



# Intermediate - Using Your **Body Weight**



## **MHealthy**

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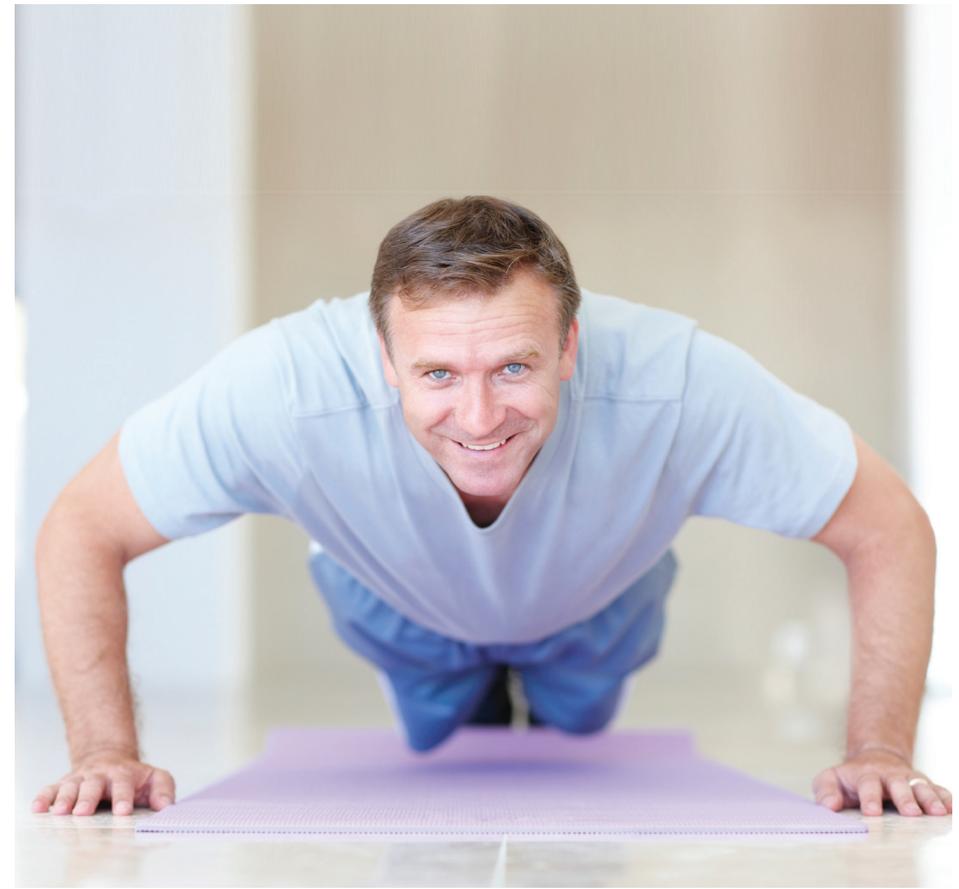
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A guide to help you begin a safe and effective weight training program.

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# Resistance Training

This booklet was designed as a guide to help you begin a safe and effective weight training program. The booklet includes strength and flexibility guidelines, and illustrations of exercises you can perform with your own body weight. We recommend that you read the strength and flexibility guidelines prior to doing the body weight exercises. We hope that you enjoy the results you can attain with regular use of these body weight exercises.

If you have any questions regarding this exercise booklet, please contact MHealthy:

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Resistance training can increase muscular strength and endurance. Resistance training has also been shown to increase bone density, delay the loss of bone mass, help prevent chronic low-back pain, increase metabolism, and improve joint stability.

## ORDER AND PROGRESSION OF EXERCISES

- The illustrated exercises are ordered by muscle group.
- Work the largest muscle groups first (legs), then the smaller muscle groups (arms).
- When you can consistently do 15 repetitions in each set for three consecutive workouts, the next time you train increase your weight by the smallest amount available for that exercise.
- Record your exercises and your progress using the hand weights tracking sheet in the back of this booklet.

# Guidelines

## Frequency

- 3-4 days a week is ideal, however one or two is acceptable (depending on your goals).
- Rest your muscles for 48 hours between workouts to allow your muscles to recover.

## Intensity

- Perform each exercise with proper form (see “Form” below) until momentary muscle fatigue is reached - the point at which you cannot perform another repetition without losing form.

## Duration

- **Repetitions:** To increase muscular strength, perform the exercises so momentary muscle fatigue is reached within 8-15 repetitions for each set.
- **Sets:** One correctly performed set for each exercise may be enough. Multiple sets may provide better results, depending on your goals.
- **Rest interval:** If you do multiple sets, a typical rest interval is 30-60 seconds, but it can vary depending on your goals.

## Form

- **Proper speed:** Exert force/tension (increase tension) in two counts and reduce tension in 4 counts (pull 1-2, release 1-2-3-4).
- **Range of motion:** Exercise muscles through their fullest, comfortable range of motion.
- **Protecting joints:** Do not lock your joints when performing any exercise.
- **Proper form:** If you must alter your form to complete the repetition, STOP! You have reached momentary muscle fatigue for that set. Do not sacrifice form to perform more repetitions, this is where many injuries occur.

## Safety

- **Injury prevention:** To prevent injury, STOP if an exercise causes any pain!
- **Breathing:** Remember to breathe. DO NOT hold your breath while performing an exercise. Complete at least one breathing cycle (in and out) per repetition.

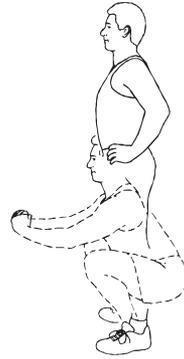
# Resistance Training Exercises

## LEGS: GLUTEALS/QUADRICEPS

### Squat

Head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Adjust arm position for balance. Keep abdominals tight and maintain weight on heels.

Do 1-3 sets. Complete 8-15 repetitions.

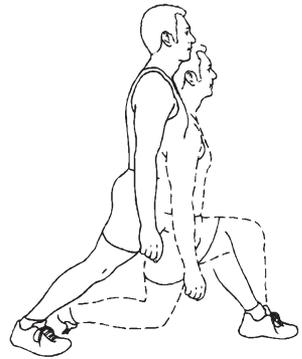


## LEGS: GLUTEALS/QUADRICEPS

### Walking Lunge

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. With a strong core, lift back leg and step through to lunge on opposite leg.

Do 1-3 sets. Complete 8-15 repetitions.

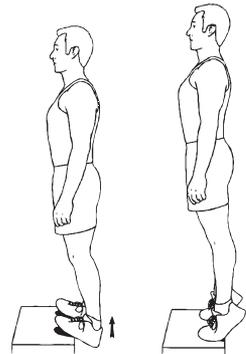


## LEGS: CALVES

### Heel Raise

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.

Do 1-3 sets.  
Complete 8-15 repetitions.

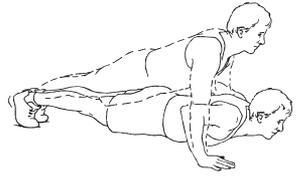


## CHEST

### Push-Up

Chest a few inches from floor, push up until arms are straight.

Do 1-3 sets.  
Complete 8-15 repetitions.

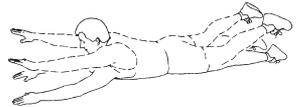


## BACK: LOW

### Superman

Arms and legs as straight as possible, raise both simultaneously.

Do 1-3 sets. Complete 8-15 repetitions.



## YOGA

### Down Dog

From lowered push-up position, exhale and press body back and hips up to inverted V position. Keep back straight, shoulders down, palms flat. Press heels toward floor.

Hold for 20-60 seconds.

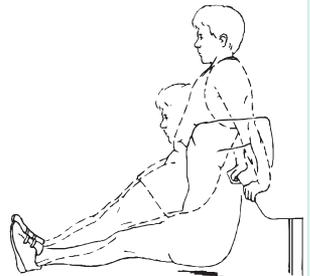


## ARMS: TRICEPS

### Dip With Bent Knees

Bending elbows and knees, lower body towards floor. Then, press up until arms are straight.

Do 1-3 sets. Complete 8-15 repetitions.



## CORE

### Bridge

Lying on back, legs bent 90°, feet flat on floor. Press up hips and torso, reaching hands to feet.

Hold for 20-60 seconds. Repeat 1-3 times.

**ADVANCED:** Clasp hands underneath back and squeeze shoulder blades together, lifting upper body onto outside of shoulders.



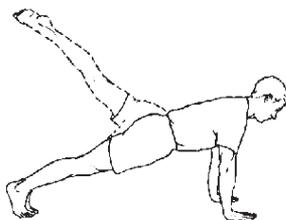
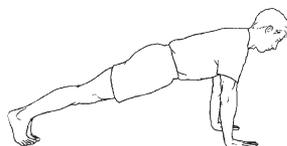
## CORE

### Plank

Support body on hands and feet. Keep hips in line with torso and arms straight under chest. Avoid locking elbows.

Hold for 20-60 seconds. Repeat 1-3 times.

**ADVANCED:** Extend one leg up.

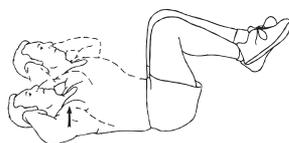


## CORE

### Raised Leg Crunch

Hands at head, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 1-3 sets. Complete 8-15 repetitions.



# Stretching & Flexibility Training

Stretching is one of the basic components of a sound exercise program. Good flexibility is not only important for exercise, but also for daily activities such as bending down to put on socks or reaching overhead to grab a tool in your garage. Regular stretching should be incorporated into your daily exercise routine.

## **WHY SHOULD I STRETCH?**

- To improve your flexibility.
- To improve muscle performance.
- To promote better circulation.
- To reduce the chance of muscular injuries.
- To help prevent muscular stiffness and soreness.
- To help reduce tension and to encourage relaxation.
- To help you develop better awareness of your body.

## **WHEN SHOULD I STRETCH?**

- After your warm-up but before you begin your physical activity, primarily to loosen muscles.
- After your physical activity, primarily to increase flexibility and improve your range of motion.

## **HOW DO I STRETCH?**

- Stretch in a slow relaxed manner.
- Stretch until you feel a slight discomfort in the muscle.
- Hold each stretch for at least 20 seconds.
- Repeat each stretch one or more times.
- Don't bounce.
- Never stretch to the point of feeling pain.
- Breathe normally.

## **WHAT DO I STRETCH?**

- Concentrate on the muscles you are going to use, or have used during your activity.
- Emphasize any area that is particularly tight.

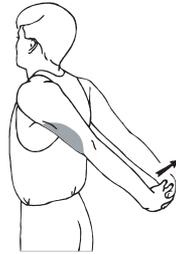
# Stretching Exercises

## ARMS: BICEPS

With arms straight and fingers interlaced behind back, raise hands toward ceiling.

Hold for 20-30 seconds.

Repeat one or more times.



## ARMS: TRICEPS

Bend elbow and place hand of bent arm on back of neck. Using the other hand, pull elbow behind head.

Hold for 20-30 seconds.

Repeat one or more times with each side.

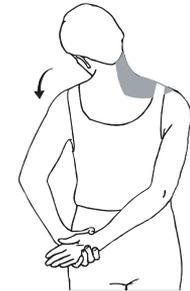


## NECK: TRAPEZIUS

Tilt head to left side. With arms behind back, use left hand to pull right arm over and down to the left.

Hold for 20-30 seconds.

Repeat one or more times with each side.



## CHEST: PECS

Grab both sides of doorway one inch below shoulder height. Lean forward until stretch is felt in chest. Keep back straight and feet shoulder width apart.

Hold for 20-30 seconds.

Repeat one or more times.

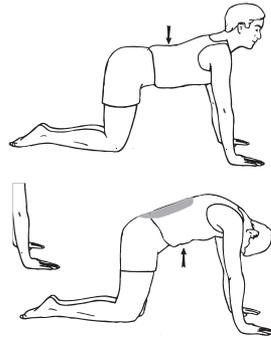


## BACK: LUMBAR EXTENSORS

With head raised up and lower back slightly arched, tuck chin to chest and round back toward ceiling. Return to starting position.

Hold the arched and round back positions briefly.

Repeat one or more times.



## LEGS: HAMSTRINGS

With head raised up and lower back slightly arched, tuck chin to chest and round back toward ceiling. Return to starting position. Hold the arched and round back positions briefly.

Repeat one or more times.



## LEGS: QUADRICEPS

Lie on side with knees bent and hold top foot with same-side hand. Pull heel in toward buttock, keeping knees in line and hip pressed forward.

Hold for 20-30 seconds.

Repeat one or more times with each leg.



## LEGS: GROIN

Place soles of feet flat together. Gently lean forward and push down on knees with forearms.

Hold for 20-30 seconds.

Repeat one or more times.

