

## ADVANCED WEIGHT TRAINING EXERCISE LIST

### Standing

Arm Circles 30s each  
Elbow Curls 30s  
Wood Chops (1 weight) 30s  
Rotations (1 weight) 30s  
High Shelf (1 weight) 30s  
Exchanging Shoulder Press 15x each  
Chair Stand to Press 12x  
Front Raise 12x (or hold 45s)  
Lateral Raise with feet stacked or step 6x each foot  
External Rotation 12x  
Retracted Rows (no weights) 30s  
High Retracted Rows (no weights) 30s  
Upward Rotation (no weights) 30s  
One Arm Row Hand on Chair 15x each  
Bent-Over Wide Rows 12x  
Reverse Fly 5x each from 3 hand positions  
Curls on One Foot (or stacked feet) 8x each

### Floor:

Chest Press 45s  
Fly 45s  
Pullover 45s  
Triceps Extensions 45s  
Pelvic Tilts 45s  
Bridges 45s  
Crunches w legs up and crossed 8x each  
One Leg Bridge 12x each  
Clam or Pulling Clam 12x  
Straight Leg Raise 10x each  
Cycles 20s each way  
Hip Lift Stretch 30s each side  
Frog Stretch 45s  
Crocodile Stretch or Hip Crossover Stretch 45s each side  
Ankle Circles/ Point and Flex 12x each  
Plank on floor, elbows or hands 1 minute

### Standing:

Squats 45s  
Forward Bend (Deadlift) 45s  
Lateral Lunge 45s  
Yoga Chair 50s  
Reverse Tap 30s each  
Penguin 30s  
Forward Lunge 45s  
Skates 45s  
Overhead Reach 6x w/ each foot forward  
Hip Extension (hands on chair) 12x each  
Toe Raise/Heel Raise 45s  
One Foot Balance 45s each  
Calf Stretch 45s each  
Counter Stretch 45s  
Reaching Hip Stretch 45s each  
Chair Partner Stretch 45s