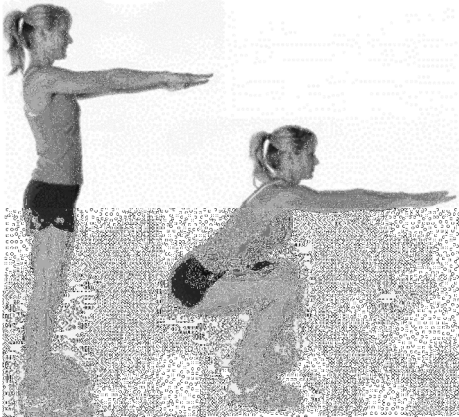


Fit & Lean in 2014

4.6: Awesome Strength-Training Moves

Want to start a strength-training routine but not sure where to start? Here are six beginner strength-training moves you should master! Try 1-3 sets of 12 repetitions!



Squats:

Tones and strengthens lower body, including calves, quads, glutes and hamstrings.

Stand with arms extended forward. Squat by bending knees forward while allowing hips to bend back behind, keeping back straight and knees pointed in same direction as feet. Descend until thighs are just past parallel to the floor. Squat up by extending knees and hips until legs are straight. Return and repeat.



Lunges:

Tones and strengthens lower body as well as challenging your balance and core muscles.

Stand with hands on hips or clasped behind neck. Lunge forward with first leg. Land on heel then forefoot. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by forcibly extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.



Plank:

Great all-over body move that focuses on building strong core muscles.

Lie prone on mat. Place forearms on mat, elbows under shoulders. Place legs together with forefeet on the floor. Raise body upward by straightening body in straight line. Hold position as long as you are able to keep proper form. Avoid rounding spine or sinking in the pelvis.

Source: www.exrx.net

4.6: Awesome Strength-Training Moves



Crunches:

Works abs and hip flexors – an essential core strength move!

Lie supine on mat with knees bent and feet flat on floor. Place hands behind head or at ears. Flex waist to raise upper torso from mat. Keep low back on mat and raise torso up as high as possible. Return until back of shoulders connect with mat. Repeat.

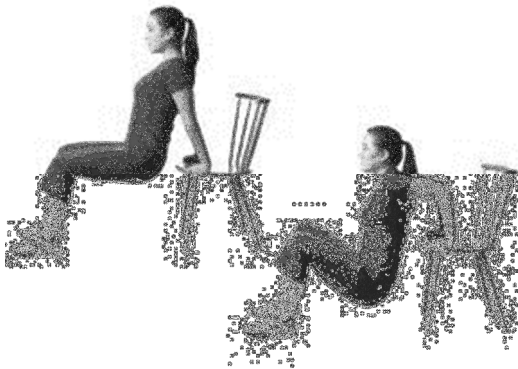


Push-Ups:

Works arms, back and chest.

Lie prone on floor with hands slightly wider than shoulder width apart. Raise body up off floor by extending arms with body held straight. Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat.

Variation: If standard push-ups are too difficult, you can perform this exercise with your knees bent on floor.



Tricep Dips:

Tones shoulders and upper arms.

Sit on edge of chair or bench. Place hands on edge of chair. Place feet on floor away from chair. Straighten arms, slide rear end off chair, and position feet on floor with knees bent. Lower body by bending arms until slight stretch is felt in chest or shoulder, or rear end touches the floor. Raise body and repeat.

Avoid rolling shoulders forward.

Source: www.exrx.net