

# Home Workout for Women

## Good for:

- Improving overall health and stamina
- Developing your upper and lower body
- Helping to tone and shape your body
- Shoulder and neck development

## 1) Single-arm side-raise

### Technique:

- Stand upright whilst holding a 1 - 2 kg dumbbell at your one side.
- Stabilise your spine by pulling your navel inwards and upwards.
- Inhale whilst lifting dumbbell sideways and upwards to shoulder level.
- Hold for a count of one.
- Exhale and gradually lower dumbbell back to starting position.
- **Repeat exercise 10 times using one arm.**
- Alternate hands and repeat exercise on opposite side whilst allowing your arm some time to recover.
- Change back and repeat same exercise 12 times on each side in order to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Combine this workout with our *Core Strength Development* and *Core Flexibility Stretches*.
- Increase the number of your repetitions gradually as you gain strength over time

### Watch for:

- Keep your arm straight.
- Avoid swinging your dumbbell, (if you have to, your dumbbell may be too heavy).

### Avoid doing if:

This exercise aggravates or causes pain

### What you will need

- One 1 - 2 kg set of dumbbells
- One 3 - 4 kg set of dumbbells



# Home Workout for Women

## Good for:

- Back and arm development.

## 2) Bent-over side-raise

### Technique:

- Lean forwards and support your upper body on a table or chair with one hand.
- Hold one 1 - 2 kg dumbbell in your one hand.
- Stabilise your spine by pulling your navel inwards and upwards.
- Inhale whilst lifting dumbbell outwards and upwards to shoulder level.
- Hold for a count of one.
- Exhale and gradually lower dumbbell back to starting position.
- **Repeat exercise 10 times using same arm.**
- Alternate hands and repeat exercise on opposite side whilst allowing your arm some time to recover.
- Change back and repeat same exercise 12 times on each side to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Combine this workout with our *Core Strength Development* and *Core Flexibility Stretches*.
- Increase the number of your repetitions gradually as you gain strength over time

### Watch for:

- Keep your arm straight.
- Avoid swinging your dumbbell, (if you have to, your dumbbell may be too heavy).

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 1 - 2 kg set of dumbbells
- A chair



# Home Workout for Women

## Good for:

- Shoulder and back development.

## 3) Single-arm front-raise

### Technique:

- Stand upright whilst holding one 1 - 2 kg dumbbell in one hand.
- Stabilise your spine by pulling your navel inwards and upwards.
- Inhale whilst lifting dumbbell forwards and upwards.
- Hold for a count of one.
- Exhale and gradually lower dumbbell back to starting position.
- **Repeat exercise 10 times using same arm.**
- Alternate hands and repeat exercise on other side whilst allowing your arm some time to recover.
- Change back and repeat same exercise 12 times on each side to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time

### Watch for:

- Keep your arm straight.
- Avoid swinging your dumbbell, (if you have to, your dumbbell may be too heavy).

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 1 - 2 kg set of dumbbells



# Home Workout for Women

## Good for:

- Triceps and chest development.

## 4) Overhead extension

### Technique:

- Sit upright whilst holding one 3 - 4 kg dumbbell with both hands behind your head with bent elbows.
- Stabilise your spine by pulling your navel inwards and upwards.
- Inhale, straighten your arm whilst lifting the dumbbell upwards above you head.
- Hold for a count of one.
- Exhale and gradually lower dumbbell back to starting position.
- **Repeat exercise 10 times.**
- Give your body a short break to recover.
- Repeat same exercise 12 times to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time

### Watch for:

- Knocking yourself on the head.
- Avoid pushing your head to far forwards when you bring the dumbbell to the starting position

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 3 - 4 kg set of dumbbells
- A chair



# Home Workout for Women

## Good for:

- Chest and arm development.

## 5) Dumbbell floor-press

### Technique:

- Lie on mat holding two 3 - 4 kg dumbbells with bent arms at right angles in front of your body.
- Stabilise your spine by pulling your navel inwards and upwards.
- Inhale whilst pushing dumbbells upwards.
- Hold for a count of one.
- Exhale and gradually lower dumbbells back to starting position.
- **Repeat exercise 10 times.**
- Give your body a short break to recover.
- Repeat same exercise 12 times to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time

### Watch for:

- Arching your lower back as you push dumbbells upwards

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 3 - 4 kg set of dumbbells
- One padded exercise mat



# Home Workout for Women

## Good for:

- Upper arm and shoulder development.

## 6) Single-arm row

### Technique:

- Lean forward and support your upper body on a table or chair with one hand.
- Hold a 3 - 4 kg dumbbell in a relaxed position in your one hand.
- Inhale whilst raising elbow backwards and upwards.
- Hold for a count of one.
- Exhale and gradually lower dumbbell back to starting position.
- **Repeat exercise 10 times using same arm.**
- Alternate hands and repeat exercise on other side whilst allowing your arm some time to recover.
- Change back and repeat same exercise 12 times on each side to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time

### Watch for:

- Keep spine and neck straight.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 3 - 4 kg set of dumbbells
- A chair



# Home Workout for Women

## Good for:

- Upper arm development.

## 7) Single-arm curl

### Technique:

- Sit upright whilst holding a 3 - 4 kg dumbbell in each hand.
- Stabilise your spine by pulling your navel inwards and upwards.
- Inhale whilst lifting one dumbbell upwards towards your shoulder.
- Hold for a count of one.
- Exhale and gradually lower dumbbell back to starting position.
- **Repeat exercise 10 times using same arm.**
- Alternate hands and repeat exercise on other side whilst allowing your arm some time to recover.
- Change back and repeat same exercise 12 times on each side to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time.

### Watch for:

- Avoid leaning forwards or backwards.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 3 - 4 kg set of dumbbells
- A chair





# Home Workout for Women

## Good for:

- Upper leg and buttock development.

## 8) Dumbbell half-lunge

### Technique:

- Stand upright with feet together whilst holding a 3 - 4 kg dumbbell in each hand.
- Stabilise your spine by pulling your navel inwards and upwards.
- Inhale whilst taking a half-step forwards and lowering your hips.
- Hold for a count of one.
- Exhale and gradually return to starting position.
- Change legs and repeat with opposite leg.
- **Repeat exercise 10 times on each leg to complete one set.**
- Give your body a short break to recover.
- Repeat same exercise 12 times to complete second set

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time

### Watch for:

- Keep your back straight.
- Keep your knee directly over your big toe.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 3 - 4 kg set of dumbbells





# Home Workout for Women

## Good for:

- Upper leg and buttock development.

## 9) Dumbbell half-squats

### Technique:

- Stand upright with your feet hip-width apart whilst holding a 3 - 4 kg dumbbell in each hand.
- Stabilise your spine by pulling your navel inwards and upwards.
- Inhale whilst bending knees to 45° whilst lowering your hips.
- Hold for a count of one.
- Exhale and gradually return back to starting position.
- **Repeat exercise 10 times.**
- Proceed to the next exercise (number 10) in order to allow your upper leg muscles some time to recover.
- Once one set of the next exercise has been completed, return and repeat same exercise 12 times to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time.

### Watch for:

- Keep your back upright.
- Do not bend your knee beyond your toe.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 3 - 4 kg set of dumbbells



# Home Workout for Women

## Good for:

- Lower leg and calf muscle development

## 10) Dumbbell calf-raises

### Technique:

- Stand upright with your feet hip-width apart whilst holding a 3 - 4 kg dumbbell in each hand.
- Stabilise your spine by pulling your navel inwards and upwards.
- Raise your upper body and stand on the balls of your feet.
- Hold for a count of one.
- Exhale and gradually lower dumbbell back to starting position.
- **Repeat exercise 20 times to complete one set.**
- Return back to the previous exercise (number 9) in order to allow your calf muscles some time to recover.
- Once this has been done, repeat this exercise 22 times to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time.

### Watch for:

- Keep your body straight.
- Do this exercise on the floor rather than mat to assist with balance.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 3 - 4 kg set of dumbbells



# Home Workout for Women

## Good for:

- Spinal flexibility and strength.

## 11) Dumbbell side-bend

### Technique:

- Stand upright with your feet apart whilst holding one 3 - 4 kg dumbbell next to your hip.
- Stabilise your spine by pulling your navel inwards and upwards.
- Inhale whilst bending sideways and downwards sliding the dumbbell down your leg.
- Hold for a count of one.
- Exhale and gradually lower dumbbell back to starting position.
- **Repeat exercise 10 times.**
- Alternate hands and repeat exercise on other side whilst allowing your back some time to recover.
- Change back and repeat same exercise 12 times on each side to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time.

### Watch for:

- Avoid leaning over too far.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One 3 - 4 kg set of dumbbells



# Home Workout for Women

## Good for:

- Upper abdominal muscle development

## 12) Half crunches

### Technique:

- Lie on mat and place your hands behind your head.
- Stabilise your spine by pulling your navel inwards and upwards.
- Exhale and pull your head slightly forwards by contracting your upper abdominal muscles.
- Hold for a count of one.
- Exhale and gradually return to starting position.
- **Repeat exercise 10 times to complete one set.**
- Proceed to the next exercise (number 13) in order to allow your upper abdominal muscles some time to recover.
- Return back to this exercise and repeat 12 times to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time.

### Watch for:

- Avoid pulling on your head or neck and rely on your abdominal muscles to do the work.
- You may hold a tennis ball under your chin as an additional precaution to avoid strain on the neck.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One padded exercise mat



# Home Workout for Women

## Good for:

- Lower abdominal muscle development

## 13) Reverse crunch

### Technique:

- Lie on mat with your knees bent upwards and the palms of your hand placed on mat.
- Stabilise your spine by pulling your navel inwards and upwards.
- Exhale and pull your knees towards your chest by contracting your lower abdominal muscles and hips.
- Hold for a count of one.
- Exhale and gradually return to starting position.
- **Repeat exercise 10 times to complete one set.**
- Return back to the previous exercise (number 12) in order to allow your lower abdominal muscles some time to recover.
- Once this has been done, repeat this exercise 12 times to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time.

### Watch for:

- Ensure that your back remains flat on the mat during exercise.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One padded exercise mat



# Home Workout for Women

## Good for:

- upper leg and buttock development

## 14) Hip raise

### Technique:

- Lie on mat with your knees bent upwards and the palms of your hand placed on mat.
- Stabilise your spine by pulling your navel inwards and upwards.
- Exhale and push your hips upwards to straighten your body.
- Hold for a count of one.
- Exhale and gradually return to starting position.
- **Repeat exercise 10 times to complete one set.**
- Proceed to the next exercise (number 15) in order to allow your back muscles some time to recover.
- Return back to this exercise and repeat 12 times to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time.

### Watch for:

- Keep pelvis horizontal at all times.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One padded exercise mat



# Home Workout for Women

## Good for:

- core muscle development

## 15) Sling

### Technique:

- Lie on mat with your knees bent upwards and your feet flat on the mat.
- Raise one knee and apply slight pressure to your knee with the opposite hand.
- Exhale and create resistance by pushing your hand downwards against your knee whilst pushing upwards with your leg.
- Hold for a count of one.
- Exhale and gradually return to starting position.
- **Repeat exercise 10 times whilst alternating between sides to complete one set.**
- Return back to the previous exercise (number 14) in order to allow your abdominal muscles some time to recover.
- Once this has been done, repeat this exercise 12 times to complete second set.

### For best results:

- Repeat this workout 3 - 5 times a week.
- Increase the number of your repetitions gradually as you gain strength over time.

### Watch for:

- Keep your head on the mat and avoid bending your neck.

### Avoid doing if:

This exercise aggravates or causes pain.

### What you will need

- One padded exercise mat

