

IV. Medicine Ball Rotation or Back Arches

- Rotate a medicine ball or dumbbell by pivoting at the core from a stance.
- Back Arches are done by lying on your stomach and raising your legs and head simultaneously. A medicine ball can be placed behind your head for added resistance.

date																	
set 1 (reps)																	
set 2 (reps)																	
set 3 (reps)																	

V. Dumbbell Curl and Press

- Stand with the dumbbells at your sides and then curl them to your shoulders. Then raise them slowly over your head.
- Follow the same routine as the bench press.

date																	
set 1 (lbs/reps)																	
set 2 (lbs/reps)																	
set 3 (lbs/reps)																	
set 4 (lbs/reps)																	

Feel free to include lower body (leg) exercises but make sure you get a good balance. In other words, do not work quads and not calves. Make sure you work your abductors and adductors. This will help prevent ACL injuries.

*Refer to my Strength Training Guidelines for the following:

- General tips
- Descriptions of exercises
- Alternative exercise for muscle groups