



Start Living  
Right

# Home Workout

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# ABOUT THE AUTHOR



## ABOUT THE AUTHOR

**Maya Nassar** is a sports nutritionist, certified personal trainer and fitness enthusiast.

**Maya Nassar** is officially endorsed by the Lebanese Ministry of Youth and Sports as an athlete. She is also a bikini competitor and participates in international fitness modeling championships. In May 2014, she competed in the Pure Elite UK Championships and won first place.

**Maya Nassar** has extensive experience with fat loss and has completely transformed her own body by creating her own meal plans and workout programs. She has pushed to her limits both mentally and physically to get into the best shape of her life.

**Maya Nassar** has networked and trained with some of the most accomplished professionals in the fitness industry. She promotes natural, safe and permanent fat loss through hard work and healthy eating.

In addition to that, **Maya Nassar** is passionate writer and a published author covering topics in health, nutrition and exercise. She created Start Living Right to offer free advice and support to help others achieve their fitness goals.

**Maya Nassar** is half Dutch and half Lebanese and currently lives in Beirut. She is also an animal activist and is a board member of the NGO Animals Lebanon.





# INTRODUCTION

## CARDIO & BENEFITS

Are you dying to get into shape but do not have access to a gym? Are you someone who travels frequently? Then this home guide is for you!

The information found inside will educate you on how to train each muscle group using minimal and affordable equipment. In addition to that, you will learn how to do high intensity cardio using nothing but your own bodyweight. The exercises in this guide can be performed in any home or hotel room no matter where you are in the world. You will find photos and step by step instructions showing you exactly how to do each exercise. There is also additional information to educate you about the benefits of training with weights and the importance of a healthy diet.

If you need any help with meal plans, feeling motivated or tracking your progress, make sure you checkout the other PDF guide

titled “The Guide to Start Living Right” also found in the download library.

Not having access to a gym is not a justification for being inactive. The advantage of training at home is that you can do these exercises at any time that suits you, whether it is very early in the morning or even late at night. Parents will find this incredibly beneficial as they can exercise at home while their kids are playing in the next room. It is never too late for you to get started. The only thing holding you back from building the body of your dreams is YOU. With hard work, dedication and consistency you can perform miracles.

Make sure you consult with your physician before getting started on any weight loss program. Download & print this guide in order to get started!

If you need any advice or have any further questions, contact Maya Nassar directly by emailing [info@startlivingright.net](mailto:info@startlivingright.net).

# BENEFITS OF TRAINING WITH WEIGHTS



## BENEFITS OF TRAINING WITH WEIGHTS

There are unparalleled benefits to lifting weights, both psychological and physiological. Strength training is good for everyone, regardless of age, gender, current weight or fitness background and it can improve your life in many ways.

### **It transforms your shape naturally**

Training with weights is the only way to transform your body shape naturally. Increasing your muscle mass will make you tighter, fitter and more toned, adding more shape and definition to your body. It can be done for free, requiring lots of hard work and absolutely no drugs, pills, potions or surgery will be necessary.

### **It boosts your metabolism**

As explained in more detail here, lifting weights will boost your metabolism by building increased muscle, which is a metabolically active tissue. In other words, the more muscle you have, the more calories you burn at rest and the more food you can eat to maintain your weight. Weight lifting also has an after-burn effect, known as post-exercise oxygen consumption

(EPOC), which means that your body continues to burn calories after a weight training session as part of the process of muscle recovery. Researchers in the Boston University School of Medicine have concluded that weight training can actually reverse the risk of obesity and weight gain.

### **It enhances your endurance**

Another benefit of weight lifting is that it builds thicker muscle fibers in the body, which in turn increases your endurance performance. Muscle fibers contract to help generate movement in the body. Although frowned upon in the past, today many world class athletes and endurance sportspeople train with weights to boost their performance.

### **It prevents diabetes and heart disease**

When we train with weights, we deplete glycogen (stored carbohydrates) from the muscles to fuel our workouts. Our muscles then restore their glycogen levels by extracting glucose from the bloodstream,





## BENEFITS OF TRAINING WITH WEIGHTS

keeping blood sugar levels under control. This helps regulate sugar levels, warding off the risk of diabetes. Weight training also reduces visceral fat levels (fat stored around organs in the abdominal area), which reduces the risk of heart disease.

### It fights aging

Lifting weights is also a means to maintain a youthful appearance and healthy mind. As well as keeping you in shape, it also decreases the loss of muscle mass and promotes a highly functioning mind. It keeps your skin and muscles tight and toned, and on top of all that it reverses the effects of metabolic aging.

### It relieves stress and boosts your confidence

Lifting weights is also a great stress reliever, greatly contributing to overall happiness. It increases your confidence when you look better and feel better. You can also clearly see progress when you train with weights, as you eventually get stronger and will be able to complete exercises you were never able to do before. This creates a feeling of

achievement and success which will only add positivity to your life.

### It protects joints and prevents injury

Although many people perceive weight training as something that can contribute to injury if not performed correctly, it can have the opposite effect when done properly. Strength training increases muscle strength, which protects your joints from pressure placed directly on them. If you're already suffering from pain in a specific joint, strengthening the muscles around the problem area can alleviate the pain and prevent further injury.

### Incorporating weight training into your routine

As demonstrated, training with weights triggers multiple benefits, which will enhance your lifestyle regardless of whether you're a beginner or someone who has been working out for years. If you aren't already training with weights, strive to commit for a couple of months and you'll be astonished by the transformation you'll see in your body.



# CARDIO AND ITS BENEFITS

Cardiovascular activity offers many physical and mental health benefits. Even though it may seem incredibly boring and repetitive, being active can be the greatest gift you can ever give to your body. Here are some top reasons why you should never ditch cardio.

## It fights diseases and illnesses

Cardio strengthens your heart, boosts your immune system and helps to prevent diseases such as heart disease, diabetes, obesity, cancer and more. You might notice that you hardly ever get sick if you exercise regularly.

## It helps you burn fat and prevents weight gain

Doing cardio on a regular basis encourages fat loss and helps you maintain your weight. You'll notice that fat literally melts off if you combine regular cardio sessions with weight training. Similarly, being more active will enable you to eat more with low chances of gaining weight.

## It makes you feel good

When you finish a sweaty cardio session, your mood will be elevated and will feel pretty good about yourself. Research has shown that cardiovascular exercise is a more effective treatment for depression than antidepressants.



### Cardio improves your concentration, mental health and productivity

Regular cardio sessions prevent mental illnesses such as Alzheimer's disease and keeps your mind young. In addition to that, it boosts your concentration and productivity levels at work, enabling you to get more done.

### It eliminates the bad cholesterol in your arteries

The "good" cholesterol, high density lipoprotein (HDL), will automatically be boosted through cardio exercise and will reduce the amounts of "bad" cholesterol, low density lipoprotein (LDL), in your arteries.

### It helps to build muscle

Cardio increases your blood circulation and helps to transport nutrients to your muscles much faster. A high endurance also decreases your rest time between sets and makes you stronger.

### It fights off aging

Exercise is the real fountain of youth. Cardio will boost your metabolism and slow down

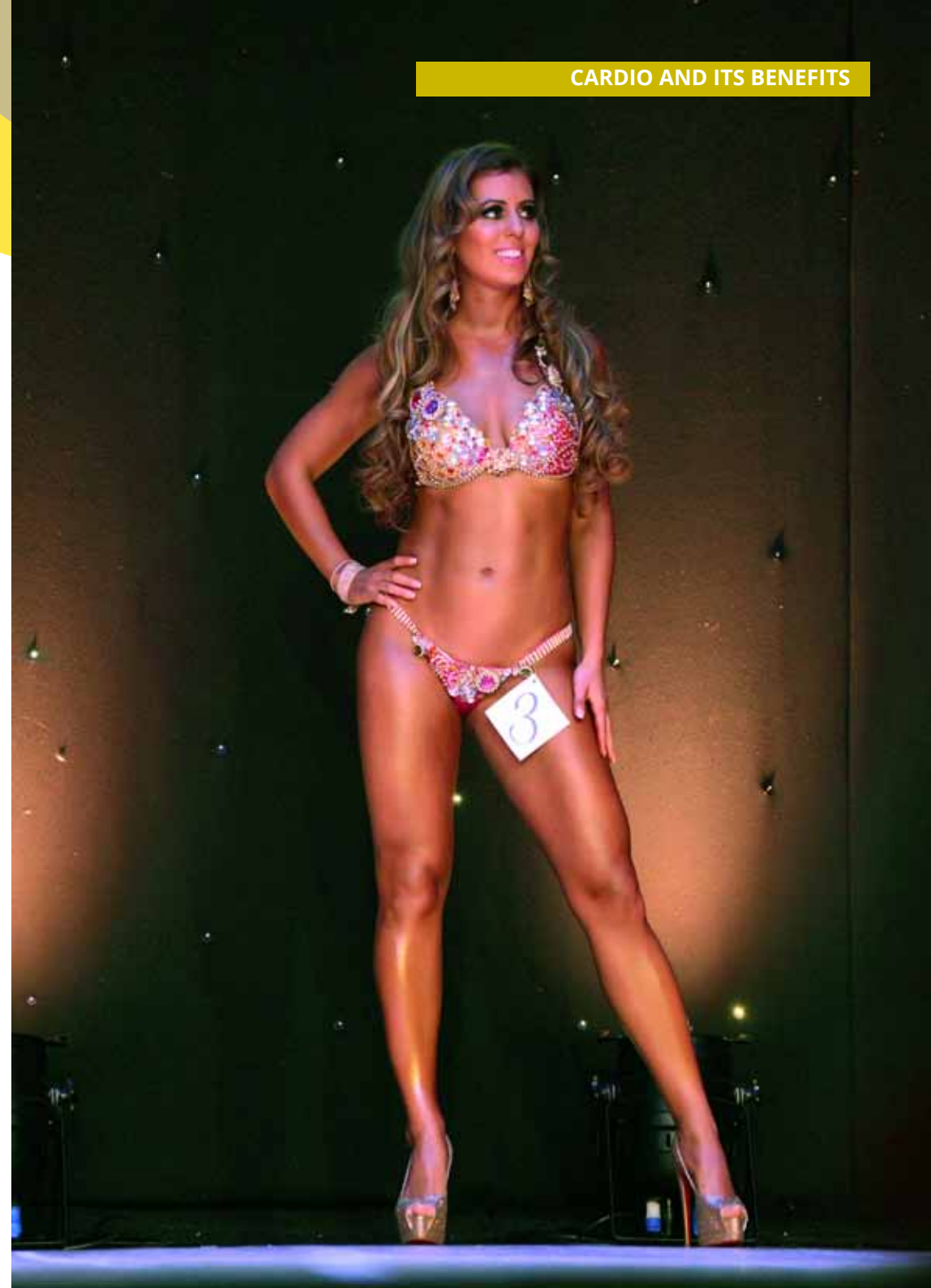
aging as we get older. You will also notice much healthier and younger looking skin through exercise.

### Cardio boosts your life expectancy

With all the physical and mental health benefits, regular cardio sessions will extend your life and help you live longer. The added bonus is that you will be in your best condition as you age with low risk of mental or physiological diseases.

### Everyone should do cardio

It doesn't matter how old you are or how out of shape you may be. Cardio is something that should be practiced by everyone, whether it is high intensity sprint intervals or slow paced walking. If you are a beginner, start off slow and gradually increase your physical activity daily. There is nothing more rewarding than watching your endurance improve on a weekly basis.







# NUTRITION AND WHAT TO EAT DAILY

## NUTRITION AND WHAT TO EAT DAILY

No amount of training will ever make up for a poor diet! Your nutrition is equal to at least 80% of your results. A lean body always starts off with a healthy and well-balanced diet.

### **Eat to nourish your body**

You should eat primarily to fortify your body with nutrients and to fuel your body with energy. Nutritious food helps you feel good, look good and stay healthy. It prevents diseases, illnesses and boosts energy levels. Junk food on the other hand serves no purpose other than taste. It depletes your body of nutrients and contributes to weight gain and health problems. It does not provide your body with energy in any way but makes you feel sluggish, lethargic and lazy.

### **Your body is not addicted to sugar or junk food**

Many people claim that they are unable to take on a lifestyle of healthy eating because their body craves sugar and junk food. This statement is false. Your body simply craves junk food because it is conditioned

to eating that way. The more junk food you eat, the more you want it. The less junk food you eat, the less you want it. It only takes three weeks to undo the addictive cycle of sugar and junk food. As long as you focus on eating healthy for 21 days and restrict junk food to no more than once a week, you will discover that you no longer need, want or crave unhealthy food. Indulging once a week will be more than enough to satisfy your sweet tooth. This will take discipline and hard work, but then you will break out of the cycle once and for all.

### **Low calorie diets do not work**

Low calorie or starvation diets (anything under 1400 calories) will NEVER give you the results or the body you are looking for. These diets deprive your body of healthy nutrients and trigger the starvation response when your body detects that there isn't enough food coming in. Lean muscle mass is a metabolically active tissue that burns a high number of calories (even when your body is at rest).

If you consume a low-calorie



diet, your body will burn off lean muscle mass (instead of fat) to fuel your activity and slow down your metabolism. Your body will then switch to fat storing mode and store any food intake as fat. This is a survival technique that is used when your body believes that you are passing through a famine.

What does this result in? Weight gain! Once you return to normal eating habits, your metabolism would have slowed down and your body will instantly store your food intake as fat. This vicious cycle is known as yo-yo dieting. This can be avoided by eating a well-balanced intake of calories and exercising to boost your metabolism.

### **Your diet should include all the major macronutrients**

A well-balanced diet will consist of protein, healthy fats, and wholegrain carbohydrates. If you want to build a lean physique, you should NOT cut any macronutrients out of your diet.

- **Healthy fats** help the body store energy and act as messengers for protein enzymes and hormones. These fats also build

healthy cells, help the body absorb vitamins, make your skin glow and boost your immune system and metabolism.

- **Protein** creates hormones and enzymes necessary for biological functions. It is the most abundant source in the body, responsible for repairing and maintaining cells and tissue. Protein also prevents illnesses and helps to fight diseases.

- **Carbohydrates** are the body's quick-releasing energy source, necessary for high intensity exercise. Carbs also help our body, brain, heart and immune systems function optimally. Eating the right type of carbs will help you eat less, burn more fat, reduce stress levels and boost your energy. They also control your blood sugar levels and prevent diabetes.

### **What to eat daily**

Here are some of the foods you **SHOULD** be eating on a daily basis.

#### **Healthy fats:**

Fish oil, olive oil, olives, avocados, nuts and seeds and coconuts

#### **Protein:**

Lean cuts of steak and ham, seafood and fish, turkey, chicken breast, egg whites, nonfat dairy products and Whey or Casein protein powder.

#### **Carbohydrates:**

All types of fruits and vegetables, brown bread, brown rice, brown pasta, quinoa, lentils, couscous, oatmeal, potatoes and sweet potatoes.

#### **Drinks:**

Water, tea or coffee (with low-calorie sweeteners or skimmed milk)

### **Foods to enjoy in moderation (once a week):**

White bread, white rice and white pasta, pastries, creamy sauces, full-fat dairy products, fried foods, chocolate, sweets, desserts, pizza, biscuits and ice cream

### **Drinks to enjoy in moderation (once a week):**

Alcohol, juice, sweetened beverages



# GUIDE TO HOME EQUIPMENT AND WHAT TO BUY



## GUIDE TO HOME EQUIPMENT AND WHAT TO BUY

Here is a quick brief on what equipment you should buy in order to perform the exercises shown in this guide. These items can be found in any local fitness store.

If you cannot afford buying weights, simply substitute by using one liter water bottles.

**1.** Exercise mat

**2.** Exercise ball

**3.** Kettlebells. You may purchase several different weights, from light to heavy. This will enable you

to keep challenging yourself as you progress with your training.

**4.** Dumbbells. You may purchase several different weights, from light to heavy. This will enable you to keep challenging yourself as you progress with your training.

**5.** Medicine Ball. Choose desired weight depending on your fitness level.

**6.** Elastic training band

**7.** A chair or bench

**8.** A happy and positive attitude!





# DESIGNING YOUR HOME WORKOUT PLAN

## DESIGNING YOUR HOME WORKOUT PLAN

You will find different exercises for all the muscle groups in your body at the end of this guide. Follow the instructions below according to your fitness background. It is important to do a combination of both strength training and cardio exercise in order to see results. **You will not see noticeable results unless you follow a clean diet with a restricted junk food and alcohol intake.** Repeat each exercise program for no less than 4 weeks in order to see major changes. Dramatic body transformations take no less than two to three months.

### Beginners:

#### Cardio:

**Following the instructions for the cardio exercises, do no less than five different exercises approximately 3 – 4 times a week. Repeat each individual exercise for 45 seconds.** If you feel fit enough, you can do this up to five or six weeks a week. Do each exercise for 45 seconds with short rests in-between (no more

*The above exercises are just an example, choose any five cardio exercises of your choosing.*

than 45 seconds). Repeat four times. Change each cardio exercise according to your preference to keep yourself motivated and challenged.

Here is an example:

<b>1. Squat jumps</b>	<b>(45 sec)</b>
<i>Short rest</i>	
<b>2. Butt kicks</b>	<b>(45 sec)</b>
<i>Short rest</i>	
<b>3. High knees</b>	<b>(45 sec)</b>
<i>Short rest</i>	
<b>4. Jumping jacks</b>	<b>(45 sec)</b>
<i>Short rest</i>	
<b>5. Spot sprinting</b>	<b>(45 sec)</b>

**Repeat circuit 4 times. Do this three to four times a week.**



## Strength training:

**Do one exercise for each muscle group, two exercises for your legs and three exercises for your abs three times a week. Rest no more than 30 seconds in-between each exercise. Complete for a total of 3 sets and 15 repetitions. Increase the weights as you get fitter. You may select the any exercise of your choosing and change as you move along to keep yourself motivated and challenged.**

Here is an example:

### Legs

1. Squats

2. Step ups

### Back

1. Superman

### Shoulders

1. Shoulder press

## Chest

1. Chest flies

## Biceps

1. Bicep Curls

## Triceps

1. Triceps extension

## Abs

1. Russian twist

2. Ball exchange

3. Planks (hold for 30 seconds)

*Repeat for 3 sets of 15 repetitions. Do these exercises three times a week. The above exercises are just an example. Feel free to substitute exercises for muscle groups with ones of your choosing.*

## Advanced fitness levels

### Cardio:

**Following the instructions for the cardio exercises, do no less than seven different exercises approximately 4 – 5 times a week. Repeat each individual exercise for 1 minute. If you feel fit enough, you can do this more**

## DESIGNING YOUR HOME WORKOUT PLAN

often (up to six times). Do each exercise for 1 minute with short rests in-between (no more than 20 seconds). Repeat six times. Change each cardio exercise according to your preference to keep yourself motivated and challenged.

Here is an example:

1. Squat jumps (1 MIN)

Short rest

2. Butt kicks (1 MIN)

Short rest

3. High knees (1 MIN)

Short rest

4. Jumping jacks (1 MIN)

Short rest

5. Spot sprinting (1 MIN)

Short rest

6. Jumping lunges (1 MIN)

Short rest

7. Burpees (repeat 10 times)

*Repeat circuit 6 times. Do this four to five times a week. The above exercises are just an example, choose any six cardio exercises of your choosing.*

## Strength training:

**Do two exercises from each muscle group, four exercises for your legs and four exercises for your abs four times a week. Rest no more than 30 seconds in-between each exercise. Complete for a total of 3 sets and 15 repetitions. Increase the weights as you get fitter. You may select the any exercise of your choosing and change as you move along to keep yourself motivated and challenged.**

Here is any example:

### Legs

1. Squats

2. Step ups

3. Deadlifts

4. Bridges

**Back**

1. Reverse flyes
2. Single arm row

**Shoulders**

1. Arnold Press
2. Side raises

**Chest**

1. Pushups (do 10)
2. Pullover

**Biceps**

1. Hammer Curl
2. Elastic Biceps Curl

**Triceps**

1. Triceps kickback
2. Triceps overhead press

**Abs**

1. Russian twist
2. Ball exchange
3. Planks (hold for 30 secs)
4. Ball exchange

*Repeat all of the above for 3 sets with 15 repetitions four times a week. The above exercises are just an example. Feel free to substitute exercises for muscle groups with ones of your choosing.*







# EXERCISE INSTRUCTIONS WITH PHOTOS

## EXERCISE INSTRUCTIONS WITH PHOTOS

Here you will find photos with step by step instructions for different exercises.

You will find two sections with exercises for all the muscle groups in your body along with cardio.

### Cardio

#### 1. Butt Kicks

Stand in an upright position.

Kick your butt with the back of your heels as fast as you can.

Make sure your heels touch your buttocks each time.

#### 2. Jumping Jacks

Stand in an upright position

keeping your legs together and

let your arms hang down by your sides. Jump and spread your legs apart while positioning both arms into 45 degree angles above your shoulders. Return to the starting position and repeat.

#### 3. High Knees:

Stand in an upright position. Run on the spot and lift your knees as high as possible each time. Lift your knees above your hips as if you were trying to touch your chest.

#### 4. Burpees:

Start doing this exercise by getting into a pushup position. Jump forward and bring your knees to your chest. Quickly stand up and jump as high as you can. Repeat by jumping back down into a pushup position. Make this exercise harder by doing a pushup before bringing your knees to your chest.

#### 5. Spot Sprinting:

Stand in the same spot and sprint as fast as you possibly can. If you get tired, simply slow down for a few seconds before sprinting again.

#### 6. Jumping Lunges:

Drop down into a lunge before jumping and switching to the other leg. Repeat while switching legs as fast as you can.

#### 7. Chair Hops:

Hold the back of a chair and leap from the left to the right side as fast as you can. Try to keep a wide distance between each jump.

#### 8. Squat Jumps:

Get into a squat position. Hold for

one second and jump as high as you can. Repeat by getting back into the squat position. Move as quick as you can and try not to stop and pause before jumping.

**9. Mountain Climbers:**  
Get into a pushup position. Bring your left knee to your chest before alternating with the right leg. Move as quickly as possible.



EXERCISE INSTRUCTIONS WITH PHOTOS



## Strength training

### CHEST

#### 1. Pushups

Get into a pushup position with your arms spread approximately shoulder width apart. Keeping your hips in a straight position, slowly drop down until you are just above the ground. Hold for one second before returning back to the starting position and repeating.

#### 2. Rubber Band Chest Row:

Place the center of an elastic band between a door handle and grip with both hands. Stand at an approximate distance until the elastic band stretches to its maximum. Slowly pull back until your elbows pass your body and your hands are level with your waist. Hold for one second before returning back to the starting position and repeating.

#### 3. Pullover

Place your back on an exercise ball and place your feet on the ground. Grip a medicine ball and keep your elbows slightly bent. Keeping your body still, move the exercise ball backwards until

it is just underneath your head. Hold for one second and lift until your arms are straightened in an upright position. Return to the starting position and repeat.

#### 4. Chest Press:

Lie back on an exercise ball and keep your feet on the ground. Hold two dumbbells in each hand and keep your elbows in 90 degree angles. Slowly lift dumbbells simultaneously until both arms are straightened in an upright position. Hold for one second before returning back to the starting position and repeating.

#### 5. Chest Flyes

Lie back on an exercise ball and keep your feet on the ground. Carry two dumbbells and hold just above your chin. Slowly lower the dumbbells to the ground keeping your elbows slightly bent and opening your arms. Drop dumbbells on either side just underneath your chest. Hold for one second before returning back to the starting position and repeating.

### EXERCISE INSTRUCTIONS WITH PHOTOS





## TRICEPS

### 1. Dips:

Place your feet on the ground and position your hands at the end of a chair or a bench. Lower your body to the ground with a slow and controlled movement. Lift yourself back into the starting position and repeat for the desired number of repetitions.

### 2. Triceps Kickback

Position knee on a chair and pick up a dumbbell with one hand. Lift your arm backwards and straighten your elbow until nearly parallel to the ground. Slowly lower the dumbbell into a 90 degree angle keeping your elbow as still as possible. Return to the starting position and repeat. Complete this exercise for both arms.

### 3. Triceps Extension

Lie down flat on the ground. Carry dumbbells with both arms and straighten your arms above your head. Slowly lower into a 90 degree angle with a controlled movement. Make sure you keep your elbows as still as possible. Hold for one second and return to starting position.

### 4. Triceps Pushup

Position your palms inwards and get into a pushup position. Keep your elbows close to your body and do not let your hips drop below your body. Slowly lower to the ground and hold for one second. Return to starting position and repeat.

### 5. Triceps Overhead Press

Sit upright on an exercise ball. With one arm, pick up a dumbbell and hold just below your head. Keeping your elbow as still as possible, lift the dumbbell upwards until your arm is in a straight position. Slowly lower back into the starting position and repeat. Complete this exercise for both arms.

## EXERCISE INSTRUCTIONS WITH PHOTOS



## BICEPS

### 1. Concentration curls

Sit on an exercise ball and carry a dumbbell with one hand. Place your elbow on your knee between your legs with your arm pointing upwards. Slowly lower into a downwards position and hold for one second. Extend your arm out to its maximum. Return back to starting position in a slow and controlled movement. Complete this exercise for both arms.

### 2. Hammer Curl

Stand with your back against a wall and carry both dumbbells. Hold your arms in a 90 degree angle and lower down to the ground. Straighten your arms and extend to the maximum. Slowly lift the dumbbells back into the starting position and repeat.

### 3. Elastic Biceps Curl

Pick up an elastic band and step on it. Grab either sides and raise until your arms are pointing upwards. Slowly lower into a downwards position and extend your arms. Return back into the starting position and repeat.

### 4. Bicep Curls

Pick up two dumbbells and place your elbows on your sides. Let

the dumbbells point upwards before lowering into a downwards position. Extend your arms and hold for one second. Return back into the starting position and repeat.

### 5. Alternating Bicep Curls

Sit on a chair or bench and pick up dumbbells. Place your elbows on your sides and point dumbbells upwards. Keeping one arm still, lower the second arm downwards into an extended position. Hold for one second and return arm to starting position. Alternate and repeat the same exercise for the second arm. Repeat for desired number of repetitions.





## SHOULDERS

### 1. Shoulder Press

Stand with your back against a wall and hold dumbbells in a 90 degree angle. Slowly raise both dumbbells upwards above your head. Extend and straighten both arms. Hold for one second before lowering into starting position and repeating.

### 2. Arnold Press

Stand upright and pick up two dumbbells. Bend your elbows and position the dumbbells just underneath both eyes. Open your arms and position your shoulders in a 90 degree angle with the dumbbells pointing upwards. Raise above your head while extending and straightening both arms. Return back into the starting position and repeat.

### 3. Side raises

Stand with your back against a wall and carry two dumbbells. Let them hang by your sides and straighten your arms. While keeping your arms straight, lift upwards until your arms are at shoulder level and parallel to the ground. Slowly lower back into the starting position all whilst keeping your arms straight.

### 4. Front raises

Stand with your back against a wall and carry a medicine ball. Grasp with both hands and let the ball point down to ground in front of you, keeping your arms straight. Raise the medicine ball in an upwards position until the ball is level with your shoulders. Keep your arms straight and lower back down to the ground and repeat. This exercise can also be performed carrying two dumbbells.



## EXERCISE INSTRUCTIONS WITH PHOTOS



## BACK

### 1. Upright Row

Stand upright and pick up a kettlebell with both hands. Position your arms downwards in front of your body. Raise the kettlebell upwards until your arms rise above shoulder level with kettlebell on your chest. Hold for one second before lowering and repeating. This exercise can also be performed using dumbbells or a medicine ball.

### 2. Reverse Row

Pick up two dumbbells and crouch into a high squat. Keep your back straight, position your palms outwards and place your elbows on your sides. Slowly move your elbow backwards until the dumbbells are level with abdominals. Hold for one second before lowering into the starting position and repeating.

### 3. Single Arm Row

Pick up a dumbbell and place your knee on a chair. Straighten your second leg and keep your diagonal to the ground. Lower the dumbbell and straighten your arm. Lift your arm backwards until the dumbbell is level with your waist. Hold for one second before lowering and repeating. Complete this exercise for both arms.

### 4. Reverse Flyes

Pick up two dumbbells and lay down on an exercise ball by positioning your chest on the ball and facing downwards. Lower your arms on both sides before slightly bending your elbow and raising your arms up until your arms are at shoulder level. Hold for one second before lowering into the starting position and repeating. Keep your elbow slightly bent at all times.

### 5. Superman

Lie down flat with your chest pressed to the ground. Straighten both your arms and legs. Slowly raise both arms and legs simultaneously to your maximum effort. Hold for one second before lowering and repeating.

### 6. Pull-ups

Grasp a chin-up bar with both hands and your palms facing outwards. Slowly pull yourself up using maximum effort. Hold for one second before lowering and repeating.



1



2

4

## EXERCISE INSTRUCTIONS WITH PHOTOS



3

6



5



## LEGS

### 1. Squats

Stand in an upright position. Slowly squat backwards as if you were about to sit on a chair. Make sure your body is positioned behind your knees to avoid injuries. Hold the squat position for one second before returning to the starting position and repeating. You may carry dumbbells to make this exercise harder.

### 2. Lunges

Stand in an upright position. Step backwards with one leg and crouch as if you were about to kneel. Position your back leg and front knee into 90 degree angles. Keep your leg and upper body behind your knee. Hold for one second and repeat with the other leg. You may use dumbbells to make this exercise harder.

### 3. Step Ups

Stand in front of a chair or bench. Place one foot on the chair and step up using the second leg. Step back down and repeat. Complete this exercise for both legs. Use dumbbells to make it harder.

### 4. One legged step up

Sit down on a chair. Place one foot on the ground and lift up the second. Using all of your effort, stand up while keeping one foot on the ground and the second in the air. Sit back down and repeat. Keep one foot lifted and do not ever place it on the ground. Repeat this exercise for both legs. Carry a medicine ball to make it harder.

### 5. Deadlifts

Pick up a kettlebell. Stand with your legs approximately shoulder width apart and your back slightly arched. Slowly drop to the ground keeping your legs slightly bent and your back in an arched position. Right before you touch the ground, slowly move into an upright position and repeat. You may also use dumbbells for this exercise.

### 6. Bridges

Lay down flat on the ground with your arms spread to your sides. Place your feet on the ground and keep your knees together. Slowly lift up your lower body into the air and hold for one second. Lower your body back down to the starting position and repeat.

Place a medicine ball onto your abdominals to make this exercise harder.

### 7. Calf Raises:

Stand on the edge of a step. Place your feet together and lower your heels to the ground. Hold for one second and step up onto your toes and lift to your maximum. Hold and then repeat. Carry weights to make this exercise harder.





## EXERCISE INSTRUCTIONS WITH PHOTOS





## ABS

### 1. Planks:

Lie face down on the ground. Get into a modified pushup position with your elbows bent in 90 degree angles. Position your elbows under your shoulders and look straight toward the floor. Keep your body in a straight line. Try to lower your hips as low as possible and do not let them rise too high. To make this exercise harder, raise one, one leg or both. Maintain this position for your desired amount of time.

### 2. Russian Twist:

Sit down on your buttocks with your knees bent. Keep your feet together and lift slightly off the ground. Tilt your upper body back into a 45 degree angle. Pick up a medicine ball or alternatively you can do this exercise without any weights. Slowly twist from your right side to the left. A full twist counts as one repetition.

### 3. Bicycle Crunches:

Sit down on the ground in a sit-up position. Slowly bring your right elbow to touch your left knee. Hold for one second before returning to the starting position and repeating on the other side.

Extend your legs as you tap each knee as if you were cycling on a bike.

### 4. Ball Exchange:

Lie down on your back with an exercise ball in your hands. Lift your feet slightly off the ground and maintain this position while doing the exercise. Move upwards and place the exercise ball between your feet. Grip the exercise ball with your feet and slowly lower both hands and feet back into the starting position. Return the ball back to your hands and repeat.


## EXERCISE INSTRUCTIONS WITH PHOTOS





**Maya Nassar**

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