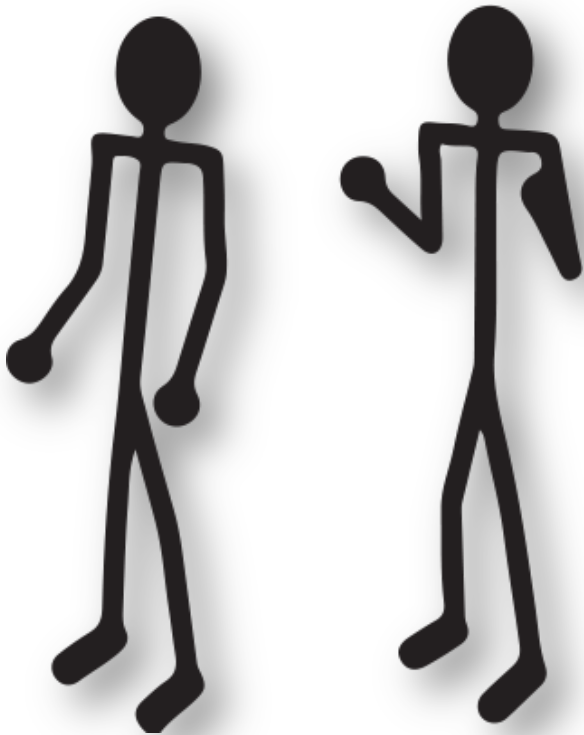




## ***Invisible Dumbbell Stations***

### **Biceps Curl**

**Muscle Focus:** Biceps



- Stand tall with feet shoulder-width apart, invisible dumbbells at hips
  - Curl both invisible dumbbells up toward shoulders
  - Lower arms and repeat
- ⇒ **You do < 12 Reps** = *500 Body Building Points*
- ⇒ **You do ≥ 12 Reps** = *1000 Body Building Points*



## ***Invisible Dumbbell Stations***

### **Dumbbell Crunch**

**Muscle Focus:** Rectus Abdominis



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

⇒ **You do < 6 Reps = 500 Body Building Points**

⇒ **You do ≥ 6 Reps = 1000 Body Building Points**



## ***Invisible Dumbbell Stations***

### **Dumbbell Twisters**

**Muscle Focus:** Internal Oblique, External Oblique



- Sit on the floor with your knees bent, holding the invisible dumbbell on your chest
- Rotate upper body all the way to the right and tap the invisible dumbbell on the floor
- Rotate upper body all the way to the left and tap the invisible dumbbell on the floor
- Count 1 rep every time you tap to the left

⇒ **You do < 6 Reps** = 500 Body Building Points

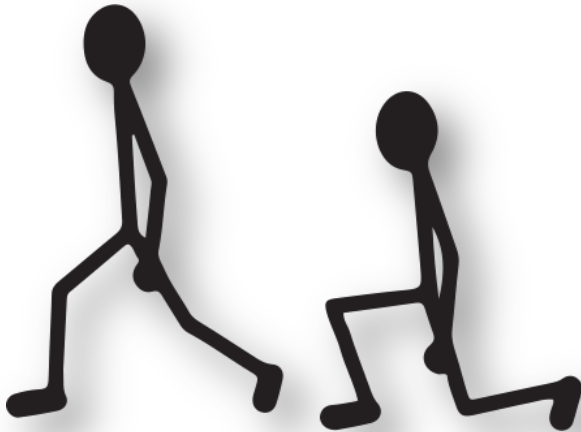
⇒ **You do ≥ 6 Reps** = 1000 Body Building Points



## ***Invisible Dumbbell Stations***

### **Dumbbell Lunges**

**Muscle Focus:** Biceps Femoris (Hamstrings), Quadriceps



- Stand tall, invisible dumbbells straight down at your sides
- Step with your right foot until your right thigh is parallel with the floor (left leg stays in place)
- Push back up into starting position
- Repeat with the left leg
- Count 1 rep every time you complete a lunge left leg

⇒ **You do < 4 Reps** = 500 Body Building Points

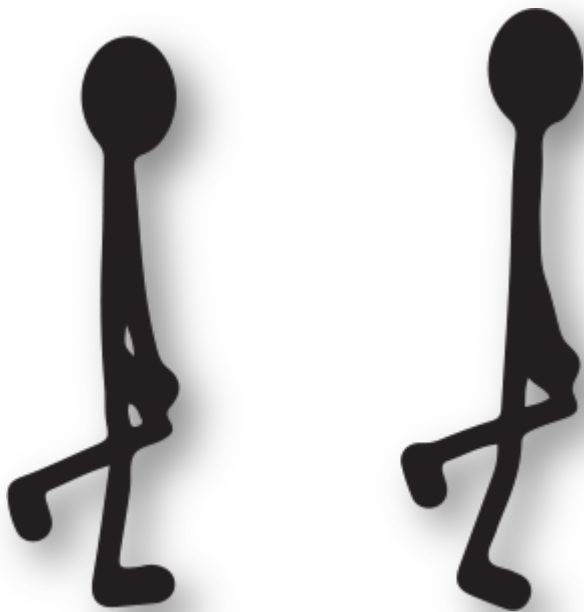
⇒ **You do ≥ 4 Reps** = 1000 Body Building Points



## ***Invisible Dumbbell Stations***

### **Dumbbell Heel Lifts**

**Muscle Focus:** Gastrocnemius



- Stand on your right foot with your left foot raised behind you 6 inches off the ground
- Push up onto your right toe and hold for 2 seconds at the top
- Lower your heel back to starting position and repeat on the same side
- Complete reps on the right side and then repeat on the left

⇒ **You do < 6 Reps** = *500 Body Building Points*

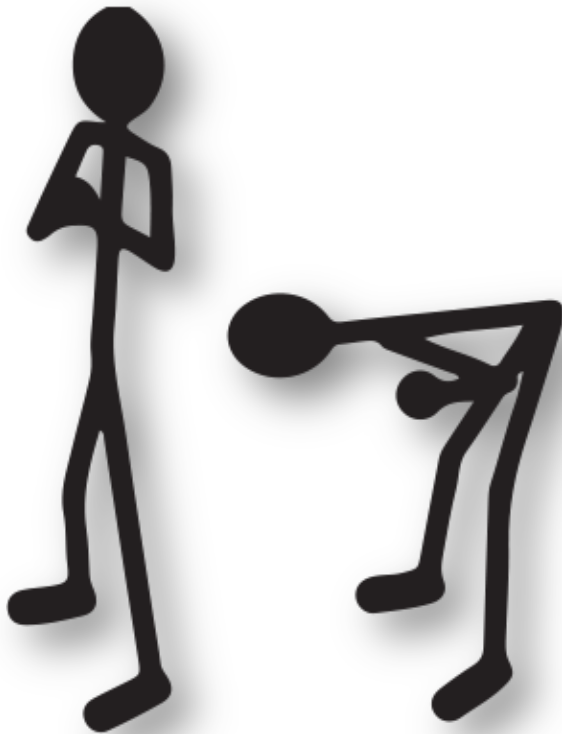
⇒ **You do ≥ 6 Reps** = *1000 Body Building Points*



## ***Invisible Dumbbell Stations***

### **Bend Ups**

**Muscle Focus:** Lower Trapezius, Erector Spinae



- Stand tall, feet shoulder-width apart and the invisible dumbbell against the middle of your chest
- Slowly bend over, moving your chest toward the floor until your back is parallel to the floor
- Slowly bend back up to starting position, keeping your back straight and long

⇒ **You do < 4 Reps** = *500 Body Building Points*

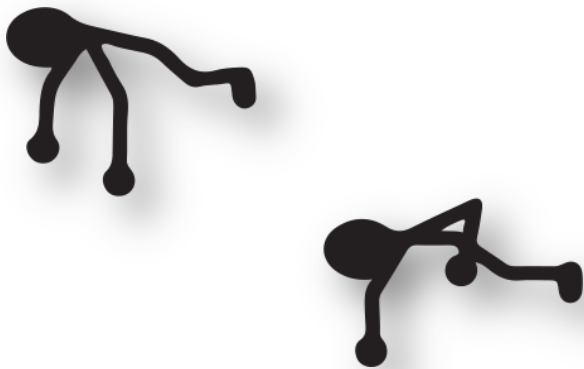
⇒ **You do ≥ 4 Reps** = *1000 Body Building Points*



## ***Invisible Dumbbell Stations***

### **Dumbbell Plank Rows**

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



- Start in plank position
- Shift weight to one your left arm and then pull a invisible dumbbell up to your shoulder with your right arm
- Return to plank position and repeat on the left side
- Count 1 rep every time you complete a row with your left arm

⇒ **You do < 6 Reps** = *500 Body Building Points*

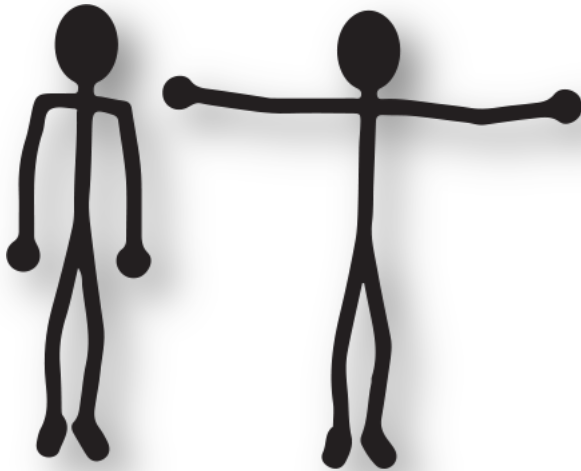
⇒ **You do ≥ 6 Reps** = *1000 Body Building Points*



## ***Invisible Dumbbell Stations***

### **Shoulder Raises**

**Muscle Focus:** Deltoid



- Stand tall with feet shoulder-width apart, invisible dumbbells at your sides
  - With arms straight, raise the invisible dumbbells up and out to the sides until they reach shoulder height
  - Slowly return to starting position
- ⇒ You do **< 6 Reps** = *500 Body Building Points*  
⇒ You do **≥ 6 Reps** = *1000 Body Building Points*





## ***Invisible Dumbbell Stations***

### **Dumbbell Row**

**Muscle Focus:** Latissimus Dorsi, Trapezius, Rhomboids



- Start in lunge position with the left foot forward and your back long and straight
- Invisible dumbbell in your right hand, arm extended down toward the floor
- Pull, bending your arm to bring the invisible dumbbell up to your shoulder
- Slowly lower it to starting position, repeat with right arm
- Complete reps on the right side and then repeat on the left side

⇒ **You do < 10 Reps = 500 Body Building Points**

⇒ **You do ≥ 10 Reps = 1000 Body Building Points**



## ***Invisible Dumbbell Stations***

### **Dumbbell Squats**

**Muscle Focus:** Quadriceps, Gluteus Maximus



- Stand tall with feet wider than shoulder-width, holding invisible dumbbell with 2 hands at the center of your chest
- Squat down, keeping your knees above your toes, and then stand back to starting position

⇒ **You do < 6 Reps = 500 Body Building Points**

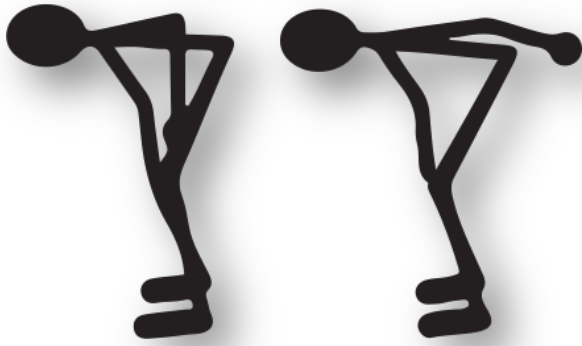
⇒ **You do ≥ 6 Reps = 1000 Body Building Points**



## *Invisible Dumbbell Stations*

# **Dumbbell Triceps Push**

**Muscle Focus:** Triceps



- Feet shoulder-width apart, bend forward with back straight, parallel to the floor
- Hold invisible dumbbell in your right hand with your elbow close to your body and arm bent at a right angle
- Push back and extend your arm, lifting the invisible dumbbell until your arm is straight
- Slowly return back to starting position

⇒ **You do < 6 Reps** = *500 Body Building Points*

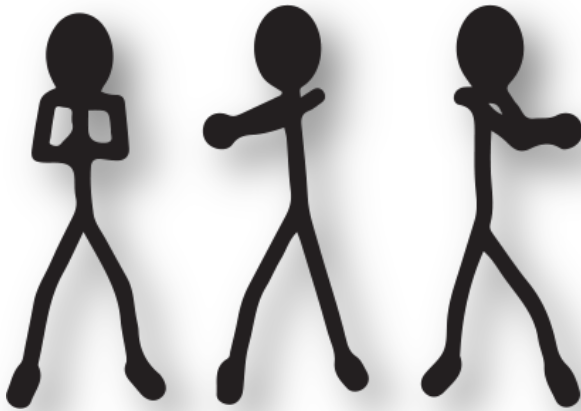
⇒ **You do ≥ 6 Reps** = *1000 Body Building Points*



## ***Invisible Dumbbell Stations***

# **Standing Dumbbell Twisters**

**Muscle Focus:** Internal Oblique, External Oblique



- Stand tall with feet shoulder-width apart, invisible dumbbell out in front of you in 2 hands
- Slowly twist your upper body and the invisible dumbbell all the way to the right, keeping your arms straight
- Slowly twist your upper body and the invisible dumbbell all the way to the left, keeping your arms straight
- Count reps every time you twist to the left

⇒ **You do < 6 Reps = 500 Body Building Points**

⇒ **You do ≥ 6 Reps = 1000 Body Building Points**