



Home Workout Sheet

by BHHEC Staff

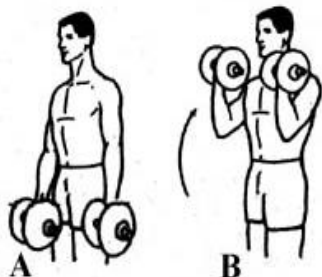
www.bhhec.org

Health@BHHEC.org

605-255-4101 • (800) 658 5433 • P.O. Box 19, Hermosa, South Dakota, 57744

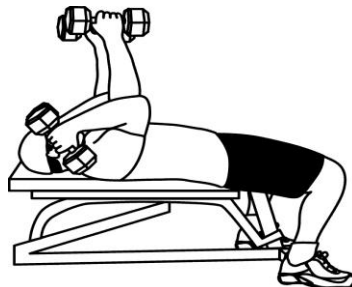
Curls

Curl the weight up close to the shoulder, hold a moment & lower. Slower movement builds greater strength. Do as many repetitions as feels right. When it begins to feel easy, increase the weight.



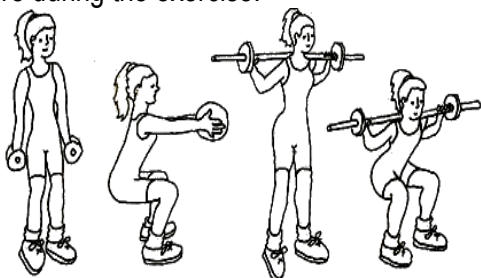
Triceps Press

Keep the elbow joint in place (upper arm 90 degrees to the torso) as you raise and lower the dumbbell to isolate the triceps along the back of the upper arm. Slow repetitions for greater muscle building.



Squats

By squatting with an erect torso, the quadriceps muscles are intensely worked. A block of wood under the heels may be needed to maintain erect posture during the exercise.



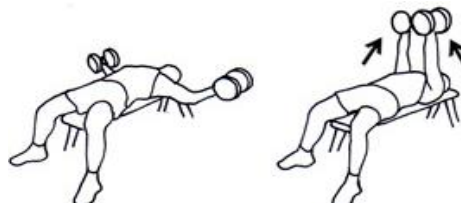
Dumbbell Lateral Raises

This exercise works the middle deltoids when done directly to the sides. Raising the dumbbells slightly in front or in back will develop the anterior and posterior deltoids respectively.



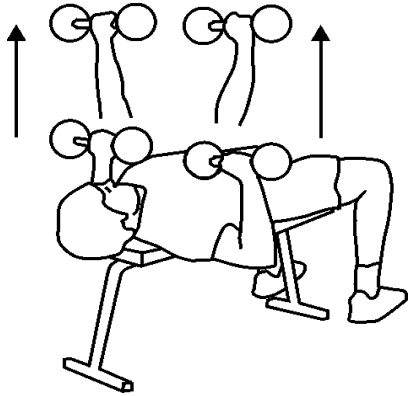
Dumbbell Flys

Good supplemental exercise for the pectorals. With elbows bent, slowly bring the weights together over the chest. Repeat as many as feels right. Increase weight when it becomes easy.



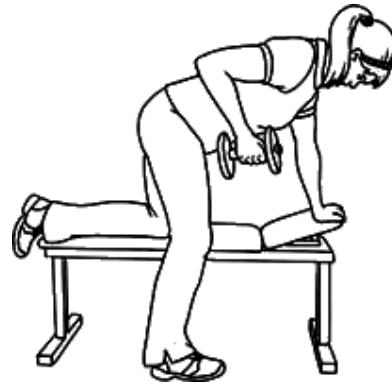
Dumbbell Bench Press

Good for working the pectoral, deltoid, & triceps muscles, hold weights out at the side as shown and lift slowly. Exercises the small forearm muscles as well due to the effort involved in holding the weights level.



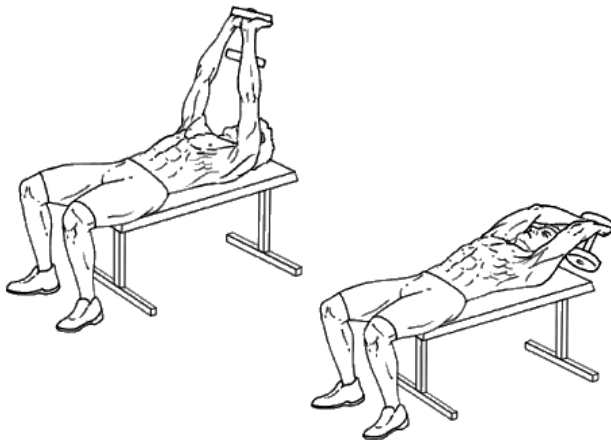
One Arm Rows

A good workout for the triceps, posterior deltoid, infraspinatus, teres major and latissimus dorsi muscles. Slowly bring the arm up, hold a moment & lower. Do as many as possible & increase the weight as needed.



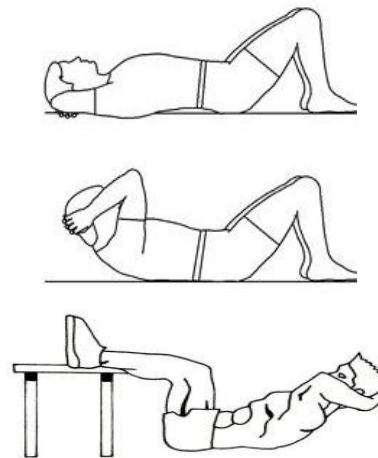
Pullovers

A good workout for the triceps, latissimus dorsi and intercostals muscles. Slowly bring weight up from about level with the head and hold over chest. Slowly lower to original position.



Crunches

This is the best exercise for the abdominal muscles. The object is to try and touch the ribs to the pelvis. When it becomes easy to do, a weight can be held behind the head to make it more challenging.



Black Hills Health and Education Center is a medical wellness retreat offering wellness programs and lifestyle change in a beautiful setting of the Black Hills in South Dakota. BHHEC is unique in that it offers a Christian based lifestyle program that includes everything from lodging and meals, physicals and comprehensive blood work, to daily treatments, exercise sessions with a personal trainer in the gym, classes presented by physicians, the Dietician, the Fitness Director, and other staff, cooking classes, sightseeing tours (Mt. Rushmore, Crazy Horse, Custer State Park Wild

Animal Game preserve) and aquatics classes at the lovely swim center in Rapid City. Also included are counselling and stress-relief classes.