

Hello Friends! Welcome back!

For the next lesson, you will be completing the “Invisible Dumbbell Challenge”.

With this workout, you will be **pretending** that you have dumbbells (or weights) in your hands as you complete the exercises.

Each exercise is broken down for you below with how to do it and what you should look like as you are completing the exercise. You **do not** have to look exactly like the picture as that should only serve as a guide for you.

If you need help reading and understanding what each exercise is, don't be afraid to ask an adult for help! You can even ask your family members to join you!

All we ask is that you **do your best** and put your best effort forward.

As always, if the weather is nice, you can absolutely do these exercises outside and get some fresh air!

Don't forget to keep moving, eat healthy and stay safe! 😊

	<p align="center">Bicep Curl</p> <ol style="list-style-type: none"> Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips. Curl both invisible dumbbells up toward your shoulders. Lower your arms and repeat. <p align="center">Muscle Focus: Biceps</p>		<p align="center">Dumbbell Crunch</p> <ol style="list-style-type: none"> Lay on your back with your knees bent, holding the invisible dumbbell on your chest. Slowly curl your head and shoulders up, and then lower back to the starting position. <p align="center">Muscle Focus: Rectus Abdominis</p>
	<p align="center">Dumbbell Twisters</p> <ol style="list-style-type: none"> Sit on the floor, knees bent, holding the invisible dumbbell on your chest. Rotate your upper body all the way to the right and tap the dumbbell on the floor. Repeat that motion to the left. Count 1 rep every time you tap to the left. <p align="center">Muscle Focus: Internal & External Oblique</p>		<p align="center">Dumbbell Lunges</p> <ol style="list-style-type: none"> Stand tall, holding the invisible dumbbells straight down at your sides. Step with your right foot until your right thigh is parallel to the floor (left leg stays in place). Push back up into the starting position. Repeat with your left leg. Count 1 rep after each left leg lunge. <p align="center">Focus: Hamstrings, Quadriceps</p>
	<p align="center">Dumbbell Heel Lifts</p> <ol style="list-style-type: none"> 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. Repeat the same side. Complete reps on the right side and then repeat on the left. <p align="center">Muscle Focus: Gastrocnemius</p>		<p align="center">Bends Ups</p> <ol style="list-style-type: none"> Stand tall, feet shoulder-width apart, holding the invisible dumbbell against the middle of your chest. Slowly bend over, moving your chest forward until your back is parallel to floor. Slowly lift back up to the starting position, keeping your back straight and long. <p align="center">Muscle Focus: Lower Trapezius, Erector Spinae</p>
	<p align="center">Dumbbell Plank Rows</p> <ol style="list-style-type: none"> Start in plank position. Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm. Back to plank position. Repeat other side. Count 1 rep every time you complete a row with your left arm. <p align="center">Muscle Focus: Pectoralis, Biceps</p>		<p align="center">Shoulder Raises</p> <ol style="list-style-type: none"> Stand tall, feet shoulder-width apart, holding the invisible dumbbells at your sides. With your arms straight, raise the invisible dumbbells up and out to the sides until they reach shoulder-height. Slowly return to the starting position. <p align="center">Muscle Focus: Deltoid</p>
	<p align="center">Dumbbell Rows</p> <ol style="list-style-type: none"> Start in lunge position, left foot forward and your back long and straight. Hold the invisible dumbbell in your right hand, your arm extended toward the floor. Pull, bending your arm to bring the dumbbell up to your shoulder. Slowly lower to the starting position. Repeat with your right arm. Complete reps on the right side, and then repeat on the left side. <p align="center">Muscle Focus: Latissimus Dorsi, Trapezius, Rhomboids</p>		<p align="center">Dumbbell Squats</p> <ol style="list-style-type: none"> Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with 2 hands at the center of your chest. Squat down, keeping your knees above your toes, and then stand back to the starting position. <p align="center">Muscle Focus: Quadriceps, Gluteus Maximus</p>
	<p align="center">Dumbbell Triceps Push</p> <ol style="list-style-type: none"> Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor. Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle. Push back. Extend arm until it's straight. Slowly return to starting position. Complete reps on right side. Repeat left side. <p align="center">Muscle Focus: Triceps</p>		<p align="center">Standing Dumbbell Twisters</p> <ol style="list-style-type: none"> Stand tall, feet shoulder-width apart. Hold invisible dumbbell in front of you in 2 hands. Slowly twist your upper body and the dumbbell all the way to the right, keeping your arms straight. Slowly repeat that motion to the left. Count reps every twist to the left. <p align="center">Muscle Focus: Internal & External Oblique</p>