Biceps Curl

**Muscle Focus:** Biceps

|  |  |
| --- | --- |
|  | * Stand tall with feet shoulder-width apart, invisible dumbbells at hips * Curl both invisible dumbbells up toward shoulders * Lower arms and repeat * **You do < 12 Reps =** *500 Body Building Points* * **You do > 12 Reps =** *1000 Body Building Points* |

Dumbbell Crunch

**Muscle Focus:** Rectus Abdominis

|  |  |
| --- | --- |
|  | * Lay on your back with your knees bent, holding the invisible dumbbell on your chest * Slowly curl your head and shoulders up, and then back down to starting position * **You do < 6 Reps =** *500 Body Building Points* * **You do > 6 Reps =** *1000 Body Building Points* |

Dumbbell Twisters

**Muscle Focus:** Internal Oblique**,** External Oblique

|  |  |
| --- | --- |
|  | * Sit on the floor with your knees bent, holding the invisible dumbbell on your chest * Rotate upper body all the way to the right and tap the invisible dumbbell on the floor * Rotate upper body all the way to the left and tap the invisible dumbbell on the floor * Count 1 rep every time you tap to the left * **You do < 6 Reps =** *500 Body Building Points* * **You do > 6 Reps =** *1000 Body Building Points* |

Dumbbell Lunges

**Muscle Focus:** Biceps Femoris (Hamstrings)**,** Quadriceps

|  |  |
| --- | --- |
|  | * Stand tall, invisible dumbbells straight down at your sides * Step with your right foot until your right thigh is parallel with the floor (left leg stays in place) * Push back up into starting position * Repeat with the left leg * Count 1 rep every time you complete a lunge left leg * **You do < 4 Reps =** *500 Body Building Points* * **You do > 4 Reps =** *1000 Body Building Points* |

Dumbbell Heel Lifts

**Muscle Focus:** Gastrocnemius

|  |  |
| --- | --- |
|  | * Stand on your right foot with your left foot raised behind you 6 inches off the ground * Push up onto your right toe and hold for 2 seconds at the top * Lower your heel back to starting position and repeat on the same side * Complete reps on the right side and then repeat on the left * **You do < 6 Reps =** *500 Body Building Points* * **You do > 6 Reps =** *1000 Body Building Points* |

Bend Ups

**Muscle Focus:** Lower Trapezius**,** Erector Spinae

|  |  |
| --- | --- |
|  | * Stand tall, feet shoulder-width apart and the invisible dumbbell against the middle of your chest * Slowly bend over, moving your chest toward the floor until your back is parallel to the floor * Slowly bend back up to starting position, keeping your back straight and long * **You do < 4 Reps =** *500 Body Building Points* * **You do > 4 Reps =** *1000 Body Building Points* |

Dumbbell Plank Rows

**Muscle Focus:** Pectoralis**,** Biceps**,** Deltoids

|  |  |
| --- | --- |
|  | * Start in plank position * Shift weight to one your left arm and then pull a invisible dumbbell up to your shoulder with your right arm * Return to plank position and repeat on the left side * Count 1 rep every time you complete a row with your left arm * **You do < 6 Reps =** *500 Body Building Points* * **You do > 6 Reps =** *1000 Body Building Points* |

Shoulder Raises

**Muscle Focus:** Deltoid

|  |  |
| --- | --- |
|  | * Stand tall with feet shoulder-width apart, invisible dumbbells at your sides * With arms straight, raise the invisible dumbbells up and out to the sides until they reach shoulder height * Slowly return to starting position * **You do < 6 Reps =** *500 Body Building Points* * **You do > 6 Reps =** *1000 Body Building Points* |

Dumbbell Row

**Muscle Focus:** Latissimus Dorsi, Trapezius, Rhomboids

|  |  |
| --- | --- |
|  | * Start in lunge position with the left foot forward and your back long and straight * Invisible dumbbell in your right hand, arm extended down toward the floor * Pull, bending your arm to bring the invisible dumbbell up to your shoulder * Slowly lower it to starting position, repeat with right arm * Complete reps on the right side and then repeat on the left side * **You do < 10 Reps =** *500 Body Building Points* * **You do > 10 Reps =** *1000 Body Building Points* |

Dumbbell Squats

**Muscle Focus:** Quadriceps, Gluteus Maximus

|  |  |
| --- | --- |
|  | * Stand tall with feet wider than shoulder-width, holding invisible dumbbell with 2 hands at the center of your chest * Squat down, keeping your knees above your toes, and then stand back to starting position * **You do < 6 Reps =** *500 Body Building Points* * **You do > 6 Reps =** *1000 Body Building Points* |

Dumbbell Triceps Push

**Muscle Focus:** Triceps

|  |  |
| --- | --- |
|  | * Feet shoulder-width apart, bend forward with back straight, parallel to the floor * Hold invisible dumbbell in your right hand with your elbow close to your body and arm bent at a right angle * Push back and extend your arm, lifting the invisible dumbbell until your arm is straight * Slowly return back to starting position * **You do < 6 Reps =** *500 Body Building Points* * **You do > 6 Reps =** *1000 Body Building Points* |

Standing Dumbbell Twisters

**Muscle Focus:** Internal Oblique, External Oblique

|  |  |
| --- | --- |
|  | * Stand tall with feet shoulder-width apart, invisible dumbbell out in front of you in 2 hands * Slowly twist your upper body and the invisible dumbbell all the way to the right, keeping your arms straight * Slowly twist your upper body and the invisible dumbbell all the way to the left, keeping your arms straight * Count reps every time you twist to the left * **You do < 6 Reps =** *500 Body Building Points* * **You do > 6 Reps =** *1000 Body Building Points* |