

Safety Guidelines:

Consult with your physician for medical clearance prior to starting any exercise program. Discontinue exercise if you experience any abnormal response and seek medical attention.

Instructions:

Warm-up prior to workout for several minutes. Perform 1 or 2 sets, 8-12 repetitions of each exercise. Use correct form and technique and breathe out on exertion. Stretch all muscle groups after the workout.

Chest



Chest



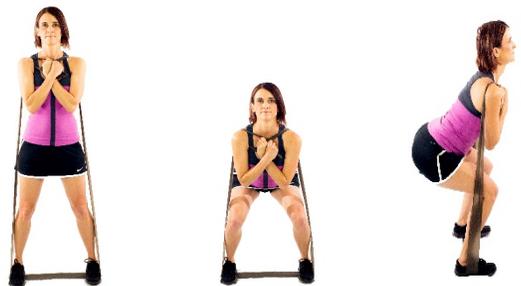
Back



Back



Legs



Legs



Shoulders



Biceps



Triceps



Shoulders



For more information on programs offered through New Mexico State University Cooperative Extension Service contact your local county Cooperative Extension Office.