



Strength Training: A Home Workout

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- Do this work out three times per week at your connivance.
- You will need a set of dumbbells of different sizes.
- You can do split the workout and workout the upper and lower body on alternating days

Upper Body:

1. **Biceps:**

Do biceps curls with dumbbells.

2. **Triceps:**

Do triceps presses - Follow the instructions on your workout sheet.
Or

- a. Stand straight and hold a barbell in each hand.
- b. Push straight back with your arms straight, with both arms at once.
- c. Do 15-20 repetitions.

3. **Deltoids (shoulders):**

Follow instructions for lateral raises. Do 15-20 repetitions.

4. **Pectorals (chest):**

Follow instructions for Dumbbell Bench Press. Do 15-20 repetitions.

5. **Back and Shoulder Muscles:**

Follow institutions for one arm rows.

Make sure that your leg is down on the side that you are lifting with.
Do 15-20 repetitions.

6. **Back, Triceps, and Muscles along and around your Rib Cage:**
Follow instructions for Pullovers, do 15-20 repetitions.

Lower Body:

1. **Thighs, hips and buttocks:**

Follow instructions for squats, using barbells to increase weight as needed. Do at least 20 repetitions.

2. **Quadriceps and calves as well as the thighs, hips, and buttocks:**

Do lunges;

- a. Lunge out with each leg, you may do this in one place or by moving across a room or parking lot.
- b. Hold barbells in each hand to increase the intensity or lunge up a hill.

3. **Calves:**

Do calf raises;

- a. Find a step and balance the ball of your foot on the step and do several raises, about 20 times.
- b. You may wish to stand on one foot and rise with this leg and then alternate to the other side doing. 15-20 repetitions on each side.

4. **Lower Back:**

Lie face down and raise up your upper body several times. You should feel this in your low back.

5. **Thighs:**

Lie on your side and raise up each leg straight from your side. Do this 20 times and turn over to your other side and repeat.

6. **Hamstrings and buttocks:**

Lie face down and raise each leg straight up behind you. Do this about 20 times for each leg.

7. **Abdominal Muscles:**

- Follow instructions for crunches. At least 25 repetitions.
- Do side crunches for the muscles on the sides of the abdomen, 15-20 times for each side.
- Do reverse crunches (bend legs and bring up and back down.) This exercise is for the lower abdomen. Do this about 25 times.

Remember to increase weight and intensity as the exercises become easier. You will know it is time to up the weight when you find that 15 repetitions is easy

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.