

Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



Home Workout – STRENGTH/RESISTANCE TRAINING

WEIGHTS

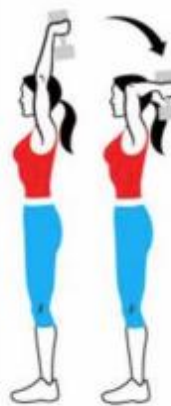
1) Bicep Curls



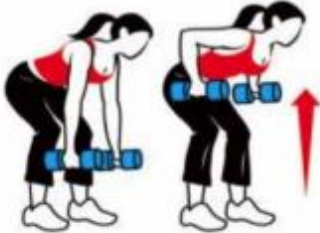
2) Chest Fly



3) Tricep Extension



4) Bent-Over Row



5) Lateral Raise



- ✓ Complete the exercise 8 times/repetitions. Rest 1 minute. Then do it again! Total – 2 sets
- ✓ Slowly increase to 10 repetitions and 3 sets.
- ✓ Start small! Use 1-2lb weights until you get more comfortable. You can even use water bottles as weights (500mL = 1 pound)!
- ✓ Minimum targets: 60 - 90 minutes per week, divided as any of either 20 - 30 minutes 3 times per week, 15 minutes 5 days a week or 10 minutes 7 days a week.

RESISTANCE BANDS

1) Bicep Curl



2) Pull Apart



3) Tricep Extension



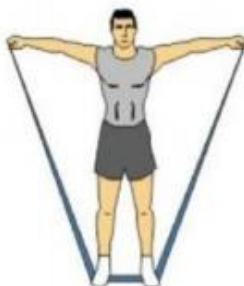
4) Bent-Over Row



5) Lateral Raise



6) Shoulder Press



7) Seated Abduction

