Compound Exercise Workout

**Consult a physician before starting an exercise program, and warm up first for 5 minutes*

Compound exercises are exercises that work multiple muscle groups at the same time. A squat is a compound exercise that works the quadriceps, glutes, and calves. You can also perform compound exercises that combine two exercises into one movement to target multiple muscle groups (for example, a lunge with a bicep curl). As a bonus, exercises that challenge your balance also have more core involved. You can do this routine as a circuit, running through all the exercises then repeating more rounds OR you can repeat the exercise after a short rest such as 45 secs work:15 secs rest.

1. Squat to Overhead Press

Targets: glutes, thighs, shoulders, arms

How to do it: Stand with your feet shoulder-width apart. Hold one dumbbell in each hand, palms facing in, elbows bent and facing down so that the weights are *shoulder-height* **or** from the floor. Sit back into a squat position as if sitting on a chair. As you return to standing, lift the dumbbells directly overhead. Repeat 15 times.

2. Side Lunge with one arm Dumbbell Row

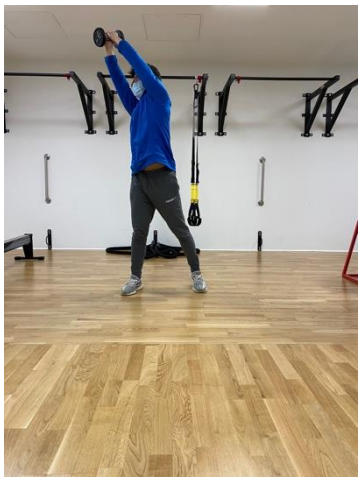
Targets: Inner and outer thighs, core, back and shoulders

How to do it: Step to the side and lunge while reaching the opposite hand towards the floor. Keep your head up and use your legs, rather than bending with your back. As you stand up pull the weight to a row position, squeeze back muscles. Repeat reps on the same side. Switch sides.

3.Low to High Dumbbell Chop

Targets: glutes, arms, shoulders, obliques, abs

How to do it: Standing with your feet set wide apart, hold one 12-15 lb dumbbell with one hand on each end at chest-height, elbows pointed down to the ground. Rotate to your right and bend down slightly to bring the dumbbell to your right knee. Push off your right foot to come back up to starting position, bringing the dumbbell back up to your chest. Then rotate to your left, pivoting on your right foot. As you pivot, bring the dumbbell up, stretching both arms up at a slight angle so it's not directly over your head. Repeat 10 times and then do the same on the other side.



4. Walking Lunges with Bicep curls

Targets: legs, core, biceps

How to do it: Holding a heavy wt in each hand walk forward in slow, deliberate lunge steps making sure the knee stays behind the toe, As the knee bends towards the floor curl the bicep on the same leg. Alternate for 20 steps.

5. Dumbbell Single Straight Leg Lifts

Targets: abs, quads, hip flexors, back

How to do it: Lying back on your mat, bring one 15 to 20lb dumbbell above your chest, arms stretched straight out. Raise your legs up until they are perpendicular to the ground. Using your abs, press your lower back into the mat. This is your starting position. Slowly lower one leg down as far as you can without lifting your back off the floor. Raise your leg back up and do the same with the other leg. Repeat 10 reps on each leg.

6. Pullover with Core * Add crunch at top


Targets: abs, arms, shoulders, and back.

How to do it: Lying on your back holding a heavy 15 to 20 wt with ankles crossed (purple band if you want). Perform a pullover while bringing knees to chest. Can add a crunch at the top of the movement.

7. Single Triceps Kickback

Targets: Core, triceps

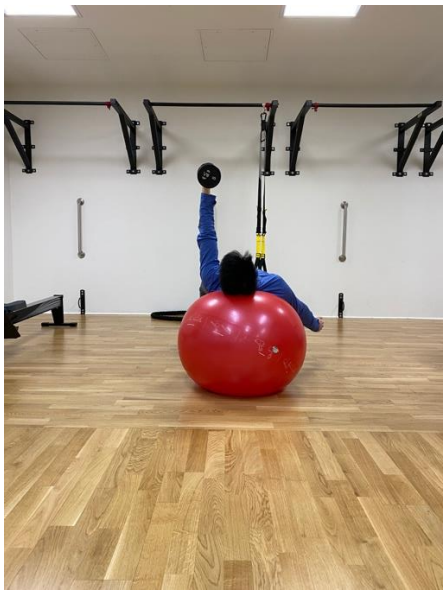
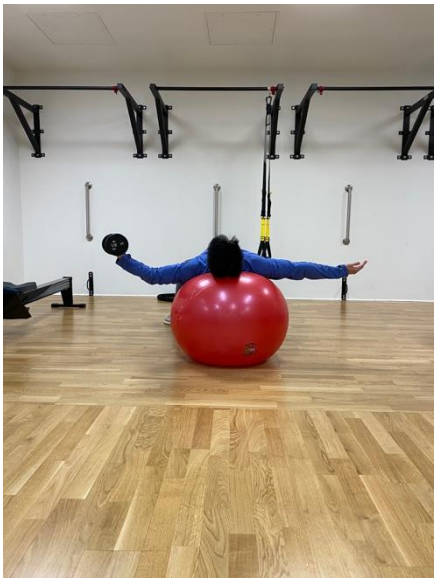
How to do it: From your knees, make sure your hand on the floor is right under your shoulder and weight is shifted forward. For increased intensity try lifts the foot on the supporting leg off the floor to decrease stability. Ultimate advanced version try from full plank


8. Chest Flyes on a Stability Ball

Targets: core, glutes, chest

How to do it: With both head and waist band on the stability ball, keep legs shoulder width or closer and stabilize core as you perform a chest flye with 1 arm, other arm in the air, repeat other side.

https://www.youtube.com/watch?v=1-2c6w-IRB0

9. **Single Leg Deadlift**

Targets: hamstring, core

How to do it: Holding 2 dumbbells, stand on one leg and keep hips level, bend forward keeping the supporting leg slightly bent. Bring wts to the shins and slowly return to standing, engaging the hamstrings, glutes, and core. Repeat 6 times on each leg.

10. **Core & More**
    - Plank add movement
    - Bicycle with band
    - Straight leg, reverse curl, double leg raises. S L O W

For help getting back in to regular exercise contact your Curtis Health Personal Trainer for a customized plan, accountability and professional assistance.

personaltraining@curtishealth.com to set virtual or in person training.