DAY1 FITNESS

WEIGHTED BAR EXERCISES



SQUAT

Strengthen your entire lower body and core as you perform the squat exercise. Perform three sets of 10 to 15 repetitions, continuing to perform reps until the last one or two are almost too hard to perform.

1. Place the bar behind your neck, resting across your shoulders.

2. Standing with feet shoulder-width apart, toes slightly angled out, head facing forward and chest out.

3. Sit back and down like you're sitting into an imaginary chair.

4. Continue lowering your glutes toward the floor until your thighs are parallel to the floor. Be sure to keep your knees aligned with your toes, don't let them cave in as you perform the exercise.

5. Reverse the movement and return to standing.

LUNGE

Like the squat, the lunge targets your entire lower body while also challenging your balance and coordination. Perform three sets of 10 to 15 reps so that the last one or two reps of a single set are almost too difficult to perform.

1. Place the bar behind your neck, resting across your shoulders.

2. Keep your body straight, with your shoulders back and relaxed, chin up, core engaged.

3. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle. Push back up through your heels to start position.

4. Repeat on the opposite side. When you have performed a lunge to each side, you've done a single repetition.

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CURTSY LUNGE

The curtsy lunge is like the standard lunge, but it targets the abductors more – the muscles that run along the outside of your hips and thighs. You do need to be especially cautious about form, as the position is slightly awkward, so perform the move while looking into a mirror the first few times you do it. Do two sets of 10 to 12 repetitions.

1. Place the bar behind your neck, resting across your shoulders

2. Stand with your feet shoulder-width apart, knees slightly bent, toes angled slightly outward.

3. Step your left foot backward, crossing it behind your right leg, planting the ball of your left foot about two feet behind and slightly to the right of your right foot, as though you were about to curtsy.

4. Make sure your knees are in line with your toes, and bend both knees, lowering your left knee toward the floor. Your knees should track with your toes (remain in line with) throughout the movement, and your right foot should remain firmly planted.

5. Keep your torso upright and forward-facing throughout the lunge.

6. When your left knee almost touches the ground, reverse the movement and return to standing, pressing through the ball of your left foot to step forward into the starting position. Repeat on the opposite side. When you've performed one lunge on each side, you've performed a single repetition.

STEERING WHEEL

1. Stand with feet hip-width apart, holding bar with both hands in front of thighs, palms facing in.

2. Raise extended arms to shoulder level with elbows slightly bent and then rotate bar counterclockwise so that right hand is directly above left hand.

3. Rotate bar clockwise so that left hand is above right hand to complete 1 rep.

4. Do 3 sets of 15 to 20 reps.

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SINGLE LEG DEADLIFT

The deadlift targets the glutes and hamstrings. Pay close attention to form, remembering that this is not a back exercise. Perform three sets of 12 to 15 repetitions.

1. With hands about shoulders-width apart, use an overhand grip to hold the bar in front of your body with arms fully extended.

2. From this position, lift your right heel and extend the leg behind you as you slowly bend from the waist to lower the bar to toward the floor.

3. When your outstretched leg and chest are both parallel to the ground, engage your standing glutes and hamstring to return to starting position.

4. Without lowering the raised foot, continue until you complete one set's worth of reps. Next, repeat on the opposite side.

CALF RAISES

Get killer legs by adding weight to your standard calf raise. Perform three sets of 20 to 30 repetitions.

1. Place the body bar across your shoulders, behind your neck.

2. With your feet hip-distance apart, bend your knees very slightly, just to keep them "soft."

3. Press through the balls of your feet and lift your heels off the floor, rising up as high as you can on your toes.

4. From the highest position, carefully lower your heels back to the floor, stopping just before they touch the ground. Continue the exercise until you've completed the set.



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BENT OVER ROW

It's tough to target your back when exercising at home, but the bent-over row is a great exercise for this purpose. Perform two to three sets of 10 to 15 repetitions.

1. Stand with your feet hip-distance apart while holding the body bar horizontally across your thighs, gripping it with both hands. You can grip it with your palms facing toward your body, or away from your body, depending on preference.

2. Tip your hips backward and lean your torso forward, hinging at the hips, until your body forms a 45-degree angle. From this position, allow your arms to hang directly down from your shoulders, so that the body bar is hanging directly below them.

3. Tighten the muscles of your back and pull your elbows in toward your body, squeezing your shoulder blades together as you bring the body bar to your waist.

4. Reverse the movement and lower the weight to the starting position.

BICEP CURL

1. Extend arms forward to shoulder level with elbows slightly bent.

2. Bring elbows back by sides and then lower bar to start as in performing a bicep curl to complete 1 rep.

3. Do 3 sets of 15 reps.

TRICEP PRESS

1. Bend right elbow 90 degrees to lower bar behind head. Reverse motion back to start to complete 1 rep.

2. Do 15 reps; switch sides and repeat. Do 3 sets.

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SINGLE ARM ROW



The single arm row is very similar to the bent-over row, but it allows you to target each side of your body unilaterally, evening out muscle imbalances. Perform two sets of 8 to 12 repetitions on each side.

1. Stand with your feet hip-width apart, your knees slightly bent. Hold the body bar in your right hand, directly next to your right hip so that the bar is roughly parallel to the ground, forming a lowercase “t” shape with your leg.

2. Step your left foot forward a couple feet, planting your foot on the ground while keeping your right foot planted as well.

3. Tip forward at the hips, keeping your back straight, and place your left hand on your left thigh for balance.

4. Allow your right arm to hang directly below your right shoulder so that the body bar is below your shoulder and forms a parallel line with your upper body.

5. Squeeze your right shoulder blade and tighten your back muscles as you draw your elbow behind your body. When the body bar reaches your body, reverse the movement and carefully lower it back to start.

SHOULDER PRESS

Get tank top-ready by adding weight to your shoulder routine. The shoulder press is just one movement you can do with the body bar. Start by performing two sets of 12 to 15 repetitions.

1. Stand with feet hip-distance apart, knees slightly bent.

2. Hold the body bar across your shoulders in front of your neck, so that your palms are facing forward, your elbows bent.

3. Press the bar directly up over your head, stopping just shy of straightening your elbows.

4. Reverse the movement and lower the bar back to the starting position.

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CHEST PRESS

While the chest press is traditionally performed on a bench, there's no reason you can't perform one on the floor. Alternate between a set of chest presses and a set of pushups to really burn out your pecs. Most body bars alone aren't heavy enough to really target this muscle group. Perform three sets of 15 repetitions with a set of 8 pushups performed between each set of presses.

1. Lie on the ground on your back, your knees bent and your feet planted on the floor.

2. Hold the body bar in both hands so that it's crossing your chest, your palms facing toward your hips, your elbows bent and in toward your sides.

3. Press the bar directly up over your chest, stopping just before your elbows straighten out.

4. Reverse the movement and carefully lower the bar back toward your chest.

BOOTY PLIÈ

Works butt, thighs, calves Stand with legs together, toes turned out (first position). Hold bar vertically at arm's length in front of you, one end on floor, to start. Squat as low as you can, lifting heels off floor (as shown). Return to start. Do 16 reps. Repeat

