<table>
<thead>
<tr>
<th>Muscle Group</th>
<th>Exercise</th>
<th>Settings &amp; Notes</th>
<th>Set(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest</td>
<td>Single Arm Chest Press</td>
<td>Middle, one short</td>
<td>lbs/rep</td>
</tr>
<tr>
<td>Back</td>
<td>Two Arm Mid-Back Row</td>
<td>Middle, Two Long</td>
<td>lbs/rep</td>
</tr>
<tr>
<td></td>
<td>Two Arm Straight Lat Pulldown</td>
<td>Top, Two Long</td>
<td>lbs/rep</td>
</tr>
<tr>
<td>Core</td>
<td>Low to High Chop</td>
<td>Low, one short</td>
<td>lbs/rep</td>
</tr>
<tr>
<td>Shoulders</td>
<td>Single Arm Overhead Press</td>
<td>low, one short</td>
<td>lbs/rep</td>
</tr>
<tr>
<td>Legs &amp; Glutes</td>
<td>Prisoner Squat</td>
<td></td>
<td>lbs/rep</td>
</tr>
<tr>
<td></td>
<td>Stationary Lunge</td>
<td></td>
<td>lbs/rep</td>
</tr>
<tr>
<td></td>
<td>Bridge</td>
<td></td>
<td>lbs/rep</td>
</tr>
<tr>
<td>Core</td>
<td>Front Low Plank</td>
<td></td>
<td>lbs/rep</td>
</tr>
</tbody>
</table>
Benefits of Strength Training

- **Boost Your Stamina** – As you grow stronger, you will not fatigue as quickly.
- **Develop Strong Bones** – Strength training increases bone density and decreases risk of osteoporosis.
- **Reduce Risk of Injury** – Muscle helps protect your joints from injury and maintain flexibility and balance.
- **Control Body Fat** – As muscle mass increases, your body burns calories more efficiently.
- **Improve Your Sense of Well-Being** – Strength training can boost your confidence.
- **Better Sleep** – People who strength train regularly are less likely to struggle with insomnia.

Getting Started

- Start slowly with a warm up of **light activity for 5-10 minutes**; you should feel your heart rate elevate & body temperature rise.
- Some muscle soreness is normal; however, if sharp pain or swelling in the joints occurs, it may be a sign that you’ve overdone it.
- If you need assistance, or if something does not feel right while performing the exercise, please consult with DAHLIC staff before continuing.

Technique

- **Pay attention to correct form** – make sure your alignment is good, as incorrect form can put you at risk for injury.
- **Take your time** – Use slow, controlled motion during each repetition; avoid using momentum.
- **Remember to breathe** – Inhale when it is easy, exhale when it is hard (when exerting the most force).
- **Use your entire range of motion without locking your joints**
- **Strengthen muscles with balance** – Work opposing muscle groups equally (i.e. chest & back)
- **Your body slowly adapts** – If you are consistent with your program, you will need to make changes every 6-12 weeks to continue to progress.

Sets, Repetitions, Resistance and Frequency

- Perform one set of each exercise at first and slowly build up to **2-4 sets**.
- **8-20 repetitions** per set are recommended to improve muscular strength and endurance.
- Pick a resistance heavy enough to **tire or fatigue** your muscles; by the final repetition, you should feel like you can barely finish.
- Strength training should be done **2-3 days per week on non-consecutive days** (for full body programs).

Proper Etiquette

- Wipe down equipment seats and handles with a pre-moistened wipe prior to moving on to the next exercise.
- Share equipment with others rather than resting on equipment between sets.