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

⇒ 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