



#1- H³I Body Sculpting

For optimum safety and effectiveness, be conscious of the proper body alignment when performing the Weight Training exercises. To do so, it is essential to begin the exercises in the proper position. Below are the three basic starting positions for these exercises.

1. Neutral position - Start with your legs shoulder width apart, knees centered over the heels. Toes should be pointed straight ahead, knees slightly bent, shoulders back, and abdominals and buttocks contracted.
2. One foot forward - Start in a comfortable standing position, then take a step back with one foot. Toes should be pointed straight ahead, knees slightly bent, and abdominals and buttocks contracted.
3. On your back - Start with your knees bent, feet flat on the floor, and abdominals contracted.

For each exercise, perform between 8-15 (around 12) repetitions of the movement to complete one set. Complete two sets of each exercise.

Dumbbell Squats

1. Start in neutral position with weight in each hand.
2. Keep the neck in alignment with the spine (do not drop head) and slowly bend the knees. Weight should be in the heels allowing buttocks to push straight back. Keep the back straight to avoid the shoulders to roll forward.
3. The bend of the knees should be no less than a 90 degree angle and the knees should fall in line with the toes (not in front).
4. Push through the heels of the feet and use the leg muscles to return to starting position.

Calf Raises

1. Start in neutral position with weight in each hand.
2. Slowly rise up on the balls of the feet and lift heels from the floor.
3. Return slowly to starting position.

Dumbbell Lateral Raise

1. Start in neutral position with weight in each hand.
2. Place arms at sides, palms towards the body.
3. With a slight bend in the elbows, slowly lift arms to shoulder height (parallel with the ground).
4. Return slowly to starting position.

Front Raises

1. Start in neutral position with weight in each hand.
2. Place hands in front of thighs, palms facing the front of the thighs, towards the body.
3. With a slight bend in the elbows, slowly lift arms to shoulder height.
4. Return slowly to starting position

Single Arm Row

1. Start with left foot forward.
2. Rest left hand on left thigh, lean forward from hips with flat back.
3. With weight in your right hand, extend right arm down toward the floor with palm towards the body.
4. Pull shoulder blades back (arm is still straight), squeezing shoulder blades together.
5. Pull weight up towards the chest by pulling the elbow straight back.
6. Slowly return to starting position.
7. Repeat on the other side.

Chest Press

1. Start on your back with weight in each hand.
2. Elbows should be bent at a 90 degree angle with elbows at shoulder height (on the ground) and weight directly above the shoulders (in the air). Palms should be facing the feet.
3. Extend the arms up and over the chest where they meet in the middle.
4. Return to starting position.

Chest Flys

1. Start on your back with weight in each hand.
2. Start with arms above chest, palms facing each other, with a slight bend in the elbows.

3. Slowly open arms wide to the side (slightly below the shoulders), keeping elbows slightly bent, and return to starting position before arms touch the ground.

Bicep Curls

1. Start in neutral position with weight in each hand.
2. Start with elbows firmly against waist, arms straight down with palms facing forward.
3. Bending at the elbow (keeping elbow against waist), lift both hands towards the shoulders (palms now facing the shoulders), then lower slowly back to starting position.

Hammer Curls

1. Start in neutral position with weight in each hand.
2. Keep elbows firmly against waist with arms straight down with palms facing the thighs.
3. Bending at the elbow, lift both hands towards the shoulders (palms still towards each other), then lower slowly back to starting position.

Tricep Kickbacks

1. Start with left foot forward.
2. Place left hand on the left thigh, lean slightly forward.
3. Lift upper right arm back until elbow is bent and elevated, and even with the shoulder.
4. Extend the lower arm straight back (in line with the elbow) keeping the elbow at the same height.
5. Bend elbow again and return lower arm to starting position.
6. Repeat on the other side.

Overhead Tricep Extension

1. Start in neutral position holding one dumbbell raised over the head with both hands. Keep the elbows close to the head.
2. Lower the weight behind head to a 90 degree bend in the elbows then slowly lift to starting position.