

4 EXERCISES FOR YOUR FULL BODY WORKOUT

DUMBBELL BENCH PRESS ⁰¹

1. Start by laying on your back with a dumbbell in each hand; hands should be directly over your shoulders
2. Slowly lower your hands to right outside your chest while letting your elbows flare to the side
3. Squeeze through your chest and shoulders to bring the dumbbell back to the starting position
4. Repeat this movement for 45-60 seconds; repeat for 3 sets



⁰² DUMBBELL SQUAT

1. Start by holding the dumbbell in front of your chest
2. Push your butt back as you let your hips and knees bend to drop into a squat
3. Stop the squat *just before* you reach any discomfort in your hips, knees or back
4. Allow yourself a brief hold at the bottom of the squat to own this movement
5. Slowly return to starting position by squeezing through your glutes and thighs
6. Repeat this movement for 45-60 seconds; repeat for 3 sets

INVERTED ROW ⁰³

1. Start by setting up a Smith Machine at the desired height (a higher bar will make this exercise easier)
2. Grab the bar with an underhand grip and walk your feet out in front of you (keeping your feet closer will make this exercise easier)
3. Allow your elbows to straighten so you drop away from the bar
4. Squeeze through the backs of your shoulders and between your shoulder blades to bring your chest to the bar
5. Relax to return to starting position
6. Repeat this movement for 45-60 seconds; repeat for 3 sets



⁰⁴ BOAT SIT

1. Start by sitting on the ground with your spine straight
2. Allow yourself to lean back slightly to bring your feet off the ground
3. Hold this position for 30-60 seconds; repeat for 3 sets
4. This exercise can be made easier by keeping feet on the ground as you lean back or by tapping your feet down to the ground as you need a slight rest during the set

