7 FAVORITE EXERCISES PER MUSCLE GROUP BY

TOSUM

Ltd

Welcome!

?lmote (Thank you) for choosing TOSUM Ltd. to embark on or continue your fitness journey!

It brings me great joy to support you in achieving your goals through fitness and nutrition–just as they've positively shaped my own life over the last decade. Whether your time with us is brief or long-term, I deeply value and appreciate your trust in us.

You might wonder, what does TOSUM mean? It's a word from my Tla'amin Nation (Sliammon) heritage, and it translates to "strong." This name reflects the strength we strive to help you build, both physically and mentally.

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I thank (honour) you all,

Charlene Muskego

EXAMPLE SCHEDULE
3 DAYS A WEEK

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAT	FRIDAY	SATURDAY	SUNDAY
1	Day 1: Back, Biceps & Core		Day 2: Legs		Day 3: Chest, Shoulders & Triceps		Check in: Progress Pictures & Weight
2	Day 1: Back, Biceps & Core		Day 2: Legs		Day 3: Chest, Shoulders & Triceps		Check in: Weight
3	Day 1: Back, Biceps & Core		Day 2: Legs		Day 3: Chest, Shoulders, & Triceps	Optional Cardio	Check in: Weight
4	Day 1: Back, Biceps & Core		Day 2: Legs		Day 3: Chest, Shoulders & Triceps	Optional Cardio	Check in: Weight

HIRE A PROFESSIONAL TO HELP YOU SAFELY GET STARTED

- *Make sure to have a proper warm up with dynamic stretching and cooldown with static stretching*
- *Average steps a day, 8000 - 10,000*
- *Water intake daily: 3-5 Litres*
- *Eat enough protein daily, well balanced meals.*
- *Sleep is important for recovery*
- *Flexible dieting 80% healthy choices 20% treating yourself*
- *Tracking foods using MyFitnessPal*
- *Record each workout with weights etc*
- *Using 7 fundamental movement patterns and FITT principle*
- *How many exercises, sets, reps and rest time variety on your fitness goals*
- *Depending on goals and level of experience, roughly estimated 6-10 exercises, 2-4 sets, 10-15 reps, 60-90 second rest, for a beginner/intermediate*

If you experience any discomfort while exercising, please do not continue. You should always consult a qualified practitioner or physician before using dietary, exercise, or health advice from anyone. I urge you to seek medical or professional advice before beginning with me if needed. I respect the safety and well-being of visitors; therefore, I do not provide any diagnosis or medical advice.

CHEST

Pectoralis Major/Minor

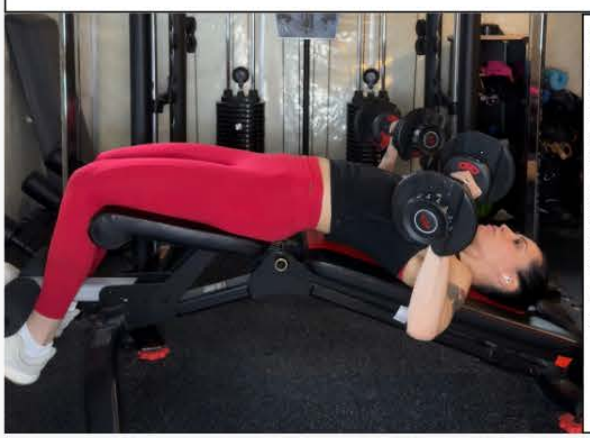
EXERCISE
DUMBBELL/BARBELL CHEST PRESS

Instructions:
1. Lay on a flat bench with dumbbells in each hand.
2. Bend your elbows at a 90-degree angle so that your forearms are perpendicular to the ground.
3. Press the weights upward until the two weights meet at the top.
4. Pause and lower back to the start position.

EXERCISE
INCLINE DUMBBELL/BARBELL PRESS

Instructions:
1. Lay on a 30-45 degree Incline bench with dumbbells in each hand.
2. Bend your elbows at a 90-degree angle so that your forearms are perpendicular to the ground.
3. Press the weights upward until the two weights meet at the top.
4. Pause and lower back to the start position.

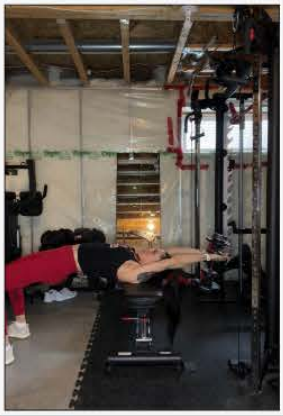
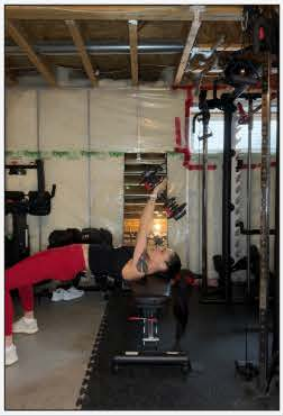
EXERCISE
DECLINE DUMBBELL/BARBELL PRESS

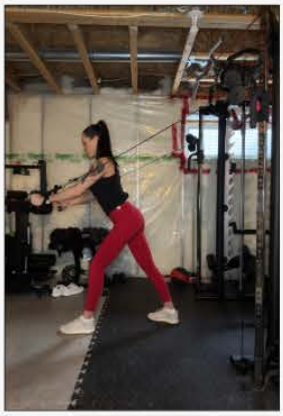
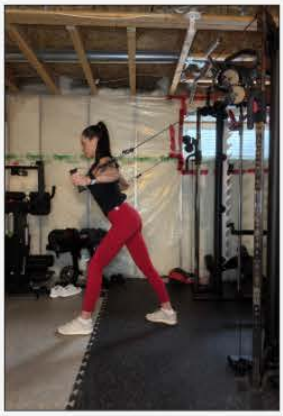


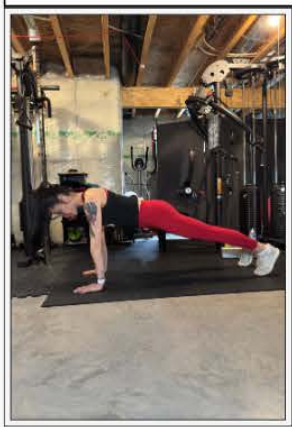
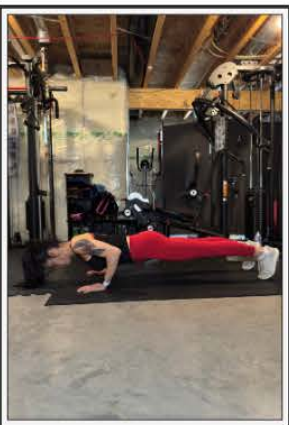
Instructions:
1. Lay on a declined bench with dumbbells in each hand.
2. Bend your elbows at a 90-degree angle so that your forearms are perpendicular to the ground.
3. Press the weights upward until the two weights meet at the top.
4. Pause and lower back to the start position.

CHEST

Pectoralis Major/Minor

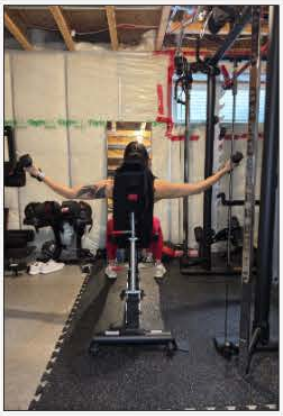
EXERCISE	
DUMBBELL PULLOVER	
 	Instructions: 1. Lie back on a flat bench and hold dumbbells over head with palms facing each other and elbows slightly bent. 2. Without moving your elbows, lower the dumbbells behind head, pause, and return to starting position by pulling the dumbbells back up over head. 3. Repeat.

EXERCISE	
STANDING CABLE CHEST FLYES	
 	Instructions: 1.Stand upright holding the handles with your arms straight out to the sides just below shoulder height, palms away from the body. 2.Pull the handles together across in front until they meet at chest height, elbows bent. 3.Return to starting position. 4.Repeat.

EXERCISE	
PUSH UPS/KNEE	
 	Instructions: 1.Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight. 2.Push your body upwards and straighten your arms. 3.Lower your body returning to starting position. 4.Repeat.

CHEST

Pectoralis Major/Minor

EXERCISE		
INCLINE DUMBBELL FLY		
		Instructions: 1. Laying on an Incline bench holding the dumbbells with your arms straight out to the sides just below shoulder height, palms away from the body. 2.Pull the handles together across in front until they meet at chest height, elbows bent. 3.Return to starting position. 4.Repeat.

BACK

Latissimus dorsi, trapezius, rhomboids major/minor

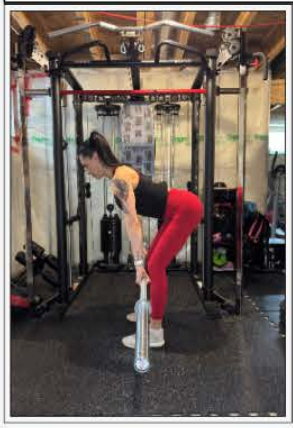
EXERCISE

WIDE GRIP PULL UPS/ASSISTED

Instructions:
1. Select your appropriate weight for the exercise on the machine. Using more weight makes it easier.
2. Grab the pull up bar with hands facing forward. Place your knees on the machine's rest pad and slowly load your body weight onto the machine. Let your arms go to full extension, and your body in is a straight line from hands to knees.
3. Pull your body upwards until your nose is just over the level of the bar.
4. Lower your body, returning to starting position.
5. Repeat.

EXERCISE

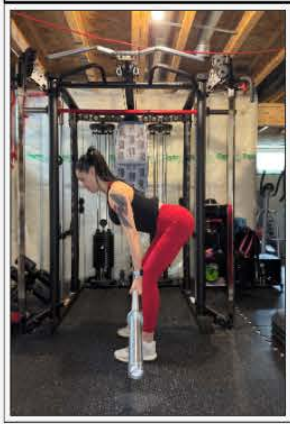
PRONATED BENT OVER BARBELL ROW



Instructions:
1.Stand with your feet at shoulder width and legs slightly bent. Bend over so that your back is parallel to the ground and hold the bar with palms facing over top of the the bar, arms straight.
2.Pull the bar up towards your lower chest. Pause.
3.Lower barbell returning to starting position. Keep your back straight at all times.
4.Repeat.

EXERCISE

SUPINATED BENT OVER BARBELL ROW



Instructions:
1.With your knees slightly bent and your back straight, bend over and grasp the bar with a wide underhand grip.
2.Keeping your torso still, pull the barbell up towards your chest until your upper arms are parallel to the floor. Pause.
3.Lower the barbell returning to starting position.
4.Repeat.

BACK

Latissimus dorsi, trapezius, rhomboids major/minor

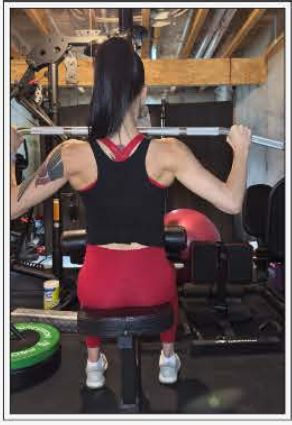
EXERCISE
LEANING INCLINE DUMBBELL ROW

Instructions:
1.Lie face down on an incline bench with the dumbbells hanging at your sides, your arms straight and your palms facing in.
2.Curl the weights up to shoulder level.
3.Lower down returning to starting position.
4.Repeat.

EXERCISE
PRONE DUMBBELL ROW ELEVATED BENCH/CABLE ROWS

1. Lie face down on the bench with your feet other side to keep you stable.
2. Hang the dumbbells beneath you using a neutral grip.
3. Keep your head up and bring your shoulder blades together as you row the weights towards your chest.
4. Lower to the starting position under control.
5. Repeat.

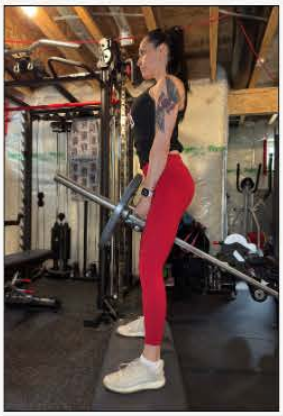
EXERCISE
WIDE GRIP LAT PULLDOWNS/NEUTRAL GRIP



Instructions:
1. Grasp the bar using a shoulder-width grip with your arms extended straight overhead.
2. Pull the bar down in front to the top of your chest, bending at the elbows.
3. Straighten your arms fully, returning the bar to the top position.
4. Repeat.

BACK

Latissimus dorsi, trapezius, rhomboids major/minor

EXERCISE		
T-BAR ROW		
		Instructions: 1. To perform this exercise, find the double grip row handle from the cable machine. 2. Place it under the barbell. 3. Sit your back with a slight arch. 4. Squeeze between the shoulder blades to perform the rowing motion. 5. Repeat.

SHOULDERS
Deltoids

EXERCISE

BARBELL PUSH PRESS STANDING/SEATED DUMBBELL

1) Set the barbell in the front rack position, resting on the front of your shoulders with elbows high. Set your feet slightly wider than hip width.
2) Give a slight bend in your knees and hips. Extend through your lower body, and follow through with a shoulder press overhead.
3) Your arms should fully extend with the biceps lining up with your ears. Keep your core engaged to prevent extension through the spine, and maintain neutral spine.
4) Bring the barbell back to the front rack position well keeping your glutes and abdominals active.
5. Repeat.

EXERCISE

SINGLE ARM DUMBBELL PRESS STANDING

Instructions:
1.Stand upright holding a dumbbell on one hand at shoulder height, fist away from you. Other hand is holding onto bench.
2.Press the dumbbell overhead, fully extending your arm.
3.Keep your back flat and remain upright throughout.
4.Complete all reps on one side before switching to the other side.
5. Repeat.

EXERCISE

SEATED OR STANDING LATERAL RAISES

Instructions:
1) Stand and bend forward slightly with your knees bent too.
2) With dumbbells in both hands and elbows bent, raise upper arms to sides until elbows are at shoulder height.
3) Pause, lower and repeat.

SHOULDERS
Deltoids

EXERCISE

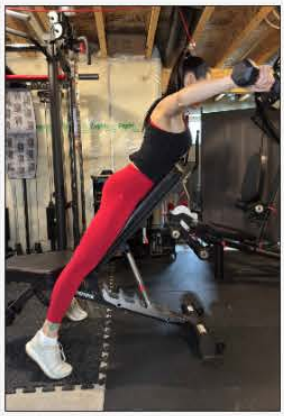
INCLINE SINGLE ARM DUMBBELL LATERAL RAISES

Include notes here on any additional reminders or tips that can enhance the client's understanding and performance of the exercise. This may include cues for engaging specific muscles, recommended tempo, or common mistakes to avoid. Resize text when needed.

This space can also be used for adding a link to Youtube video. (to do this highlight the text you wish to link›paste the link in the box›press enter.

EXERCISE

INCLINE BENCH REAR DELT DUMBBELL RAISES



Instructions:
1. When performing this exercise, set your body on an incline bench.
2. Hold a dumbbell using one of your hands. Put your non-lifting hand on bench. Keep your chest upright and brace core. This will be your starting position.
3. Lift the dumbbell to your side until your arm is parallel to the floor. Exhale as you execute this movement and pause for a second at the top.
4. Lower the dumbbell back down slowly to the starting position as you inhale.
5. Repeat for the recommended amount of repetitions.
6. Once you're done one side, do the other. Repeat.

EXERCISE

CABLE REAR DELT FLYES

Instructions:
1.Stand at a reverse position with the machine. Both hands holding the handles, elbows slightly bent.
2.Move your arms outward and backward in a reverse fly motion until your elbows go just past your back. Pause.
3.Slowly return to starting position.
4.Repeat.

SHOULDERS

Deltoids

EXERCISE		
FRONT PLATE RAISE/CABLE		
		Instructions: 1) Stand upright holding a handle at your side with your arms straight. 2) Raise the handle up in front to shoulder height, keeping your arms straight. 3) Lower back to the start position and repeat, keeping your back flat and arm straight throughout. 4) Complete all reps on one side before switching to the other side. 5. Repeat.

ARMS

Bicep Brachaii, triceps brachaii, antebrachium

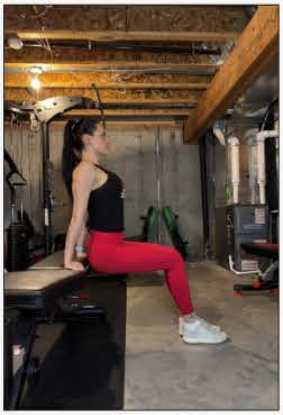
EXERCISE		
STANDING ALTERNATE DUMBBELL CROSS BODY BICEP CURLS		
		Instructions: I) Stand upright, holding a dumbbell in each hand, arms hanging at your sides and your palms inwards. 2) Curl the weight in one hand towards the shoulder in a circular motion cross the body. 3) Squeeze the bicep at the end of the lift and slowly lower. 4) Alternate hands and repeat. Keep you body still, elbows locked and palms faced inwards throughout the whole exercise. 5. Repeat.

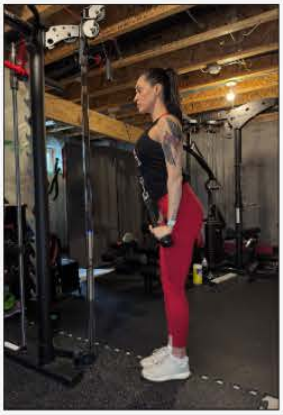
EXERCISE		
ISOMETRIC ALTERNATING DUMBELL BICEP CURLS		
		Instructions: I) Stand up with arms hanging and dumbbells in both hands, palms facing in. 2) Curl dumbbell for one arm, twisting your wrist on the way up and keeping your elbows still. 3) Slowly lower and alternate with the other arm. 4. Repeat.

EXERCISE		
SEATED CONCENTRATION DUMBBELL CURL		
		Instructions: 1. Sit on the end of a flat bench with your legs spread apart in a V-shape. 2. Rest your elbow on the inside of your thigh letting the dumbbell hang, while your other hand rests on the upper thigh of the other leg. 3. Slowly curl the weight up towards your shoulder using just your bicep. 4. Pause at the top and slowly lower to start position. 5. Repeat.

ARMS

Bicep Brachaii, triceps brachaii, antebrachium

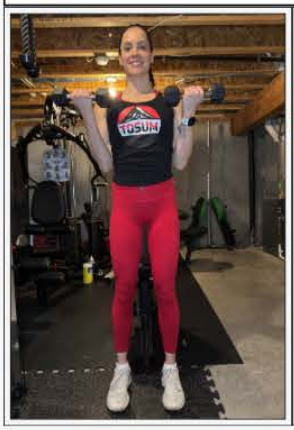
EXERCISE	
BENCH DIPS/ASSISTED MACHINE	
	Instructions: 1) When performing dip on the bench, keep your elbows pointing straight behind you. 2) Keep your body as close to the bench as possible as you dip down. 3. Repeat.

EXERCISE	
CABLE ROPE EXTENSIONS	
	Instructions: 1. Grasp a rope attached to a high cable pulley. 2.Your forearms should be parallel to the floor. With your elbows against your sides, push the rope downwards as far as possible. 3. Pause and return to starting position. Bracing core and nice straight spine. 4. Repeat.

EXERCISE	
SEATED OVERHEAD DUMBBELL EXTENSIONS	
	Instructions: 1. For this exercise, keep your elbows pointing straight up to the ceiling and in line with one another. No flaring elbows during this movement. 2. Arm should be parallel and in line with your ear when you extend over top of your head as well as in the downward position. 3. Repeat.

ARMS

Bicep Brachaii, triceps brachaii, antebrachium

EXERCISE		
ZOTTMAN CURL		
		Instructions: 1) Stand and hold two dumbbells with arms hanging down on both sides. 2) Curl both dumbbells up towards your shoulders and when you reach the top, rotate your wrists so that your palms face downwards. 3) Lower the weights to the starting position as your palms face downwards. 4) Repeat.

LEGS

Quadriceps, hamstrings, glutes, calves

EXERCISE		
BARBELL DEADLIFTS/DUMBBELL		
		Instructions: 1) Stand and hold two dumbbells with palms facing in. 2) With your back straight and knees locked, bend your body at your waist and lower down to the floor. 3) Then straighten up while still holding the dumbbells at arms length. 4. Repeat.

EXERCISE		
BARBELL SQUAT/DUMBBELL		
		Instructions: 1.With the Barbell across your upper back, set your feet slightly wider than shoulder-width apart. Have your feet turned out slightly. 2. Keep your chest up and knees out as you sit back and down into your hips. Brace core. 3. Under control, reverse the motion and push yourself back up to a standing position. 4. Repeat.

EXERCISE		
LEG PRESS		
		Instructions: 1. Start seated on the leg press machine, with feet shoulder-width apart on the plate. 2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control. 3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top. 4. Repeat.

LEGS

Quadriceps, hamstrings, glutes, calves

EXERCISE
DUMBBELL/BODYWEIGHT WALKING LUNGES

Instructions:
1) When performing your lunges, ensure that your upper body stays over top of your back knee.
2) Front knee doesn't reach forward over top of your front toes.
3. Repeat.

EXERCISE
ROMANIAN DEADLIFT/DUMBBELL

Instructions:
1. Stand with feet hip-width apart, holding dumbbells in front of your thighs.
2. Hinge at your hips, lowering the weights down your legs while keeping your back straight.
3. Return to standing by driving your hips forward.
4. Repeat.

EXERCISE
BARBELL ELEVATED HIP THRUST/DUMBBELL

Instructions:
1. When performing this exercise, you'll want most of the work being done from your hips rather than your lower back. Keep your abdominal braced.
2. To stabilized the dumbbell, you'll need to use your hands to make sure it doesn't roll towards you.
3. Begin by laying close to a bench while holding the dumbbells. Move feet onto the bench. This will be your starting position.
4. Begin the movement by driving through with your heels, extending your hips vertically keeping the dumbbells in place. Your weight should be supported by your upper back and the heels of your feet.
5. Extend as far as possible without hyper extending your back. Bracing core helps.
6. Repeat.

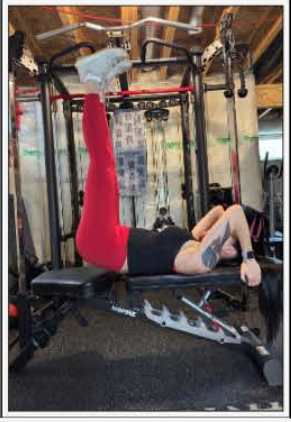
LEGS

Quadriceps, hamstrings, glutes, calves

EXERCISE		
LEG PRESS CALF RAISES		
		Instructions: 1. Sit on a leg press machine, and place your feet against the pad about shoulder width apart. Make sure your knees are bent at the start of the exercise. 2. Slowly push against the pad using the palm of your feet until your knee is almost straight. Then move back into the start position. Do not lock your knee straight at the peak of this exercise. 3. Repeat.

CORE

Abdominals & Obliques

EXERCISE		
KNEE UP - CORE		
		1. Laying on bench, extend legs and flex feet. 2. Hold onto bench beside your ears.No using arms during movement of exercise. 3. Lift feet towards the ceiling using your core. 4. Nice and slow and controlled. 5. Repeat.

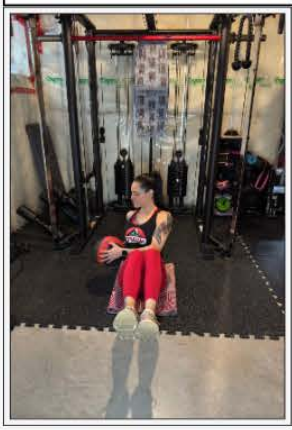
EXERCISE		
CABLE ROPE KNEELING CRUNCHES		
		Instructions: 1.Kneel and grasp a cable rope attached to a high pulley, arms extended. 2.Curl your head and torso down to your knees, hands at the sides of your head. 3.Return to starting position. 4.Repeat.

EXERCISE	
V UPS	
	Instructions: 1.Lie on your back with your legs straight and your arms stretched out overhead. 2.Raise your legs straight up while also lifting your upper body off the floor and reach your hands toward your feet, keeping both your arms and legs straight. 3.Slowly lower your upper body and legs back to the floor, returning to starting position. 4.Repeat.

CORE
Abdominals & Obliques

EXERCISE

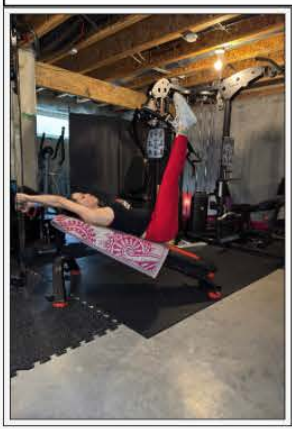
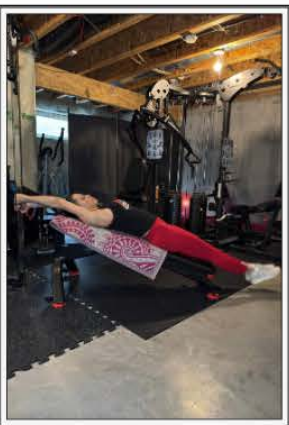
RUSSIAN TWIST W/EXERCISE WEIGHTED BALL



Instructions:
1) Sit on the floor, and with both hands hold a weighted ball out in front you with arms slightly bent.
2) Slightly lean your upper body backwards, until it's against the floor.
3) Begin by curling your body up, and twisting to the left while keeping the weighted ball held out in front.
4) Pause, and slowly return to start. Repeat with other side.

EXERCISE

DECLINE LYING LEG RAISES

Instructions:
1. When performing this exercise, you'll want to ensure that your lower back keeps constant pressure into the declined bench.
2. You do so by keeping your abdominals engaged as your legs come back down towards the beginning position.
3. Lie with your back flat on a bench and your legs extended in off to the end of the bench. Keep yourself up by pulling on the bench. This will be your starting position.
4. As you keep your legs extended, straight as possible with your knees slightly bent but locked, raise your legs until they make a 90-degree angle with the floor. Exhale as you perform this portion of the movement and hold the contraction at the top for a second.
5. As you slowly lower your legs back down to the starting position, exhale to help keep the abdominals engaged.

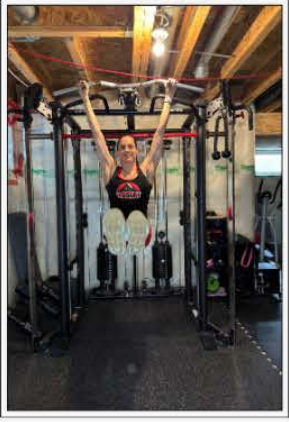
EXERCISE

GHD SIT UPS

Instructions:
1. Adjust a GHD so that your hips are free to move with your knees slightly bent.
2. Secure your feet in the foot pads, and sit on the large pad, facing your feet.
3. Lower yourself backwards, extending the torso and arms until you feel like you can no longer hold yourself. This exercise depends on your level of fitness.
4. Using your legs and your core, pull yourself back up to the start position, touching the foot rests and repeat.

CORE

Abdominals & Obliques

EXERCISE		
HANGING KNEE RAISES/LEG		
		Instructions: 1) Hang from a pull-up bar with your legs straight down. 2) Start by using your abs to bring your knees up until your waist. Pause, and slowly return to the starting position. 3) Repeat.

THESE EXERCISES ARE TRIED AND TESTED FOR BUILDING STRENGTH, MUSCLE, AND ENDURANCE ACROSS THE BODY. MAKE SURE TO CHOOSE VARIATIONS THAT MATCH YOUR FITNESS LEVEL AND GOALS! HIRE A PROFESSIONAL TO HELP YOU SAFELY GET STARTED.