Today, our only focus is full-body strength. Take note and compete with yourself in the weeks to come!

Air Squats
- 3 sets
- 30 sec reps
- 30 sec rest
Warm up: 30 seconds on and 30 seconds off.

Jumping Jacks
- 3 sets
- 30 sec reps
- 30 sec rest
Warm up: 30 seconds on and 30 seconds off.

Dumbbell Deadlifts
- 4 sets
- 8-10 reps
- 90 sec rest
Use set 1 as a warm-up set and sets 2, 3, and 4 as heavy sets. Aim to safely fail between 8 and 10 reps.

Dumbbell Flat Bench Press
- 4 sets
- 8-10 reps
- 90 sec rest
Use set 1 as a warm-up set and sets 2, 3, and 4 as heavy sets. Aim to safely fail between 8 and 10 reps.

Dumbbell Squats
- 4 sets
- 8-10 reps
- 90 sec rest
Use set 1 as a warm-up set and sets 2, 3, and 4 as heavy sets. Aim to safely fail between 8 and 10 reps.

Standing Two-Armed Bent Over Dumbbell Rows
- 4 sets
- 8-10 reps
- 90 sec rest
Use set 1 as a warm-up set and sets 2, 3, and 4 as heavy sets. Aim to safely fail between 8 and 10 reps.

Dumbbell Overhead Shoulder Press
- 4 sets
- 8-10 reps
- 90 sec rest
Use set 1 as a warm-up set and sets 2, 3, and 4 as heavy sets. Aim to safely fail between 8 and 10 reps.
Air Squats

Primary muscle group(s):
- Quadriceps

Secondary:
- Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you’re sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.

Jumping Jacks / Star Jumps

Primary muscle group(s):
- Glutes & Hip Flexors, Quadriceps

Secondary:
- Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

⚠️ This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.
Dumbbell Deadlifts

Primary muscle group(s):
Glutes & Hip Flexors, Lower Back

Secondary:
Abs, Calves, Hamstrings, Quadriceps

Place two dumbbells on the floor.
Stand facing the dumbbells with your feet shoulder width apart.
Bend knees and hips to lower your torso in a squatting movement, keep your back straight.
At the bottom of the squat grip the dumbbells with an overhand grip, keeping your arms fully extended.
Return to an upright position holding the dumbbells with your palms facing towards your body and extending your hips forward. Do not round your back.
Return the dumbbells to the floor in the same manner you picked them up.
Repeat.
**Dumbbell Flat Bench Press**

Primary muscle group(s):
- Chest

Secondary:
- Abs, Shoulders, Triceps

Lie on a flat bench holding a dumbbell in each hand with an overhand grip.

Start by holding the dumbbells slightly wider than shoulder width apart above your shoulders. Your palms should be facing forward.

Slowly bend your elbows until they are at a 90 degree angle and your upper arms are parallel to the ground.

Push the weights up by straightening your arms.

As you push the weights up, move your arms in an arc to bring the dumbbells together, until they meet over the center of your chest. Hold for a count of one.

Lower the dumbbells by slowly bending your elbows back to 90 degrees.

Continue lowering your arms until they are a little lower than parallel to the floor. (Your elbows should be pointing slightly towards the floor and you should feel a stretch in your chest muscles and shoulders.)

Repeat

Be sure to concentrate on a balanced movement when lifting the dumbbells. Use both arms equally spaced and moving at the same speed.

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**Dumbbell Squats**

Primary muscle group(s):
- Quadriceps

Secondary:
- Calves, Glutes & Hip Flexors, Hamstrings, Lower Back

With your feet shoulder-width apart, stand with dumbbells as your sides with your palms facing each other.

Keeping your back straight and facing forward, squat down until your thighs are parallel to the floor.

Pause for one second.

Pushing up from your heels, raise back up to starting position and repeat.
Standing Two-Armed Bent Over Dumbbell Rows

Primary muscle group(s):
Lower Back
Secondary:
Abs, Biceps

Stand tall with a tight core and flat back. Hold a pair of dumbbells at your side with an overhand grip. Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor.

With your elbows at a 60-degree angle, bring the dumbbells up. Pause when your upper arm is parallel with the floor. Contract the muscle then slowly return the dumbbells to the starting point.

Dumbbell Overhead Shoulder Press

Primary muscle group(s):
Shoulders
Secondary:
Abs, Triceps, Upper Back & Lower Traps

Sit on a military press bench or bench that has a back support, holding a dumbbell in each hand with an overhand grip.

Place the dumbbells on top of your thighs with your palms facing down.

Raise the dumbbells to your shoulders.

Rotate your wrists so that the palms of your hands are facing away from you. This is the start position.

As you exhale, push the dumbbells up and over your head by extending your arms until the dumbbells touch at the top of the movement.

Pause for a count of one.

Slowly return to the start position inhaling as you do so.

Repeat.

This exercise can be performed standing or sitting on a flat bench. For people with lower back problems, the version described is better.