

## **INVISIBLE DUMBBELL BICEPS CURL**

- Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips.
- Curl both invisible dumbbells up toward your shoulders.
- Lower your arms and repeat 20 times.

*Muscle Focus: Biceps*

## **INVISIBLE DUMBBELL CRUNCH**

- Lay on your back with your knees bent, holding the invisible dumbbell on your chest.
- Slowly curl your head and shoulders up, and then lower back down to the starting position 20 times.

*Muscle Focus: Rectus Abdominis*

## **INVISIBLE DUMBBELL LUNGES**

- Stand tall, holding the invisible dumbbells down at your sides.
- Step with your right foot until your right thigh is parallel to the floor (left leg stays in place).
- Push back up into the starting position.
- Repeat with your left leg. Do each leg 10 times.

*Hamstrings, Quadriceps*

## **INVISIBLE DUMBBELL PLANK ROWS**

- Start in plank position.
- Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm.
- Lower back to plank position. Repeat with the other side.
- Count 1 rep every time you complete a row with your left arm for 10 reps.

***Muscle Focus: Pectoralis, Biceps***

## **INVISIBLE DUMBBELL SQUATS**

- Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with both hands at the center of your chest.
- Squat down, keeping your knees above your toes, and then stand back up to the starting position...20 reps.

***Muscle Focus: Quadriceps, Gluteus Maximus***

## **INVISIBLE DUMBBELL TRICEPS PUSH**

- Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor.
- Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle.
- Keeping elbow in place, push back. Extend arm until it is straight. Slowly return to starting position...20 times for each arm.

***Muscle Focus: Triceps***