

The “Get Stronger” Workout

Weighted Squats



- Shoulder-width stance, hold weight in each hand.
- Lower your hips; keep your back straight and knees over toes.
- Return to the starting position

10 repetitions: 3 sets

Kettlebell Deadlifts



- Shoulder-width stance, hold kettlebell with both hands
- Bend from the hips, keep back straight and knees slightly bent.
- Return to the starting position.

10 repetitions: 3 sets

Calf Raises



- Stand tall, place hands on a chair or object for balance
- Raise onto your toes without bending knees
- Slowly lower and repeat.

10 repetitions: 3 sets

Dumbbell Chest Press



- Lay on your back with weights in each hand
- Extend both arms by pressing hands up and away from your body.
- Slowly bend elbows and lower each weight.

10 repetitions: 3 sets

Bent over Rows



- Shoulder-width stance, hold weights in each hand
- Keep back straight and chest up, and pull weights towards chest
- Slowly lower the weights and repeat

10 repetitions: 3 sets

Dead Bugs



- Start by laying on your back, knees bent, core engaged.
- With arms extended, hold weight overhead.
- Alternate slow and controlled marching with your legs.

10 repetitions each side: 3 sets

Strength training has many benefits:

- Lifting weights can be a great way to improve overall strength and bone health, but that's not all it does!
- Strength training can shift your body composition by increasing muscle mass and reducing body fat.
- In addition to the physical benefits, strength training may also decrease anxiety and improve mood, memory, and the ability to focus.

For more information about this workout program, contact Fit for Life: 442-3145.

GENERAL DYNAMICS
Bath Iron Works

