



Strength Training 3

Note: In Level III strength exercise, lightweight resistance equipment, such as the dumbbell, is introduced to overload the muscles. While equipment of this kind is low in cost and desirable, a number of substitutes can be used. These include a bucket of soil, a heavy household item such as an iron, a can of food, a stone, or a brick.

1) Seated Alternate Dumbbell Curls: to strengthen biceps of upper arms. Sit comfortably on a flat bench with arms at side. Hold a pair of dumbbells with an underhand grip, so that palms face up. Bending left elbow, raise dumbbell until left arm is fully flexed. Lower left dumbbell while raising right dumbbell from the elbow until right arm is fully flexed. Breathe normally. Suggested repetitions: 2 sets of 8 – 10 each arm.

2) Dumbbell Fly: to strengthen chest muscles and improve lateral range of motion in shoulder girdle. Lie on your back on a flat bench or the floor. Grasp dumbbells in each hand over chest. Inhale and lower dumbbell to side with elbow slightly bent. Raise dumbbell in an arc to the starting position, exhaling in the process. Suggested repetitions: 8 – 12.

3) Alternate Dumbbell Shrug: to strengthen muscles in shoulders, upper back and neck. Stand comfortably with dumbbells in each hand. Elevate shoulders as high as possible, rolling them first backward and then down to the starting position. Exhale as you lower the shoulders. Suggested repetitions: 10 forward, 5 backward.

4) One Arm Dumbbell Extension: to strengthen triceps (back of arm) and improve range of motion. Bring weight up to shoulder and lift overhead. Slowly lower it behind the back as far as is comfortable. Extend arm to original position. Inhale on the way down, exhale on the way up. Suggested repetitions: 8 – 12 on each arm.

5) Dumbbell Calf Raise: to strengthen calf muscle and improve range of motion of ankle joint. Stand with feet shoulder-width apart, weights in each hand, toes on a 2 by 4 inch block (preferred but not necessary). Raise up on toes lifting heels as high as possible. Slowly lower heels to starting position. Breathe normally. Suggested repetitions: 5 with heels straight back, 5 with heels turned out, 5 with heels turned in.

6) Dumbbell Half Squats: to strengthen thigh muscles in front. Stand with feet shoulder-width apart and heels on a 2 by 4 inch block (not necessary, but preferred). Holding weights in each hand, slowly descend to a comfortable position where the tops of the thighs are about at a 45-degree angle to the floor. There is no benefit to a deeper squat. Inhale on the way down. Stand up slowly, keeping knees slightly bent. Exhale on the way up. Suggested repetitions: 10 -12.

7) Modified Sit-up: to improve abdominal strength. Lie on back, feet on the floor, with finger tips behind your ears. Look straight up at ceiling and lift head and shoulders off floor. Suggested repetitions: 12-15.