FIGHT BONE LOSS & WEIGHT GAIN

CHEST FLYS: 8-10 reps

START ARMS TOGETHER

OPEN ARMS

CLOSE STRAIGHT ARMS

OR CLOSE BENT ARMS*

REVERSE FLYS: 8-10 reps

START/ FINISH

LIFT/ LOWER STRAIGHT ARMS

SQUEEZE SHOULDER BALDES

OR BEND ARMS IN/OUT*

CUBAN ROTATION: 8-10 each side

START

ROTATE

RETURN

OR HAND RESISTANCE*

OR RESISTANCE BAND*

SIT TO STAND: 8-10 reps

START

STAND

SIT WITH CONTROL

SINGLE LEG START*

SINGLE LEG STAND*

TRAINMOVEPLAY
TrainMovePlay@gmail.com TrainMovePlay.com (859) 333-9402

STANDING SIDE BEND: 8-10 each side

START/
FINISH

SIDE BEND
TORSO

ELEVATED
LEG*

RAISED
ARM*

SKULL CRUSHER: 8-10 reps

START/
FINISH

BEND
ARMS

RETURN TO
STRAIGHT
ARMS

RETURN W/
BENT
ARMS*

PULL OVER: 8-10 reps

START/
FINISH

REACH
OVERHEAD

START/
FINISH*

STICK
INSTEAD OF
WEIGHT*

DONKEY KICK: 8-10 each side

FIND
BALANCE

SQUEEZE WEIGHT
BEHIND KNEE

START/
FINISH

LIFT

For explanations, read the full article, "Fight Bones Loss and Weight Gain with this Dumbbell Workout," or watch the video demonstration at https://www.youtube.com/@TrainMovePlayPT

TRAINMOVEPLAY
TrainMovePlay@gmail.com TrainMovePlay.com (859) 333-9402