

Weights One consists of movements to strengthen our biceps, inner thighs, abs, gluteals, hamstrings, quads, and calf muscles.

Let's get into position by standing with our feet shoulder-width apart with our toes pointing straight ahead. The biceps curls start at your waist curling up on one, breathing in and curling down slowly on 2,3,4 exhaling with weights returning to your waist. The curling down of the movement is the resistance so take your time.

Stand with your feet slightly more than shoulder-width apart with weights held at your waist, toes pointed out in about a 45° angle plie squat toe straight down on one and breathe keeping abs contracted and your knees aligned with your ankles. Squeeze gluteal's on 2,3,4 soft knees and exhale. Regular squat toes point front!

Again let's get into position for the biceps curls by standing with our feet pointing straight ahead shoulder width apart weights at your waist start by curling up on one breathing in and curling down on 2,3,4 exhaling. This is the resistance part so take your time. Up to your chest and down to your waist. keep it loose hold on to your weights don't squeeze your weights it will increase your blood pressure.

Stand with your feet slightly more than shoulder-width apart with weights held at your waist toes pointed out and about a 45° angle for the plie or plié squat. Squat down on one breathe keeping abs contracted and your knees align with your ankles. Squeeze gluteal's on 2,3,4 soft knees and exhale. repeat

Now for the hammer curls, our feet should be shoulder width apart with feet straight and weights in each hand with the palms facing each other beside your thighs. Inhale and raise the forearms together and one to chest height and curl down to the thigh on 2,3,4 and exhale. Remember to contract the core and take your time coming down while doing resistance.

Leave your feet shoulder-width apart for the heel raises while the weights are held down at your sides. Push off with your foot under your toes up two breathe in and down two back. Breathe out and return to your heel.
Repeat

Now for the hammer curls, our feet should be shoulder width apart with feet being straight and weights in each hand with the palms facing each other beside your thighs. Inhale and raise the forearms together to chest height on one and slowly curl down to your thigh 2,3,4 and exhale. Remember to contract your core while doing the movement.

Leave your feet shoulder-width apart for the heel raises. You push off with your foot under your toes up two breathe in then down two breathe out to your heel. Repeat

Now for the middle backstretch. Stand with your feet shoulder width apart and soften your knees and place your hands on your hips. Gently twist torso at your waist looking to the right until the stretch is felt and hold with hips and knees to the front. Come back to the center soften your knees and gently twist torso at your waist looking to the left until the stretch is felt and hold with hips and knees facing the front. Remember to keep breathing while doing the stretch! AND SMILE! :)