

ACSM Strength Training for Life Sample Workouts at a Glance

Presented By Gin Miller

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KITCHEN Milk jug/towel	BEACH Stairs/towel	PLAYGROUND Play ball/gloves	HOTEL ROOM H2O bottles/bed	MOUNTAINS Physio-Ball	AT WORK Stairwell/tube	ON THE DOCK Chi-Balls
LEGS Squats (towel through handle of jug held at collar bone)	LEGS Deep squats with heels uphill arms counterbalance	LEGS Squats Holding PB between knees	LEGS Squats with heels on towel WB held at chest	LEGS Squats Holding PB	LEGS Narrow Squats (Tube wrapped around upright)	LEGS Squats as CB moves in and out
BACK Bent-over Rows (Towel through handle of jug)	CHEST Push-ups against railing or step	CHEST Unilateral ½ Push Ups (one hand on ball, one hand on floor)	BACK Bent Over Rear Flyes—leg on bed (Bi-lateral arms, unilateral legs)	CHEST Kneeling Push ups	CHEST Chest flyes (Tube wrapped around upright)	CHEST Push ups with one ball at hip/rib
LEGS Hip Hinge [R lead] Hold jug left	LEGS Hip Hinge [R]] L leg rest on ledge, Towel as sling back	LEGS Hip Hinge (PB held at chest or behind back)	LEGS Hip Hinge [R lead] left leg on bed	BUTTOCKS Bent Over Reverse leg extension (Heels elevated)	LEGS Biased Hip Hinge [R] (Tube pulled laterally aside)	LEGS Hip Hinge with CB behind [R] knee
CHEST Push-ups against counter	BACK Decline plank, elbows in sand and feet kicking	BACK Row the baby on the swing Big baby-better set	CHEST Push-ups against bed or dresser or chair	BACK Rolling Lat Pull	BACK Bent Over Row (Tube wrapped and cinched)	SHOULDERS Bent Over Rear Flyes
LEGS Hip Hinge [L lead] Hold jug right	LEGS Hip Hinge [L lead] R leg rest on ledge, Towel as sling back	LEGS Curb or tire lunges With cross chop and lift	REAR LEGS Hip Hinge [L lead], right leg on bed	LEG ABDUCTION Side Lying Leg Abduction [R]	LEGS Reverse Lunges [R] (back foot elevated on step)	LEGS Hip Hinge with CB behind [L] knee
SHOULDERS Lateral raises with alternating swing (towel through handle of jug)	REAR SHOULDERS In water; Reverse flyes 90 seconds	SHOULDERS P-bar walk or One arm rotation with elevation [R]	SHOULDERS Overhead Presses (Alternating + rotating)	TRUNK Lateral trunk flexion [R]	SHOULDERS Overhead Press (tube wrapped and crossed)	ARMS Arm Arcs (Overhead to behind back)
LEGS Lunges [R] (Jug slung over opposite shoulder)	LEGS Lunge [R] uphill "in the sand" walking	LEGS Curb or tire lunges with Cross chop & lift	LEGS Lunges [R], toe hooked on edge of mattress	LEG ABDUCTION Side Lying Leg Abduction [L]	Reverse Lunges [L] (back foot elevated on step)	LEGS Linear Lunges [R] on board
ARMS Bicep Curls (Towel through handle of jug)	BACK Supine Chin ups on Railing	ARMS Pull ups on swings	ARMS Dips on chair (Alternate)	TRUNK Lateral trunk flexion [L]	ARMS Rear Bicep Curls, [R, L], tube wrapped and crossed	ARMS Reverse Bicep curls
LEGS Lunges [L] (Jug slung over opposite shoulder)	LEGS Lunge [L] uphill "in the sand" walking	LEGS Plie' Squats on the swings	LEGS Lunges [L], toe hooked on edge of mattress	ARMS Tricep Dips	LEGS Leg Abduction [R] "S" tube around rail, stand on grip	LEGS Linear Lunges [L] on board
SHOULDERS Scapular retraction (Towel through handle of jug)	ARMS In water; Breaststroke 90 seconds	ARMS Seated dips on the swing or the tire	BACK Plank on bed with heel lift	LEG ADDUCTION Seated Isometric Abduction	SHOULDERS Unilateral external shoulder rotation—hold one grip stable.	ARMS Bent-over Tricep Extensions (kickbacks)
BUTTOCKS Rear leg lifts with chair	LEG ABDUCTION Incline Side-lying Leg Abduction]	LEG ABDUCTION Standing leg tire dips and lifts	BUTTOCKS Supine Hip Extensions (Bridged)	BACK Prone Back Extension	LEGS Leg Abduction [L] "S" tube around rail, stand on grip	LEG ABDUCTION Side-lying Leg Abduction [R] w/rolling ball
ARMS Dips on a chair	TRICEPS Tricep Dips on ledge	ARMS Flyovers with swings	LEG ADDUCTION Leaning inside leg lifts	BUTTOCKS Supine Hip Lifts	ARMS Overhead tricep Extension	SHOULDERS Lateral Shoulder Raise
TRUNK V-seats in chair	LEG ADDUCTION Leaning inside leg lifts	TRUNK Hanging monkey bar knee Lifts	TRUNK Toe Taps off bed	TRUNK AB Curls with feet placed under cot	TRUNK Kneeling pullovers	LEG ABDUCTION Side-lying Leg Abduction [L] W/rolling ball
TRUNK Planks	TRUNK Cycles in the sand	TRUNK One Arm one leg Lift [L]	TRUNK "Bicycles"	TRUNK Reverse Hip Tilts	TRUNK V-seats	TRUNK Back extension with rotation
TRUNK Toe taps from chair	TRUNK Kneeling 1-arm-1-leg Raise	TRUNK Seated Figure 8's	TRUNK Back extension with rotation	TRUNK Prone Tuck and Extend	TRUNK Kneeling 1-arm-1-leg raise	TRUNK AB curls with cross-punch