

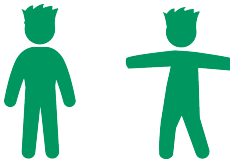


**INVISIBLE DUMBBELL CHALLENGE CARD**

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|     | <p><b>Bicep Curl</b></p> <ol style="list-style-type: none"> <li>Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips.</li> <li>Curl both invisible dumbbells up toward your shoulders.</li> <li>Lower your arms and repeat.</li> </ol> <p><b>Muscle Focus: Biceps</b></p>   |     | <p><b>Dumbbell Crunch</b></p> <ol style="list-style-type: none"> <li>Lay on your back with your knees bent, holding the invisible dumbbell on your chest.</li> <li>Slowly curl your head and shoulders up, and then lower back to the starting position.</li> </ol> <p><b>Muscle Focus: Rectus Abdominis</b></p>   |
|    | <p><b>Dumbbell Twisters</b></p> <ol style="list-style-type: none"> <li>Sit on the floor, knees bent, holding the invisible dumbbell on your chest.</li> <li>Rotate your upper body all the way to the right and tap the dumbbell on the floor.</li> <li>Repeat that motion to the left.</li> <li>Count 1 rep every time you tap to the left.</li> </ol> <p><b>Muscle Focus: Internal &amp; External Oblique</b></p>  |    | <p><b>Dumbbell Lunges</b></p> <ol style="list-style-type: none"> <li>Stand tall, holding the invisible dumbbells straight down at your sides.</li> <li>Step with your right foot until your right thigh is parallel to the floor (left leg stays in place).</li> <li>Push back up into the starting position.</li> <li>Repeat with your left leg.</li> <li>Count 1 rep after each left leg lunge.</li> </ol> <p><b>Focus: Hamstrings, Quadriceps</b></p>     |
|     | <p><b>Dumbbell Heel Lifts</b></p> <ol style="list-style-type: none"> <li>Stand on your right foot with your left foot raised behind you, 6 inches off the ground.</li> <li>Push up onto your right toe and hold for 2 seconds at the top.</li> <li>Lower your heel. Repeat the same side.</li> <li>Complete reps on the right side and then repeat on the left.</li> </ol> <p><b>Muscle Focus: Gastrocnemius</b></p>   |    | <p><b>Bends Ups</b></p> <ol style="list-style-type: none"> <li>Stand tall, feet shoulder-width apart, holding the invisible dumbbell against the middle of your chest.</li> <li>Slowly bend over, moving your chest forward until your back is parallel to floor.</li> <li>Slowly lift back up to the starting position, keeping your back straight and long.</li> </ol> <p><b>Muscle Focus: Lower Trapezius, Erector Spinae</b></p>                         |
|  | <p><b>Dumbbell Plank Rows</b></p> <ol style="list-style-type: none"> <li>Start in plank position.</li> <li>Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm.</li> <li>Back to plank position. Repeat other side.</li> <li>Count 1 rep every time you complete a row with your left arm.</li> </ol> <p><b>Muscle Focus: Pectoralis, Biceps</b></p>   |  | <p><b>Shoulder Raises</b></p> <ol style="list-style-type: none"> <li>Stand tall, feet shoulder-width apart, holding the invisible dumbbells at your sides.</li> <li>With your arms straight, raise the invisible dumbbells up and out to the sides until they reach shoulder-height.</li> <li>Slowly return to the starting position.</li> </ol> <p><b>Muscle Focus: Deltoid</b></p>   |
|   | <p><b>Dumbbell Rows</b></p> <ol style="list-style-type: none"> <li>Start in lunge position, left foot forward and your back long and straight.</li> <li>Hold the invisible dumbbell in your right hand, your arm extended toward the floor.</li> <li>Pull, bending your arm to bring the dumbbell up to your shoulder.</li> <li>Slowly lower to the starting position. Repeat with your right arm.</li> <li>Complete reps on the right side, and then repeat on the left side.</li> </ol> <p><b>Muscle Focus: Latissimus Dorsi, Trapezius, Rhomboids</b></p> |  | <p><b>Dumbbell Squats</b></p> <ol style="list-style-type: none"> <li>Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with 2 hands at the center of your chest.</li> <li>Squat down, keeping your knees above your toes, and then stand back to the starting position.</li> </ol> <p><b>Muscle Focus: Quadriceps, Gluteus Maximus</b></p>  |
|   | <p><b>Dumbbell Triceps Push</b></p> <ol style="list-style-type: none"> <li>Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor.</li> <li>Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle.</li> <li>Push back. Extend arm until it's straight.</li> <li>Slowly return to starting position. Complete reps on right side. Repeat left side.</li> </ol> <p><b>Muscle Focus: Triceps</b></p>   |  | <p><b>Standing Dumbbell Twisters</b></p> <ol style="list-style-type: none"> <li>Stand tall, feet shoulder-width apart. Hold invisible dumbbell in front of you in 2 hands.</li> <li>Slowly twist your upper body and the dumbbell all the way to the right, keeping your arms straight.</li> <li>Slowly repeat that motion to the left.</li> <li>Count reps every twist to the left.</li> </ol> <p><b>Muscle Focus: Internal &amp;, External Oblique</b></p> |