



## H3 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.

- When performing exercises in a **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, & abdominals and buttocks contracted.
- When performing exercises with **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, abdominal and buttocks contracted.
- When performing exercises **ON YOUR BACK**:
  - Start with your knees bent, feet flat on the floor, and abdominals contracted.
    - You should strive to do 2 sets of 12 repetitions for each movement.
    - All movements should be slow and controlled, especially when lowering the weight.

### Dumbbell Squats

- **NEUTRAL POSITION**, weight in each hand.
- With head and chest up, slowly bend the knees, sit back on heels, allowing buttocks to push back and out.
- Do not bend knees past the toes; keep back tall.
- Using your leg muscles, push up through heels of feet, returning to starting position.

### Calf Raises

- **NEUTRAL POSITION**, weight in each hand down at your side.
- Slowly rise up on toes, lifting heels from floor.
- Return slowly to starting position.

### Dumbbell Lateral Raise

- **NEUTRAL POSITION**, weight in each hand.
- Place arms at sides, palms facing body.
- Slowly lift arms to shoulder height, with a slight bend in the elbow.
- Return slowly to starting position.

### Front Raises

- **NEUTRAL POSITION**, weight in each hand.
- Place hands in front of thighs, palms facing the body.
- Lift up both arms to shoulder height, with soft elbows (slightly bent).
- Return slowly to starting position.

### Single Arm Row





- **ONE FOOT FORWARD** (start with left foot forward).
- Rest left hand on left thigh, lean forward from hips with flat back.
- With the weight in your right hand, extend right arm down toward floor with palm toward body.
- Pull shoulder blades back (arm is still straight), squeezing shoulder blades together.
- Pull weight up toward chest by lifting elbow back.
- Slowly return to starting position.
- After 1 set, switch sides and repeat.

### Chest Press

- **ON YOUR BACK**, weight in each hand.
- Extend arms on the floor to the sides, even with shoulders, elbows bent to 90 degrees.
- Extend the arms up and over the chest, keeping your arms no higher than shoulder level palms forward. Return to starting position.

### Chest Flys

- **ON YOUR BACK**, weight in each hand.
- Start with arms above chest, palms facing each other, with a slight bend in the elbows (like your holding a barrel on top of your chest).
- Slowly open arms wide to the side, keeping elbows in the slightly bent position; keep arms off floor.

### Bicep Curls

- **NEUTRAL POSITION**, weight in each hand.
- Start with elbows firmly against waist, arms extended downward with palms up.
- Bending at the elbow, lift both hands toward the shoulders; slowly lower to sides.

### Hammer Curls

- **NEUTRAL POSITION**, weight in each hand.
- Hold elbows firmly against waist, arms extended downward with palms toward outer thighs.
- Bending at the elbow, lift both hands toward shoulders; slowly lower to sides.

### Tricep Kickbacks

- **ONE FOOT FORWARD** (start with left foot forward), weight in right hand.
- Place left hand on left thigh, lean slightly forward.
- Lift upper right arm back until elbow is bent and elevated, and even with shoulder.
- Extend lower arm straight back, contracting the tricep.
- Keeping a high elbow, lower forearm to starting position.
- After one set, repeat on other side.

### Overhead Tricep Extension

- **NEUTRAL**, with one dumbbell raised over the head (holding onto one end).
- Keep elbows close to your ears.
- Lower the weight behind your head and slowly lift to starting position.

