SQUATS

Target muscle(s): quadriceps, hamstrings, gluteal

PROPER SQUAT FORM

1. START with your feet a little wider than hip-width apart and toes straight ahead.
2. KEEP your hips back, bending at the knees. Press knees slightly outward as you come down.
3. SIT into a squat position, go as deep as you can while still keeping your heels and toes on the ground, chest up, and shoulders back.
4. STRIVE to have your thighs parallel to the floor (your legs will be bent slightly more than a 90-degree angle).
5. PRESS into your feet and straighten your legs to return to the standing upright position.
6. REPEAT
**LUNGES**

Target muscle(s): quadriceps, hamstrings, gluteal

**PROPER FORWARD LUNGE FORM**

1. **START** in a standing position with your feet hip-width apart.
2. **STEP** forward longer than a walking stride so one leg is ahead of your torso and the other is behind. Your foot should land flat and remain flat while it’s on the ground. Your rear heel will rise off of the ground.
3. **BEND** your knees to approximately 90 degrees as you lower yourself. Remember to keep your trunk upright and core engaged (tight).
4. **THEN** forcefully push off from your front leg to return to the starting position.
5. **REPEAT**

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**Target muscle(s):**
- Quadriceps
- Hamstrings
- Gluteal
SHOULDER PRESS

PROPER SHOULDER PRESS FORM

1. **GRAB** two dumbbells and stand with your feet hip-width apart with a slight bend in your knees. Keep shoulders directly over your hips and your head and neck in a neutral position.

2. **POSITION** both arms making the shape of a box at a 90 degree angle, with your upper arms parallel to the floor and forearms straight up and down.

3. **PUSH** dumbbells upward toward the ceiling. Your arms should be straight with a slight bend in your elbows. Your palms should face forward. Pause at the top.

4. **BEGIN** the downward movement by bending your elbows. The dumbbells should finish in the position you started.

5. **REPEAT**

Target muscle(s): triceps, shoulders, traps, and lower back muscles
**BICEP CURL**

**PROPER BICEP CURL FORM**

1. **START** standing by holding a dumbbell in each hand with your arms hanging by your sides.

2. **ENSURE** your elbows are close to your torso and your shoulders are unshrugged.

3. **KEEP** your upper arms still and exhale as you curl the weights up to shoulder level, rotating your wrists outward.

4. **ENGAGE** your core to avoid any swinging of the hips.

5. **KEEP** your shoulders relaxed, down, and keep your head, neck and spine straight. Don’t arch your back.

6. **SLOWLY** lower the weights back down to your thighs by straightening your arms.

7. **REPEAT**

**Target muscle(s):** bicep, deltid, brachialis and brachioradialis