

Full Body Resistance Workout

If you have not exercised for a while, please start off slow and start with 4-5 of the listed exercise and add one each week until you are doing all 8 of the Full Body Workout

If you have any injuries for example, shoulder injury, avoid any exercise that is using that joint.

A Full Body Workout A – Exercise Breakdown

1. Goblet Squat

- **Targets:** Quads, glutes, hamstrings, core
- **How:** Hold a dumbbell vertically at your chest with both hands. Stand with feet shoulder-width apart, toes slightly out. Push hips back and bend knees to lower into a squat. Keep your chest up. Drive through heels to return to standing.
- **Tip:** Keep your elbows tucked in and your back straight throughout.

2. Dumbbell Chest Press

- **Targets:** Chest, shoulders, triceps
- **How:** Lie on a bench or the floor. Hold a dumbbell in each hand, elbows bent at 90 degrees. Press the dumbbells up over your chest, then lower them slowly.
- **Tip:** Don't let your elbows drop too far below your chest if on a bench; keep wrists straight.

3. Bent Over Dumbbell Rows

- **Targets:** Upper back, lats, rear shoulders, biceps
- **How:** Hold dumbbells at your sides, bend knees slightly, hinge forward at hips with a flat back. Row the dumbbells up toward your waist, squeezing shoulder blades together.
- **Tip:** Avoid rounding your back—core tight, chest proud.

4. Dumbbell Shoulder Press

- **Targets:** Shoulders (deltoids), triceps

- **How:** Hold dumbbells at shoulder height, palms facing forward. Press overhead until arms are fully extended, then lower back to start.
- **Tip:** Don't shrug your shoulders; keep traps relaxed.

5. Dumbbell Deadlifts

- **Targets:** Hamstrings, glutes, lower back
- **How:** Hold dumbbells in front of your thighs. Hinge at the hips, keeping the dumbbells close to your legs. Lower until you feel tension in your hamstrings, then return to standing.
- **Tip:** Think "hips back" not "bend down."

6. Standing Bicep Curls

- **Targets:** Biceps
- **How:** Hold dumbbells with palms facing forward. Curl the weights up toward your shoulders, keeping elbows close to your sides. Lower slowly.
- **Tip:** Don't swing your body—control the motion.

7. Overhead Tricep Extension

Targets: Triceps

- **How:** Hold one dumbbell with both hands behind your head, elbows bent. Extend your arms to press the weight overhead, then lower.
- **Tip:** Keep your elbows close to your ears throughout.

8. Standing Calf Raises with Dumbbells

- **Targets:** Calves
- **How:** Hold dumbbells at your sides. Stand tall and raise your heels off the ground, squeezing your calves. Slowly lower back down.
- **Tip:** Pause at the top for a better contraction.

B Full Body Workout B – Exercise Breakdown

1. Squats

- **Start Position**
 - Stand tall with your feet shoulder-width apart.
 - Toes can point slightly outward (~10–15°) for comfort.
 - Keep your chest up and shoulders relaxed.
 - Engage your core.
- **Begin the Movement**
 - Push your hips back first, as if you're sitting in a chair.
 - Bend your knees and lower your body down.
 - Keep your back straight, knees tracking over your toes.
- **Go as Low as Comfortable**
 - Aim to get your thighs parallel to the ground (or as close as your mobility allows).
 - Don't let your heels lift off the floor—keep them grounded.
- **Stand Up Strong**
 - Press through your heels to return to standing.
 - Squeeze your glutes at the top.

2. Chest Press or Floor Flyes

- **Targets:** Upper chest (press), chest stretch and control (flyes)
- **How (Press):** On an incline bench, press dumbbells from chest to overhead.
- **How (Flyes):** Lie on back, arms extended, palms facing in. Lower arms out to the sides in an arc, then bring them back together.
- **Tip:** For flyes, keep a slight bend in your elbows.

3. Renegade Rows

- **Targets:** Back, arms, core
- **How:** Start in a high plank position, hands gripping dumbbells. Row one dumbbell up, then the other, keeping hips stable.

- **Tip:** Widen your feet to help balance and avoid hip rotation.

4. Dumbbell Lateral Raises

- **Targets:** Shoulders (medial deltoid)
- **How:** Hold dumbbells at your sides. Raise arms out to the side until they're shoulder height, then lower.
- **Tip:** Go light—form is key! Lead with your elbows.

5. Romanian Deadlifts

- **Targets:** Hamstrings, glutes
- **How:** Similar to regular dumbbell deadlifts, but keep legs straighter and go slower. Focus on a deep stretch in the hamstrings.
- **Tip:** Maintain a long spine—don't round your back.

6. Hammer Curls

- **Targets:** Biceps, forearms
- **How:** Palms face in toward each other the whole time. Curl dumbbells to shoulders, then lower.
- **Tip:** Keep elbows tight to your body.

7. Dumbbell Tricep Kickbacks

- **Targets:** Triceps
- **How:** Hinge forward at the hips with a flat back. Bend elbows, then straighten them behind you. Squeeze at the top.
- **Tip:** Don't swing—move only from the elbow.

8. Russian Twists (Bodyweight or Dumbbell)

- **Targets:** Obliques, core
- **How:** Sit with knees bent, lean back slightly. Hold a dumbbell and rotate side to side, touching the floor.
- **Tip:** Keep core tight and move with control.