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*
 |