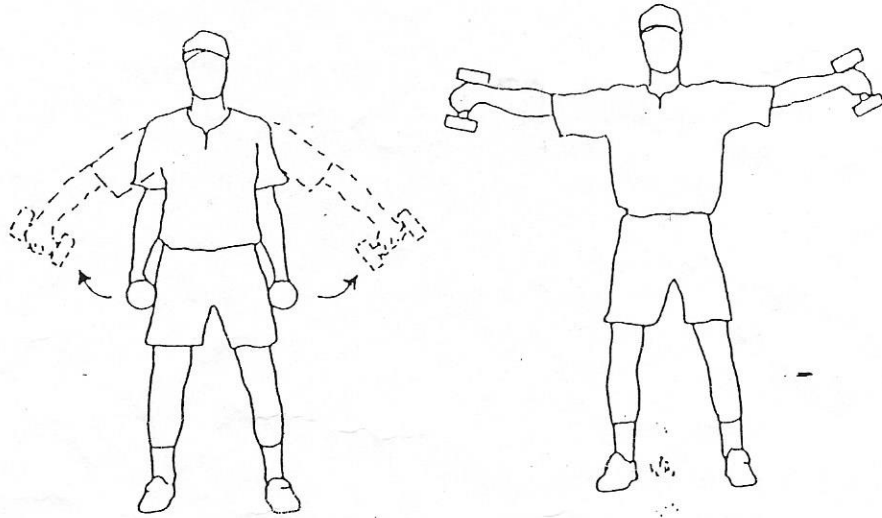
Exercise #5: Start with weights hanging at sides and lift straight out and up to full extension of arms overhead. Stretch shoulders and lower back when weights are fully extended. Option: Rotate thumbs forward with the lift and when returning hands to start position.



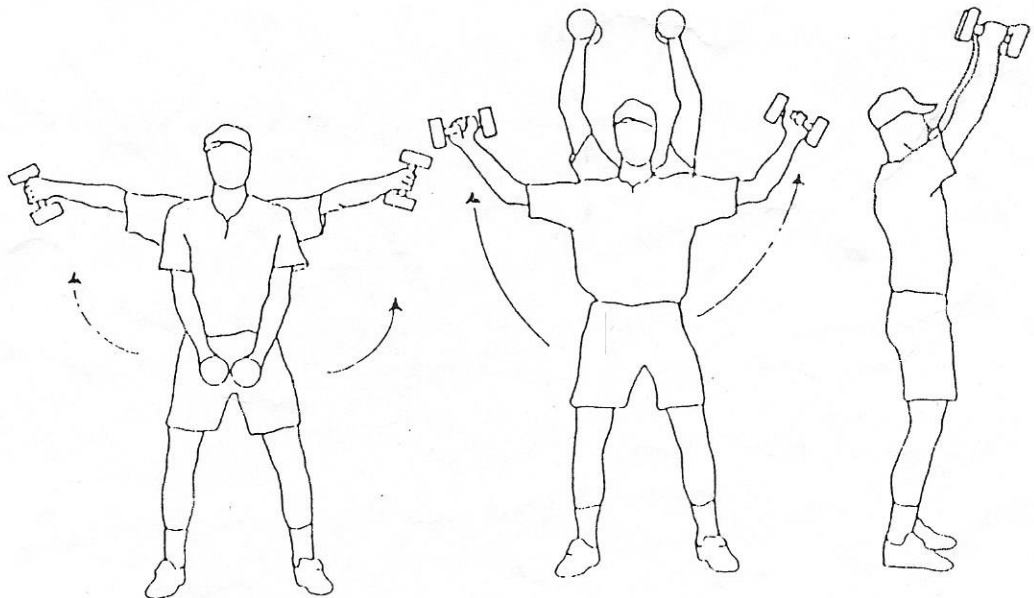
Front view

Side view

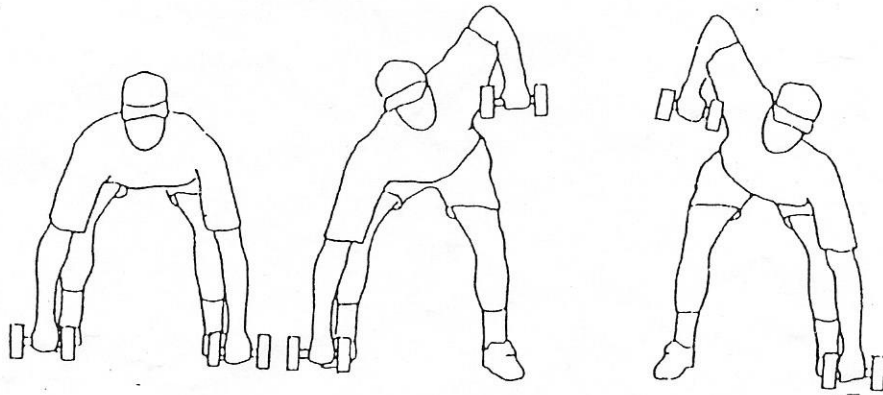
Exercise #6: Start with weights hanging at sides and lift away from body into a T position with arms fully extended. Have weights slightly forward of the shoulders and point thumbs down with the lift.



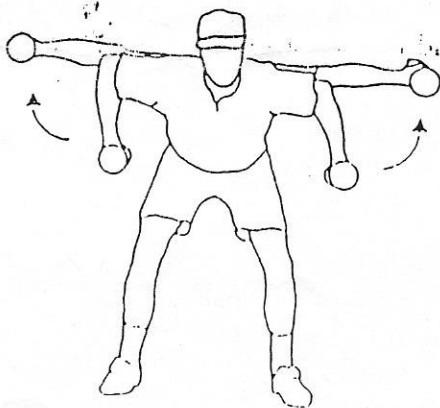
Exercise #7: Start with weights touching together in front of groin. Lift away from body in a windmill action, touching weights at a point in front of head (not over the top) with arms fully extended, and return slowly. Rotate palms down and out, then up and in as weights touch on top. Do the same going down. (Remember to keep your arms slightly in front of your head.)



Exercise #8: Bend over and let weights rest on floor in a toe touch position. Alternate lifting weight to shoulder leaving opposite weight on floor. Option: Rotate thumbs forward or backward with each lift to tolerance.



Exercise #9: Bend over to an L position resting head on wall or table. Bring elbows to shoulder height first, then extend arms straight out until parallel with ground. Keep arms extended and return to original position. Option: Rotate thumbs down with extension.

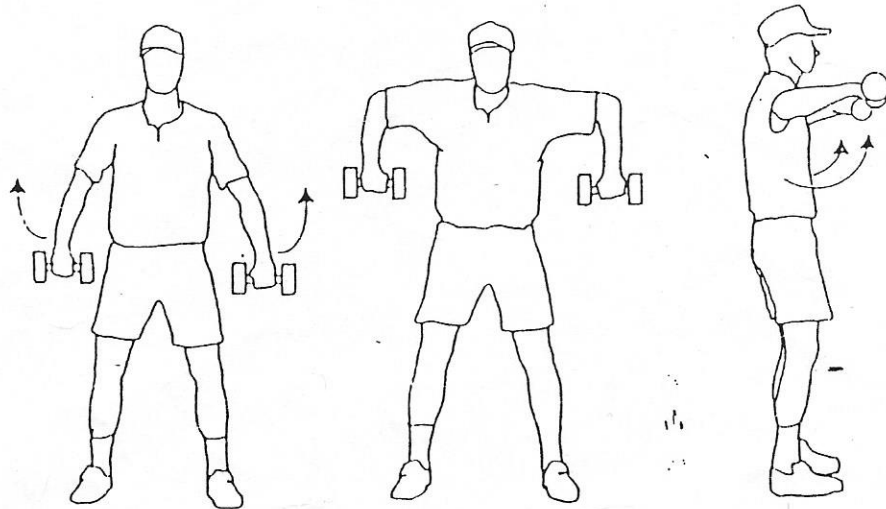


Front view

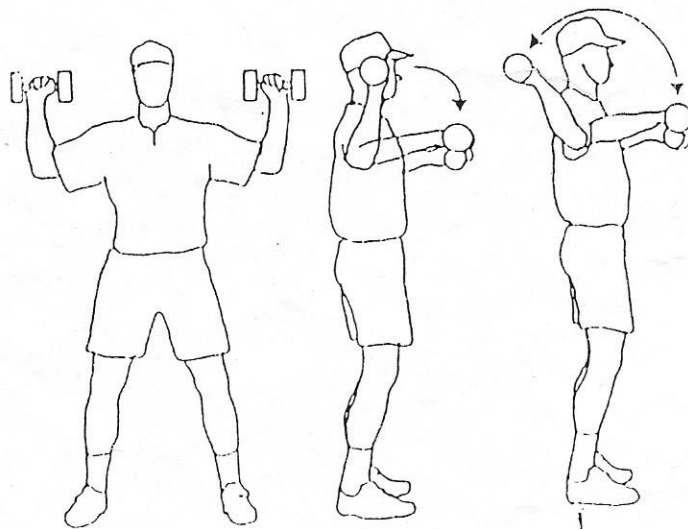


Side view with wall

Exercise #10: Start with weights hanging at sides, palms facing back. Lift arms (together or one at a time) until elbow and forearm are at a 90-degree angle, then extend weight out and up to shoulder height. Reverse sequence to starting position. Option: Turn thumbs up in a hitchhike movement with the lift.



Exercise #11: Start with weights in a hands-up position. Keeping elbows parallel to ground, roll weights forward to shoulder height, pause, and roll weights back to shoulder height (or as far as possible).



Hi Boss

D. Busz

ARMS & SHOULDERS


- 1) OVERHEAD PRESS w/ BAR
- 2) UPRIGHT ROW
- 3) SIDE DELTOID RAISE (STANDING FLY)
- ① 4) DUMBBELL KICKBACK -
- 5) PREACHER CURL
- 6) FORE ARM CURL
- 7) REVERSE FOREARM CURL


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CHEST, TRICEPS & BACK

- 1) INCLINE BENCH
- 2) DUMBBELL FLY
- 3) ONE ARM BENT ROW DUMBB
- 4) SEATED ROW
- 5) DUMBBELL TRUNK TWIST
- 6) CRUNCH w/ TWIST w/ PLATE
- 7) DUMBBELL SIDE BEND

- 1) DUMBBELL MILITARY

- 2) DUMBBELL RAISE 

- 3) FRONT DUMBBELL RAISE 

- 4) LYING SHOULDER CROSS TRICEP EXTENSION

- 5) REVERSE GRIP BARBELL CURL

- 6) WRIST ROLLER

- 1) INCLINE BENCH

- 2) DUMBBELL FLY

- 3) ONE ARM BENT ROW


- 4) SEATED ROW

- 5) DUMB SIDE BEND

- 6) CRUNCH w/ PLATE

- 1) BEHIND THE NECK PRESS

- 2) SHRUG

- 3) SIDE DELTOID RAISE 

- ③ 4) FRENCH CURL (BENCH TRICEP CURL)

- 5) PREACHER CURL

- 6) FORE ARM CURL

- 7) REVERSE FOREARM CURL

- 1) DECLINE BENCH

- 2) DUMB FLY

- 3) GOOD MORNING

- 4) ONE-ARM BENT ROW

- 5) DUMB TRUNK TWIST

- 6) CRUNCH TWIST w/ PLATE

- 7) DUMB SIDE BEND

BUTT, THIGHS & LEGS

- 1) HACK SQUAT

- 2) LEG CURL

- 3) LEG EXTENSION

- 4) HEEL RAISE w/ DUMB

- 5) STATIONARY LUNGE w/ DUMB

- 6) LATERAL LUNGE w/ BAR

- 1) BENCH LATERAL STEP-UP

- 2) HACK SQUAT

- 3) LEG EXT

- 4) FRONT SQUAT

- 5) DUCK SQUAT w/ DUMB

- 6) HEEL RAISE

- 1) HACK SQUAT

- 2) LEG CURL

- 3) LEG EXT

- 4) SEATED HEEL RAISE w/ WEIGHT

- 5) ANKLE FLEXION

- 6) STATIONARY LUNGE w/ D.

- 7) STANDING KICKBACK w/ ANKLE WET

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