

Contents

Introduction viii

PART I Developing Your Training Program

20 Steps to Creating a Personalized Program	2
Increasing Intensity	18
Preventing Injuries	21
Stretching	23
Cardio Training	25
Keeping a Workout Notebook	28

PART II Exercises

Round Your Glutes 30

Warm Up the Glutes	36
Glute Exercises	
■ Hip Extension	38
■ Bridge	49
■ One-Leg Butt Press	53
■ Lateral Hip Abduction	56
Stretch the Glutes	68
Gain Flexibility in the Hip Rotators	71

Tone Your Quadriceps 73

Warm Up the Quadriceps	76
Quadriceps Exercises	
■ Squat	78
■ Leg Press	96
■ Lunge	99
■ Leg Extension	106
Stretch the Quadriceps	108

Shape Your Hamstrings **109**

Warm Up the Hamstrings 112

Hamstring Exercises

■ Stiff-Leg Deadlift 114

■ Lying Leg Curl 120

■ Seated Leg Curl 126

■ Thigh Adduction 129

Stretch the Hamstrings 136

Trim Your Calves **140**

Warm Up the Calves 142

Calf Exercise

■ Standing Calf Raise 143

Stretch the Calves 150

Flatten Your Abs **153**

Warm Up the Abs 161

Abdominal Exercises

■ Crunch 162

■ Leg Raise 172

■ Side Crunch 178

■ Twist 182

■ Static Stability 186

■ Plank 187

Stretch the Abs 189

Curve Your Shoulders **190**

Warm Up the Shoulders 194

Shoulder Exercises

■ Lateral Raise 196

■ Upright Row 206

■ Bent-Over Lateral Raise 211

Stretch the Shoulders 216

<u>Develop a Pain-Free Upper Back</u>	218
Warm Up the Upper Back	220
Upper Back Exercises	
■ Row 223	
■ Pull-Down 228	
■ Pullover 231	
Stretch the Upper Back	235
<u>Protect Your Lower Back</u>	237
Warm Up the Lower Back	238
Lower Back Exercises	
■ Deadlift 239	
■ Hyperextension 245	
Stretch the Lower Back and Spine	249
<u>Enhance Your Chest</u>	251
Warm Up the Chest	254
Chest Exercises	
■ Press 256	
■ Fly 264	
■ Pullover 270	
Stretch the Chest	272
<u>Firm Up Your Arms</u>	274
Biceps	274
Warm Up the Biceps	275
Biceps Exercises	
■ Supinated Curl 279	
■ Hammer Curl 284	
■ Reverse Curl 286	
■ Curl With the Elbows Elevated 287	
■ Curl With the Elbows Behind the Body 288	
Triceps	289
Warm Up the Triceps	290
Triceps Exercises	
■ Cable Push-Down 292	
■ Triceps Extension 295	
■ Triceps Kickback 300	
Stretch the Arms	303

PART III Programs

<u>Beginner Programs</u>	306
One Session Per Week	
Minimal Equipment, Whole Body	306
Gym Equipment, Whole Body	307
Machines Only, Whole Body	308
Minimal Equipment, Lower Body	309
Gym Equipment, Lower Body	310
Minimal Equipment, Upper Body	311
Gym Equipment, Upper Body	312
Two Sessions Per Week	
Minimal Equipment, Whole Body	313
Gym Equipment, Whole Body	316
Minimal Equipment, Lower Body	319
Gym Equipment, Lower Body	321
Minimal Equipment, Upper Body	323
Gym Equipment, Upper Body	325
<u>Advanced Programs</u>	327
Three Sessions Per Week	
Lower-Body Emphasis	327
Upper-Body Emphasis	329
Whole-Body Emphasis	331
Lower Body Only	333
Upper Body Only	335
Four Sessions Per Week	
Lower-Body Emphasis	337
Upper-Body Emphasis	339
<u>Circuit Training</u>	341
Minimal Equipment, Whole Body	341
Gym Equipment, Whole Body	342
Minimal Equipment, Lower-Body Emphasis	343
Gym Equipment, Lower-Body Emphasis	344
Minimal Equipment, Upper-Body Emphasis	345
Gym Equipment, Upper-Body Emphasis	346
Specialized Home Circuits	347
References	349
About the Authors	351