

# DR Safe Exercises

## MOST IMPORTANT THING!

Any exercise done with poor form is not safe, let alone DR safe, ya feel me? Here's what you do...

- Use the principles of the posture 'SQUAD' and apply them to your exercises. Great alignment is key.
- Look in a mirror if possible, or have someone take a video of you to check your form, especially for exercises that are new to you.
- If you can't perform an exercise without bulging your abs at some point during the exercise, modify the exercise to make it easier, or change exercises. With consistency, you will be able to do every exercise without bulging your abs.

## WORKOUT FORMAT by REPS

- CHOOSE 4 - 8 exercises
- Do 8-20 reps of that exercise. Number of reps depend on how quickly your muscles start burning. Aim for the last few to burn a bit for best results & progress.
- Choose how many sets you'll do of those reps. 2-4 is great! (A set is how many times you do your round of reps)
- Options for ORDER of EXERCISES
  - Do the set of exercises (circuit) from beginning to end, then repeat
  - Do all your sets for each individual exercise before moving to the next, work your way through
  - Do supersets. Switch between 2-3 exercises until you complete all your sets. Then, go to the next superset. Continue 'til you've finished all your supersets.

## WORKOUT FORMAT by TIME

Use all the same principles for the REPS guidance, but replace reps with time allotted per exercise. One of my favorites is 50 seconds work, 10 seconds rest, then onto the next exercise. You could do 30 seconds work, 30 seconds rest based on your fitness level and the intensity of the exercises. MAKE IT WORK FOR YOU!

## AMRAP - As Many Rounds As Possible

- CHOOSE 4 -8 exercises
- Choose # of reps for each exercise
- Set a timer for 2-8 minutes.
- See how many times you can get through that circuit before the timer goes off
- Repeat, and try to beat your time
- Repeat more if desired. 2-4 rounds is a great options!

### CONSISTENCY ALWAYS TRUMPS INTENSITY

Create workouts & workout schedules that you feel good about, not ones you dread. Increase duration & intensity week by week to avoid burn-out and injury. GO TO YOUR GROWING EDGE, don't jump off the cliff trying to do too much, too fast! EXERCISE is a long game, not a sprint. Well, sometimes it's literally a sprint, but you know what I mean! And yo, I rarely do sprints, so don't think you have to. If they ain't your jam, don't do 'em! A few for me is plenty.

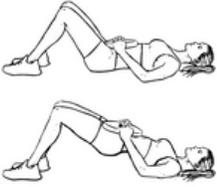


# DR Safe Exercises

## HOME WORKOUT w/minimal equipment

## Lower-Body

Weighted Glute Bridges



Wall Sit / Squats / Chair



Sumo / Plié Dumbbell Squats



Single Leg Glute Bridge / Hip Extension with Leg Lift



Stability / Swiss / Exercise Ball Squats



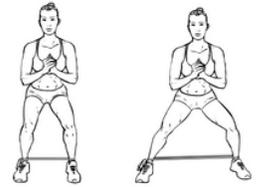
Stability / Swiss / Exercise Ball Hamstring Leg Curl / Hip Raise / Bridge



Single Leg Bench Bodyweight Squats



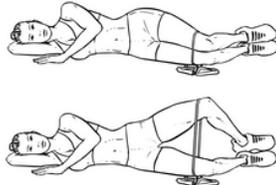
Resistance Band Side Steps



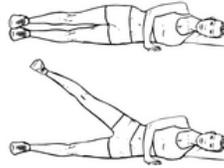
Reverse Dumbbell Lunges



Resistance Band Clam Shells



Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors



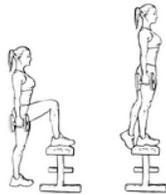
Fire Hydrants / Abductor / Adductor Knee Raises



Dumbbell Walking Lunges



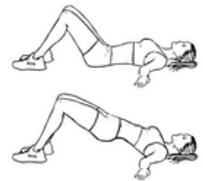
Dumbbell Step-Ups



Dumbbell Side Lunges / Lateral Lunges



Hip Raises / Butt Lift / Bridges



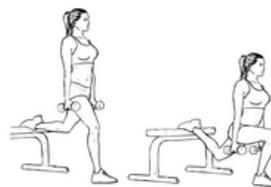
Dumbbell Lunges



Chair Squats



Bulgarian Split Squats



Body Weight Sumo / Wide Stance Squats



Alternating Curtsy Lunge



Bodyweight Side Steps / Lateral Lunges



Barbell Split Squats

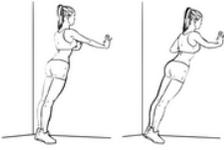


# DR Safe Exercises

## HOME WORKOUT

## Upper-Body

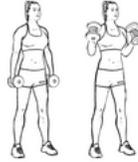
Wall Push-Ups / Pushups /  
Standing Press Ups



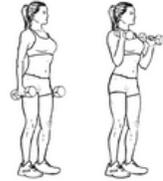
Upright Dumbbell Rows



Standing Dumbbell Bicep Hammer  
Curls



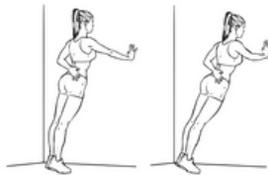
Standing Dumbbell Bicep Curls



Standing Dumbbell Overhead  
Shoulder Press



Single-Arm Wall Push Ups / Push-  
Ups



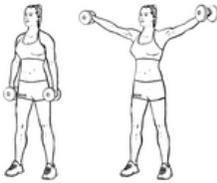
Stability / Swiss / Exercise Ball  
Dumbbell Chest Press



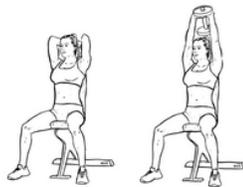
Stability / Swiss / Exercise Ball  
Dumbbell Chest Flies



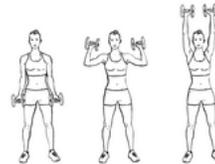
Lateral / Side Shoulder Dumbbell  
Raises / Power Partial



Seated Tricep Press / Overhead  
Extensions



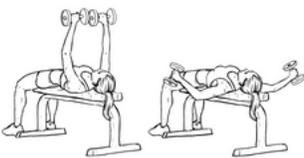
Dumbbell Biceps Curl to Shoulder  
Press



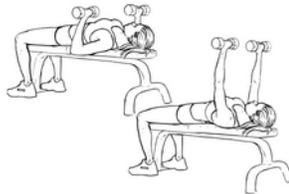
Dual / Two Arm Dumbbell Front  
Shoulder Raises



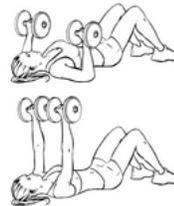
Flat Bench Dumbbell Flies



Dumbbell Flat Bench Press



Dumbbell Floor Chest Press



Front Shoulder Dumbbell...

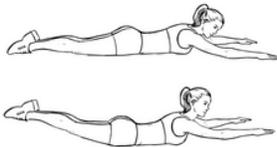


# DR Safe Exercises

## HOME WORKOUT

## Back & backside ;)

Supermans / Extended Arms & Legs Lifts



Single / One Arm Dumbbell Bench Rows



Stability / Swiss / Exercise Ball Back Extensions



Lying Face Down Plate Neck Resistance



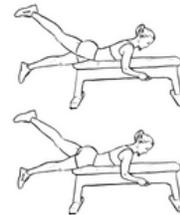
Floor T Raises / Back Flies



Contralateral Limb Raises



Bench Flutter Kicks



## Full-Body

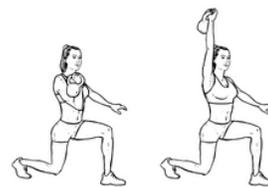
Plate Overhead Walking Lunges



Lunging / Lunge with Bicep Hammer Curls



Kneeling Kettlebell Press



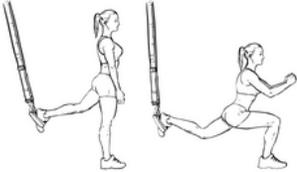
Surrenders



# DR Safe Exercises

**GYM WORKOUT** - Machines or equipment you may not have at home **Lower-Body**

TRX Suspension Straps Suspended Lunges



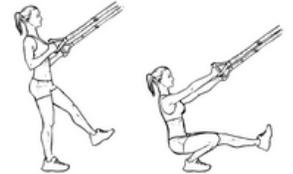
TRX Suspension Straps Glute Bridge



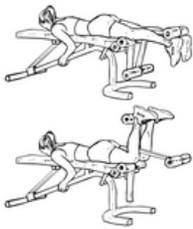
TRX Reverse Lunges / Lunges



TRX Pistol / Single Leg Squats



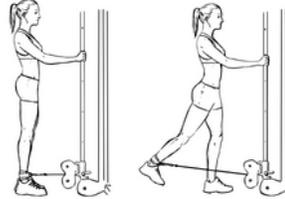
Lying Leg Curls



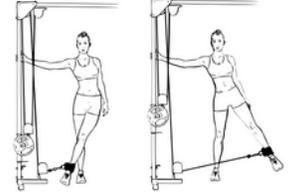
Leg Press / Machine Squat Press



Cable Hip Extensions



Cable Hip Abduction / Adduction



Bosu Ball Single Leg Bridge / Hip Thrusts / Extensions / Raises



Bosu Ball Bridges Hip Raises / Glute Bridges



Barbell Split Squats



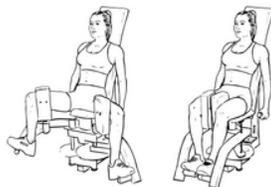
Barbell Step-ups



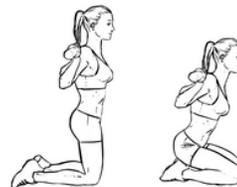
Barbell Hip Thrusts



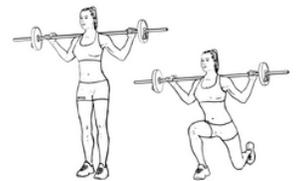
Adductor / Abductor / Adduction Inner Thigh Machine



Barbell Kneeling Squats



Barbell Lunges



One of THE best  
booty exercises

# DR Safe Exercises

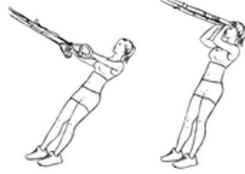
 GYM WORKOUT

## Upper Body

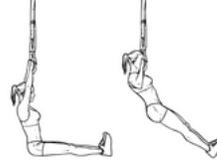
TRX Suspension Strap Rows



TRX Suspension Strap Bicep Curls



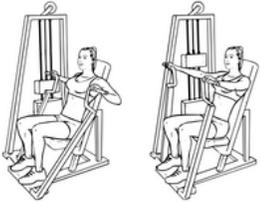
TRX Pull Ups



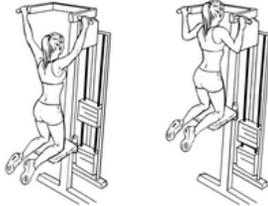
Triceps Dips



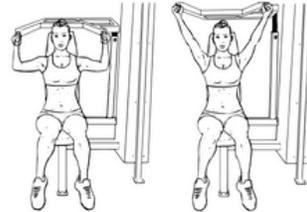
Hammer Strength Machine / Seated Chest Press



Machine Assisted Pull-ups / Pullups



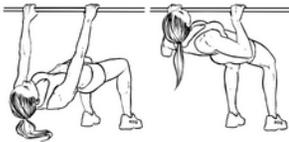
Machine Seated Shoulder Press



EZ-Bar Preacher Curls



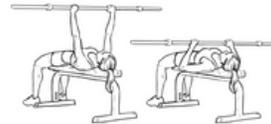
Inverted Rows / Reverse Pull-ups



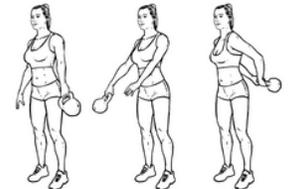
Incline Dumbbell Bench Chest Press



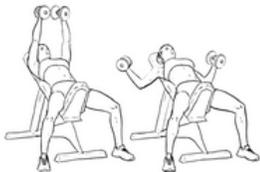
Close-Grip Overhand Barbell Bench Press



Kettlebell Around the Worlds



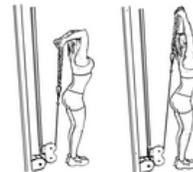
Incline Bench Dumbbell Flies



Flat Bench Barbell Skull Crushers



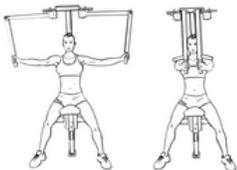
Cable Rope Overhead Triceps Extensions



Cable Upright Rows



Butterflies / Pec Deck / Seated Machine Flies



Cable Hammer Bicep Curls



Bosu Ball Chest Dumbbell Press



Bosu Ball Chest Dumbbell Flies / Flies



# DR Safe Exercises

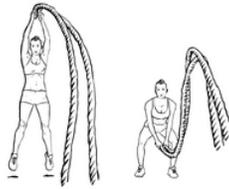
## GYM WORKOUT

## Upper-Body

Battle Rope Snakes



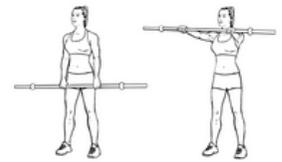
Battle Rope Double Arm Slams



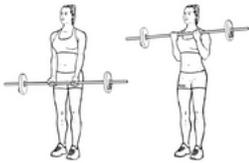
Battle Rope Double Waves



Barbell Front Raises



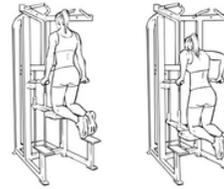
Barbell Curls / Standing Biceps Curls



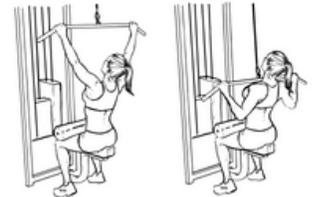
Barbell Bench Press / Chest Press



Assisted Tricep Dips

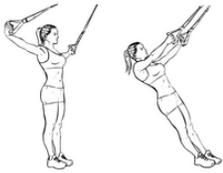


Wide-Grip Lat Pulldowns



## Back

TRX Suspension Strap T Flies



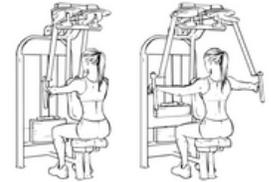
Reverse Flyes



Dumbbell Incline Bench Rows



Rear Delt Machine Flyes



## Cardio

Cardio - Swimming



Cardio - Stationary Bike / Spinning



Cardio - Recumbent Bike



Cardio - Elliptical Machine



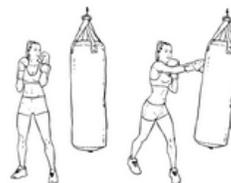
Cardio - Walking



Cardio - Cross Trainer / Crosstrainer Machine



Boxing with a Punching Bag



Cardio - Stairmaster



# DR Safe Workout

## FULL-BODY HOME WORKOUT

### WARM-Up

5 minutes movement of choice

### WORKOUT OPTION 1

40 seconds work, 20 seconds rest

1-3 rounds

1. Alternating curtsy lunge
2. Lateral DB raises
3. Surrenders
4. Floor back flies
5. Lying lateral raise, right
6. Lying lateral raise, left
7. Chair squats
8. DB biceps curl to shoulder press

### WORKOUT OPTION 2

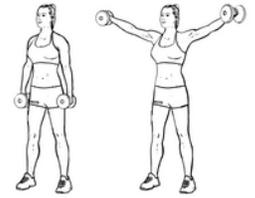
Do the same circuit, but do each for 10-15 reps

2-3 rounds

Alternating Curtsy Lunge



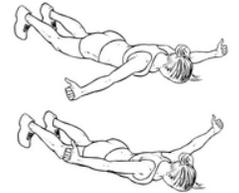
Lateral / Side Shoulder Dumbbell Raises / Power Partial



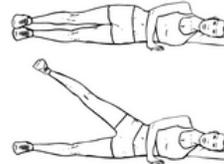
Surrenders



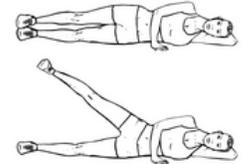
Floor T Raises / Back Flies



Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors



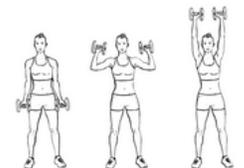
Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors



Chair Squats



Dumbbell Biceps Curl to Shoulder Press



## BOOTY BLAST

If you wanna grow a booty, ya gotta burn it.

Here's how. And, eat plenty of protein : )

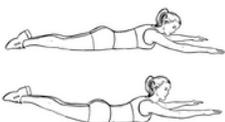
Bulgarian Split Squats



Sumo / Plié Dumbbell Squats



Supermans / Extended Arms & Legs Lifts



Fire Hydrants / Abductor / Adductor Knee Raises



WARM-Up - 5 minutes movement of choice

Do each exercise until it's burning, then knock out 2 more on top of that. Your reps may range from 6-20, based on your fitness and the amount weight you choose. Start with light weights if you're new.

Use a circuit format to keep you sane. I love you!

Perform 2-4 rounds. If you're new to strength workouts, 2 rounds will leave you sore tomorrow, so stop there, I promise, you got plenty of work in.



# DR Safe Workout

 GYM WORKOUT - Machines or equipment you may not have at home

## FULL-BODY GYM WORKOUT

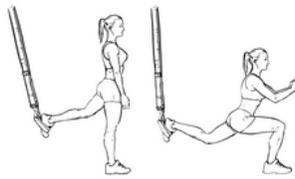
WARM-Up - 5 minutes movement of choice

Perform 8-12 reps of each  
2 sets if you're within 4 weeks of starting  
consistent exercise

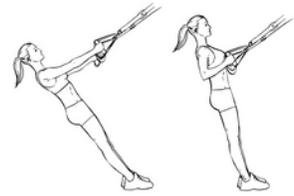
3 sets, if desired, if you've been exercising  
consistently for over 4 weeks

1. TRX lunges, right leg
2. TRX Rows
3. TRX lunges, left leg
4. TRX T Flies
5. Barbell hip thrusts
6. Assisted pull-ups
7. Assisted tricep dips
8. Bench flutter kicks

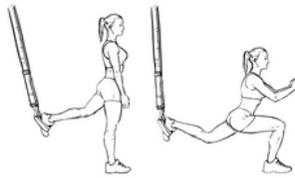
TRX Suspension Straps Suspended Lunges



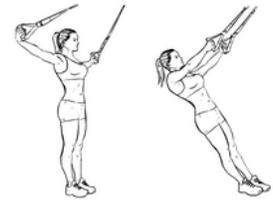
TRX Suspension Strap Rows



TRX Suspension Straps Suspended Lunges



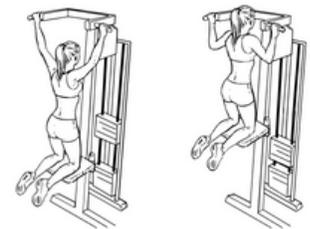
TRX Suspension Strap T Flies



Barbell Hip Thrusts

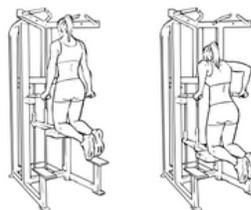


Machine Assisted Pull-ups / Pullups



One of THE best  
booty exercises

Assisted Tricep Dips



Bench Flutter Kicks

