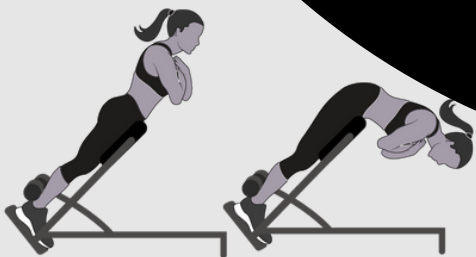


# ***WORKOUT CHART***

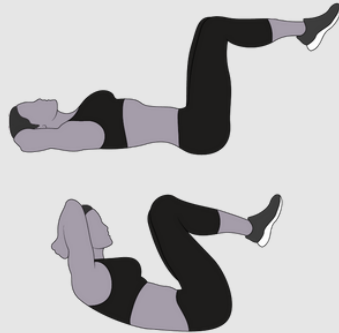
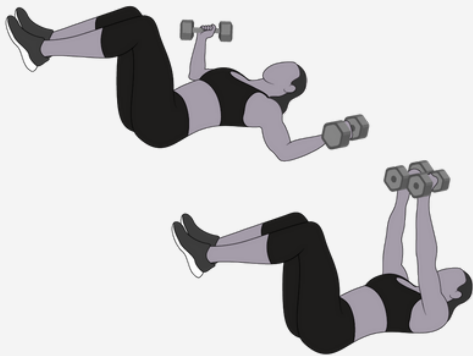
Reach your best physique with the right  
exercises and the right form.

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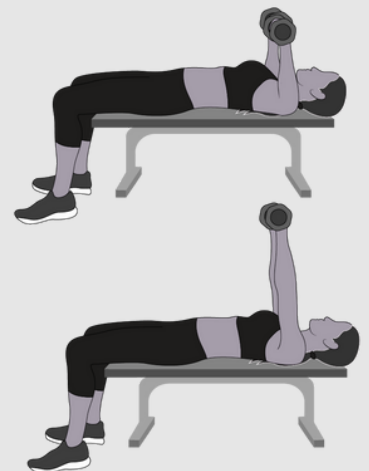
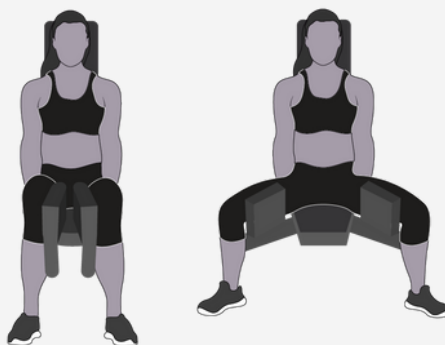
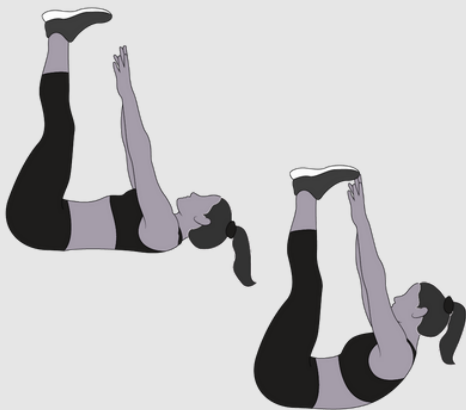
[WWW.NFWELLNESS.FITNESS](http://WWW.NFWELLNESS.FITNESS)

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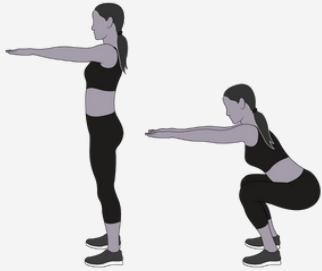
# ***WORKOUT CHART***

Reach your best physique with the right exercises and the right form.



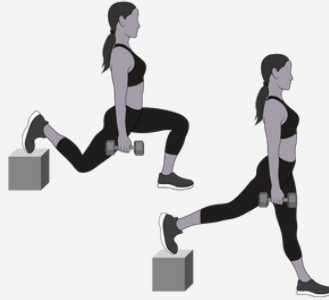
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# GLUTES AND LEGS EXERCISES



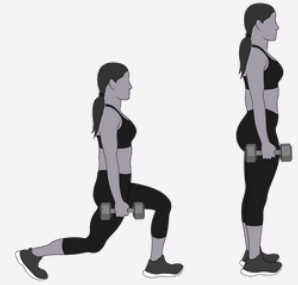
## SQUATS

1. Stand straight with feet hip-width apart.
2. Bend your knees and lower down to at least a 90-degree angle. Go as low as you can.
3. Straighten your legs again and lift yourself up.
4. Repeat.



## BULGARIAN SPLIT SQUATS

1. Set up a knee-high platform or bench behind you. Your right leg should be extended behind you and resting on the bench.
2. While keeping a straight spine, lower your right knee slowly to the floor as you would do with a squat until you reach a 90-degree angle with the front leg.
3. Return to the starting position by reversing the move.



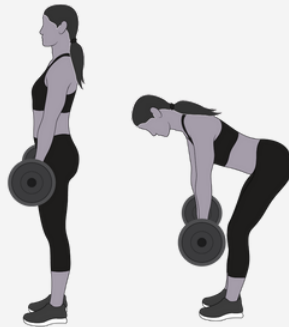
## LUNGES

1. Step forward with one foot until your leg reaches a 90-degree angle.
2. Then, lift your front lunging leg to return to the starting position.
3. Then repeat with the other leg and alternate.



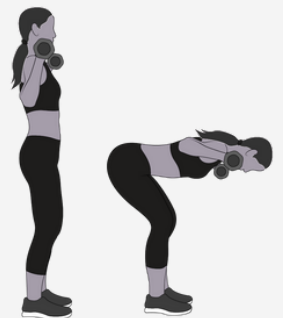
## SIDE LUNGES

1. Step sideways with one foot until your leg reaches a 90-degree angle.
2. Then, push with your lunging leg to return to the starting position.
3. Then repeat with the other leg and alternate.



## DEADLIFTS

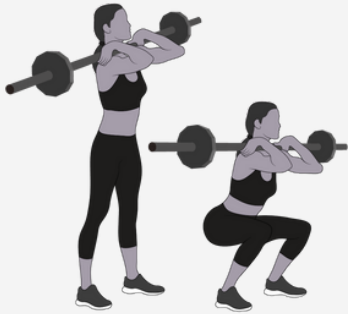
1. Stand with your feet slightly wider than your hips.
2. Gently bend your knees slightly, and bend over to a 90-degree angle with your torso to the floor.
3. Then, push back up to a standing position with your legs rather than your back.
4. Then repeat.



## GOOD MORNINGS

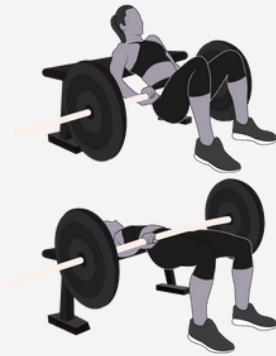
1. Stand with your feet shoulder-width apart and your hands placed behind your head or behind the barbell your holding on your shoulders.
2. Stand upright, brace your core and hinge forwards from your hips allowing a slight bend in your knees
3. Lean forwards until you feel a slight stretch in your hamstrings, then reverse to stand up straight.
4. Repeat.

# GLUTES AND LEGS EXERCISES



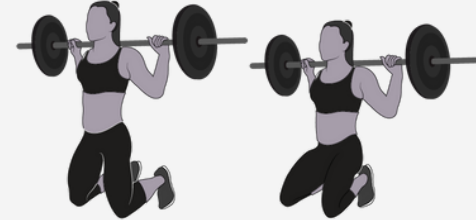
## FRONT SQUATS

1. Stand straight with feet hip-width apart.
2. Grab a barbell and place it on your shoulders with your hands facing upwards and your fingers under the barbell (on your shoulders)
3. Bend your knees and lower down to at least a 90-degree angle.
4. Straighten your legs again and lift yourself up.
5. Repeat.



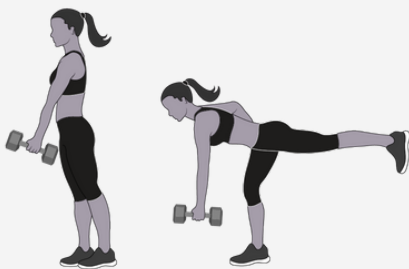
## HIP THRUSTS

1. Sit beside a bench and place the barbell at your hips.
2. Holding the barbell, extend your hips upwards with your heels. Make sure to keep your knees out.
3. Hold the position for three seconds and slowly return back down.
4. Repeat the movement.



## KNEELING SQUATS

1. Grab a barbell and place it at the back of your shoulders.
2. Kneel on a mat. Then, lower your butt to your ankles until the back of your thighs touch your calves.
3. Lift upwards again placing the most strain on your glutes.
4. Hold that position for three seconds, and lower back down. Repeat the movement.



## SIDE LEG DEADLIFTS

1. Stand with your feet together, holding a weight in each hand in front of your legs.
2. Shift your weight to your right leg, and while keeping a slight bend in your right knee, raise your left leg straight behind your body, hinging at the hips to bring your torso parallel to the floor, and lower the weight toward the floor.
3. Keep your back flat and your core tight during the movement.



## REVERSE FROG PUMPS

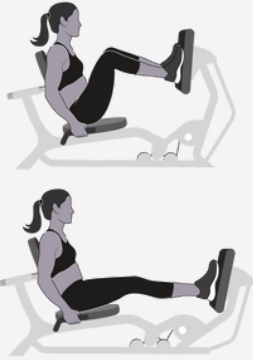
1. Place ankle weights on your ankles or hold a medicine ball between your feet.
2. Lie down on a bench facing down and with your hips hanging off the bench. Bend your knees to a 90-degree angle and hold your ankles together.
3. Push upwards by squeezing your glutes, and lower back down. Avoid lifting your lower back. Repeat.



## DONKEY KICKS

1. Go down on the floor or a mat, and position yourself on all fours.
2. Put your hands under your shoulders and your knees under your hips.
3. Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip. You should lower your knee without touching the ground and repeat the movement.

# GLUTES AND LEGS EXERCISES



## LEG PRESS

1. Sit down on the leg press machine, and place your feet close together at a 90-degree angle.
2. Then push out with your legs until your legs are approx. 90% straight.
3. Hold at the top and return to starting position by bending legs.



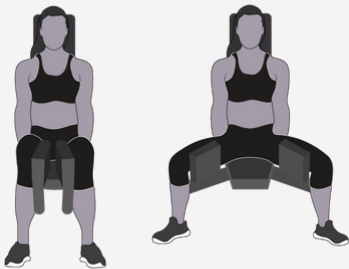
## LEG EXTENSIONS

1. Sit in the leg extension machine, and place your feet on top of the foot pads.
2. Then, use your hamstrings to bend your legs to a 90-degrees angle.
3. Then return slowly to straight legs and repeat.



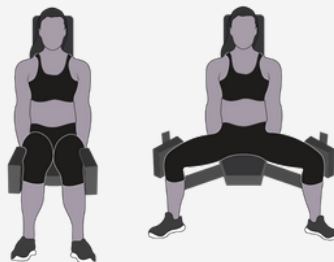
## LEG CURLS

1. Lie down on the hamstring curl machine (these can sometimes be seated) and tuck your feet under the foot pads.
2. Then curl the legs inwards towards your bum, hold for a couple of seconds and release back down. Repeat.



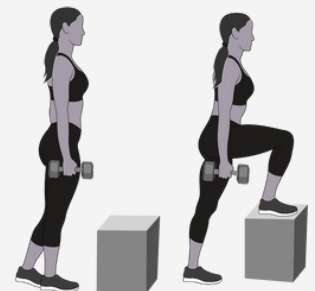
## HIP ADDUCTOR

1. Sit down on the hip adductor machine and position your arms at the handles on each side.
2. Position your knees on the inner sides of each pad and push outwards whilst squeezing your glutes.
3. Hold for a couple of seconds and release slowly.
4. Repeat the movement.



## HIP ABDUCTOR

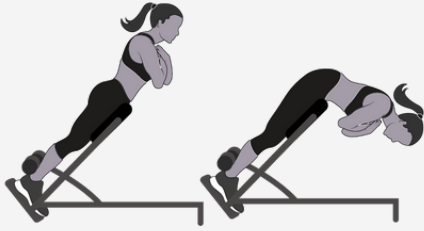
1. Sit down on the hip adductor machine and position your arms at the handles on each side.
2. Position your knees on the outer sides of each pad and push inwards whilst squeezing your inner thighs.
3. Hold for a couple of seconds and release slowly.
4. Repeat the movement.



## STEP UPS

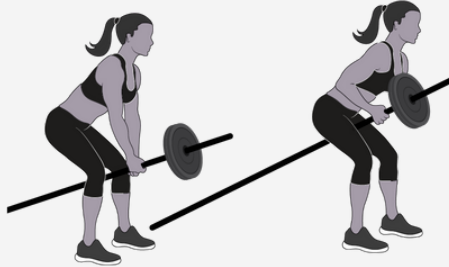
1. Set up a bench, box, or platform in front of you.
2. Then, whilst keeping your spine upright, step up onto the bench/platform.
3. Hold at the top then return back down.
4. Repeat the same movement for the other leg.

# BACK



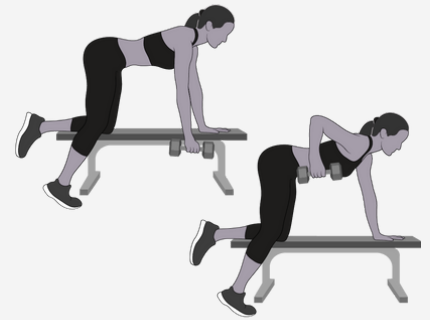
## BACK EXTENSIONS

1. Lean over on the back extension machine and straighten your legs behind you. hold a weight plate with your hands on your stomach.
2. Lift your upper back, pressing your hips against the padding whilst keeping head and neck neutral.
3. Hold for 30 seconds.
4. Lower to starting position.



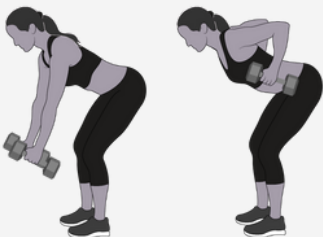
## T-BAR ROW

1. Prepare a barbell by placing weight plates on one of the ends. Stand on top of the barbell with it between your legs.
2. Grab the barbell just under the weight plates and position yourself to a 90-degree angle whilst keeping your shoulders tight back.
3. Then lift the barbell upwards until your elbows fall in line with your back. Lower down and repeat.



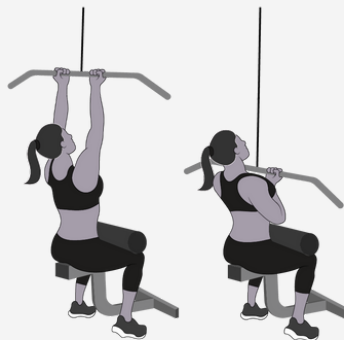
## SINGLE ARM ROWS

1. Rest one of your legs on a bench with the other leg slightly bent. Bend over the bench and grab a dumbbell in your opposite hand.
2. Lift it upwards until your elbow aligns with your back.
3. Lower the weight back down and repeat. Make sure to keep your back and shoulder blades tight through the whole movement.



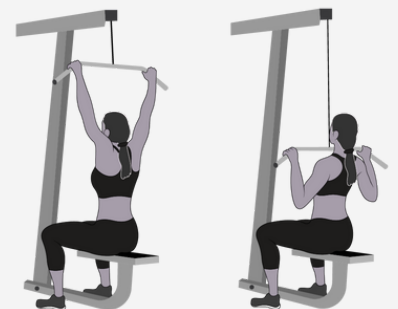
## BENT OVER ROWS

1. Grab dumbbells or a barbell, and stand with your hips-width apart. Grab your weights and bend over to a 90-degree angle. keep your shoulder blades and your core tight.
2. Whilst keeping your back straight, move the weights inwards to your chest. Lower the weights back down whilst constantly maintaining tight shoulder blades and straight back. Repeat.



## REVERSE GRIP PULL DOWNS

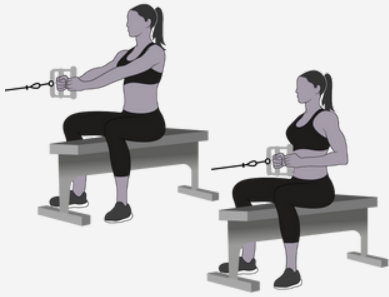
1. Grab the bar closely together with an underhand grip at a lat pulldown station. You should have your arms completely straight and your torso upright.
2. Bring the bar to your chest as you pull your shoulder blades down and back.
3. Slowly return to the starting position after pausing.



## LATERAL PULL DOWNS

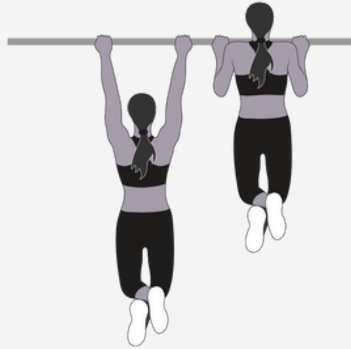
1. Grab the bar with an overhand grip just beyond shoulder width at a lat pulldown station. You should have your arms completely straight and your torso upright.
2. Bring the bar to your chest as you pull your shoulder blades down and back.
3. Slowly return to the starting position after pausing.

# BACK



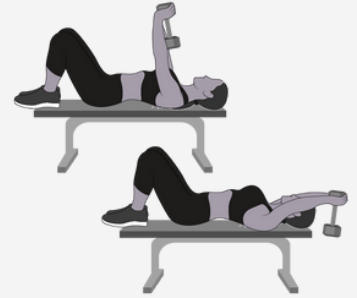
## SEATED BACK ROWS

1. Sit down on the seated row machine. Grab the close grip handles and tighten your shoulder blades and pull your shoulders backwards.
2. With a straight back and your shoulder blades tight throughout the movement, simply pull the handles towards your chest.
3. Release the handles and move slightly forward whilst keeping your shoulder blades tight. Repeat.



## PULL UPS

1. Grip the bar with both hands, palms facing away from you.
2. Make sure your hands are a little more than shoulder-width apart.
3. Lift your feet completely off the floor, crossing your ankles for better balance.
4. Draw your elbows down to your body until your chin is above the bar.
5. As you lower yourself back down, control your release to prevent injury.



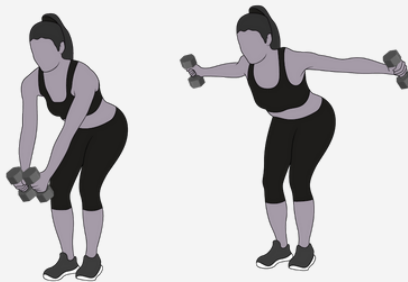
## BACK PULLOVERS

1. Lie down on a bench on your back with a dumbbell in your hands.
2. Straighten your arms above your head, keeping your elbows locked.
3. Extend your arms out over your head, and pull them back to the top of your head.
4. Repeat the movement.



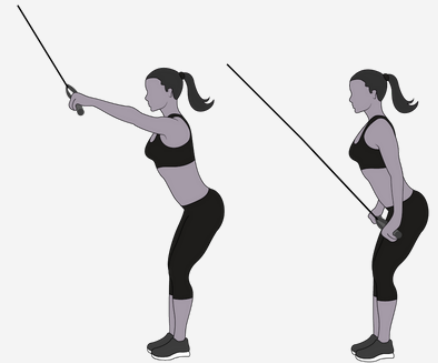
## CHEST SUPPORTED ROWS

1. Grab dumbbells and set up a bench to an incline position.
2. Lie down on the bench facing the floor.
3. Raise your chest up, and holding both dumbbells, lift the dumbbells up to the hip to a 90-degree angle.
4. Lower your arms in a controlled manner. That is one rep.



## BENT OVER REVERSE FLIES

1. Start by standing with your feet hip-width apart. Holding a dumbbell in each arm, bring your arms straight out in front of you.
2. Slowly spread your arms outwards and apart to a T-shape. Move slowly and with control.
3. Then, bring your arms back to the parallel position. Repeat the exercise.

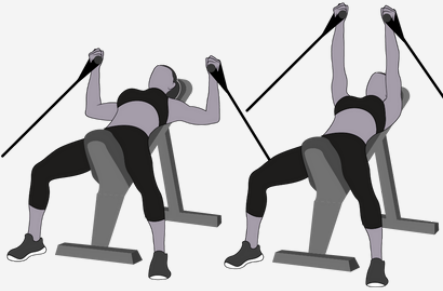


## CABLE PULL DOWNS

1. Set the cable machine by ensuring that the handlebar is attached at the highest level.
2. Stand facing a cable machine with your feet close to each other or together.
3. Holding the handlebar with your hands facing downwards and keeping your arms straight throughout the movement, lower your arms to your thighs. Raise back up and repeat.



# CHEST



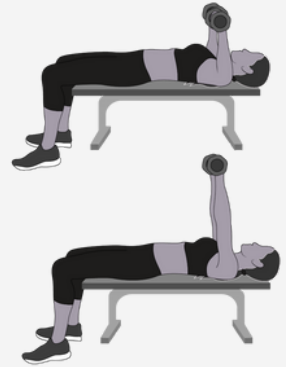
## INCLINE CHEST PRESS

1. Set the bench to slightly incline.
2. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up.
4. Repeat for a number of reps.



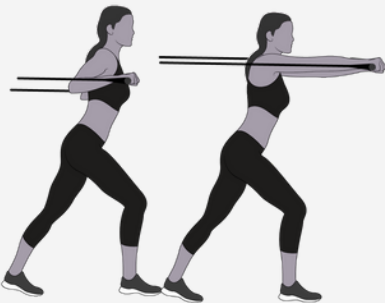
## DECLINE CHEST PRESS

1. Set the bench to decline.
2. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up.
4. Repeat for a number of reps.



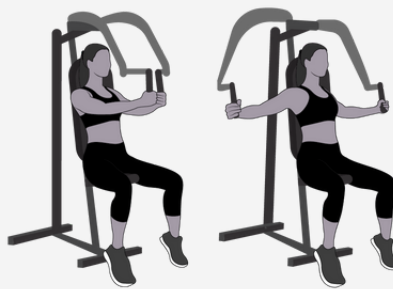
## CHEST PRESS

1. Lie down on a bench and arch your back so there is space between the bench and your lower back.
2. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up.
4. Repeat for a number of reps.



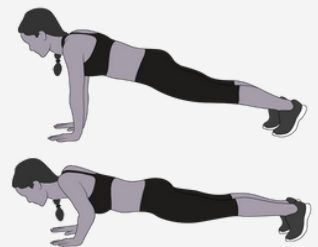
## CABLE CHEST PRESS

1. Set the cables so that they are at the same height.
2. Grab the handles and step forward away from the cable machine.
3. With one foot forward, push your arms forward in front of you. Hold for three seconds and slowly return to starting position.
4. Repeat for the number of sets prescribed. Please make sure to alternate feet between sets.



## CHEST FLIES

1. Sit down on a chest machine, and adjust your seat so that the handles are 90-degrees to your shoulders.
2. Sit down, and allow space between your lower back and the seat.
3. Grab the handles and pull them in front of you towards each other. Then, release slowly and repeat.

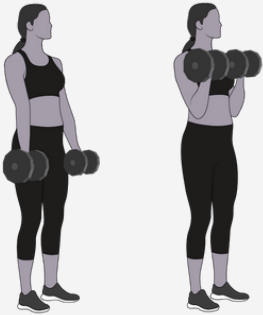


## PUSH UPS

1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Lower your body until your chest nearly touches the floor.
3. Pause, then push yourself back up.
4. Repeat.

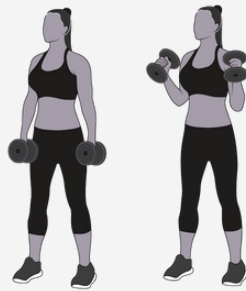


# BICEPS



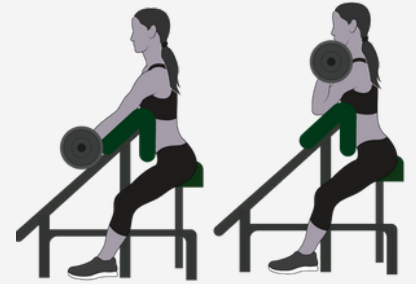
## BICEP CURLS

1. Grab dumbbells. stand with your feet together and back straight.
2. Tuck in your elbow at your side and lift the handle from the bottom to your shoulder without moving your elbow away from your torso.
3. Make sure to only move half your arm whilst keeping your upper arms locked.



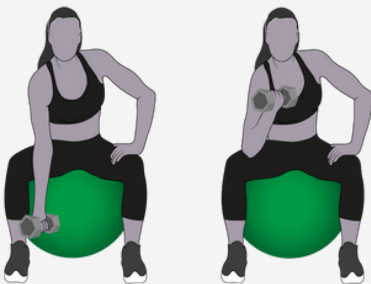
## HAMMER CURLS

1. Stand with your back straight and keep your body upright.
2. Your hands should be palms facing your torso.
3. While contracting your biceps, curl the weight forward.
4. Inhale and gradually return the weights to their starting position.



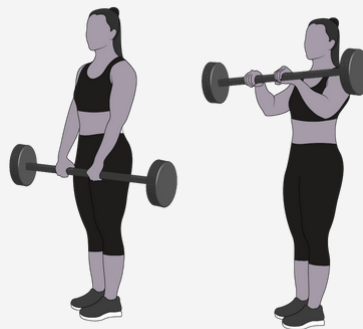
## PREACHER CURLS

1. Sit down on a bicep curl machine and position your elbows so that your hands are slightly off the padding.
2. Grab dumbbells or a small barbell and lift your hands to your chest.
3. Make sure that your elbows do not lift from the padding.



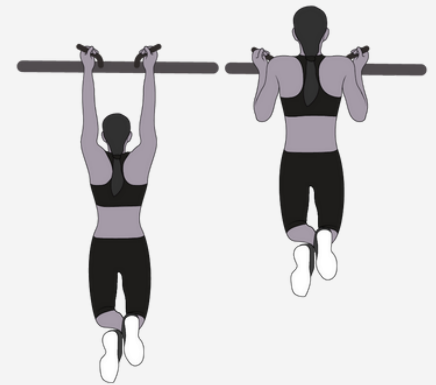
## CONCENTRATION CURLS

1. Sit on a bench or a yoga ball.
2. Place your elbow on the edge of your inner thigh.
3. Straighten your arm whilst holding a dumbbell.
4. Curl your bicep up towards your chest.
5. Once done an appropriate number of reps, switch arms and repeat the movement.



## EZ BAR REVERSE CURL

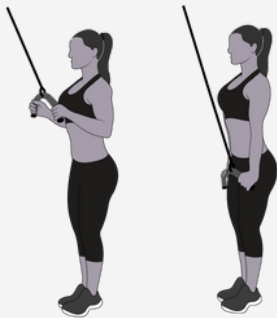
1. Grab an EZ bar and stand with your feet close together or apart if you prefer.
2. Hold the EZ bar with an overbar grip (hands facing down).
3. Lock your elbows at your sides and curl your arms up towards your chest.
4. Lower slowly and controllably, and repeat the movement.



## CHIN UPS

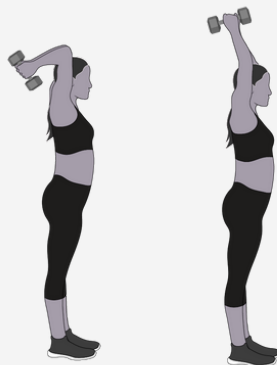
1. Grab a pull-up bar with your hands facing each other and your arms shoulder-width apart.
2. Continuing to hold on to the bar, lift your chest up toward it.
3. Slowly lower yourself until you are back to your starting position, and repeat.

# TRICEPS



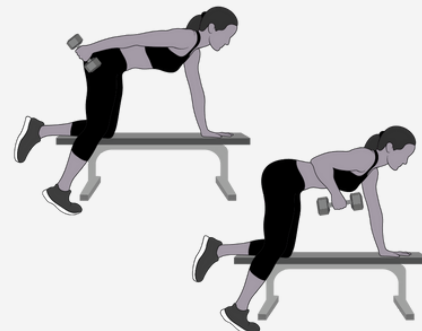
## TRICEPS PULL DOWN

1. Grab the rope attachment with both hands in a neutral hold beneath the pulley of a cable station.
2. Pull the rope downwards, keeping your elbows close to your body, until your arms are fully extended. While squeezing your triceps to extend your arms, pause for a 2 second count at the bottom position. Bend your elbows slowly and return your hands to the height of your chest.



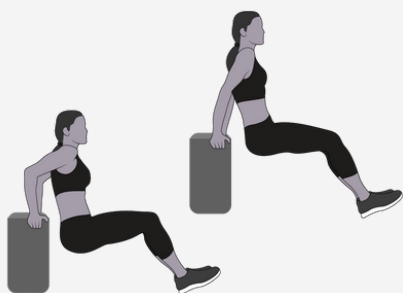
## TRICEPS EXTENSIONS

1. Stand with your feet hips width apart whilst holding a dumbbell in each hand.
2. With your knuckles pointing at the ceiling, slowly raise the dumbbells over your head.
3. Lower your arms behind your head by bending your elbows.
4. Rep until you've completed the prescribed number of repetitions.



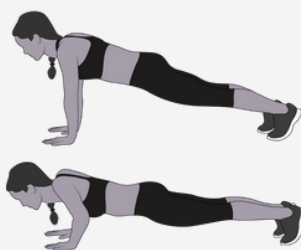
## TRICEPS KICKBACK

1. Place one of your legs on a bench whilst keeping your balance by placing one of your arms (from the same side) on the bench too.
2. Grab a dumbbell, lock your elbows at your torso and kick back your lower arm back upwards.
3. Make sure to only move your lower arm and maintain your upper arm stable and locked at the torso. Lower back down and repeat.



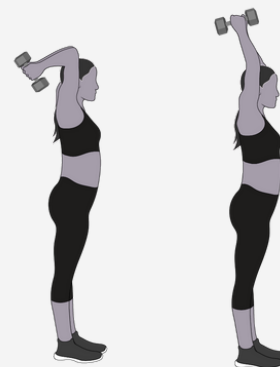
## TRICEPS DIPS

1. Place your hands behind you onto a chair, so that your fingers face forward.
2. Extend your legs and start bending your elbows.
3. Lower your body until your arms are at a 90-degree angle.
4. Lift your body back up until your arms are straight.
5. Repeat.



## CLOSE GRIP PUSH UPS

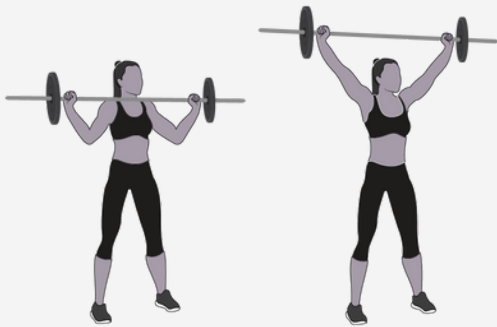
1. Get down on all fours, placing your hands close together (at your chest).
2. Lower your body until your chest nearly touches the floor.
3. Pause, then push yourself back up.
4. Repeat.



## SKULL CRUSHERS

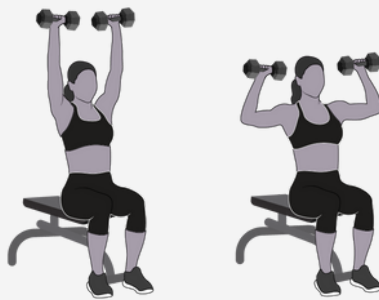
1. Stand with your feet hips width apart.
2. Hold a barbell or dumbbells with both hands reaching toward the ceiling at shoulder height.
3. Slowly bend at the elbows to bring the weights behind your head; pause, then, slowly bring the weights back overhead.
4. Repeat.

# SHOULDERS



## MILITARY PRESS

1. Grab a barbell with a grip slightly wider than your shoulders, and with your hands over the barbell.
2. Stand with your feet hips width apart.
3. Lift the barbell above your head, and straighten your arms.
4. Hold for three seconds and lower back down.
5. Repeat the movement.



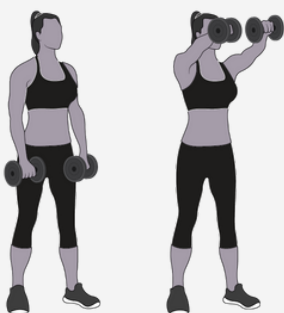
## DUMBBELL SHOULDER PRESS

1. Hold the dumbbells at shoulder height with your elbows at a 90-degree angle and stand with your feet shoulder-width apart.
2. Lift the dumbbells above your head without fully straightening your arms.
3. When you get to the top, pause.
4. Slowly return to the starting position.



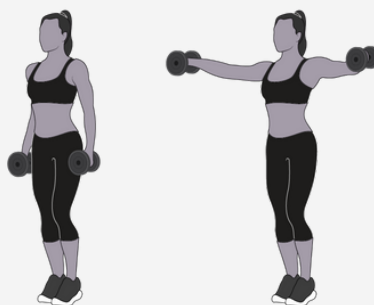
## ARNOLD PRESS

1. Sit on a bench holding dumbbells at shoulder height with arms tight to the body, and palms face in.
2. Rotate arms out to the sides. Palms face forward and continue to lift up into an overhead shoulder press.
3. Pause and reverse to go back to the start position with elbows in tight, palms face in at shoulder height.



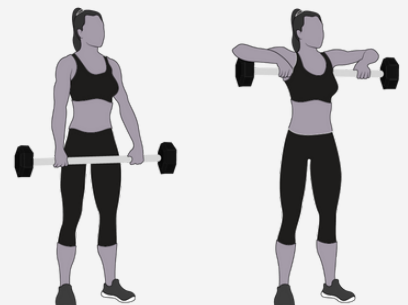
## FRONT RAISES

1. Stand with feet about shoulder-width apart. Hold the dumbbells in front of your body with your palms facing back toward the thighs.
2. Lift the weights upward, inhaling, with arms out in front just above your shoulders.
3. Hold that position for a couple of seconds and slowly lower your arms back down.
4. Repeat.



## LATERAL RAISES

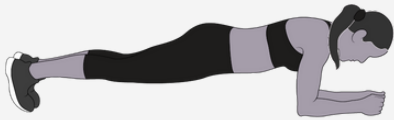
1. Grab a dumbbell in each hand and stand up straight. Raise your arms simultaneously out and upwards to each side and pause.
2. Make sure to keep your elbows slightly bent and reach no higher than when your elbows reach shoulder height and your body is forming a "T" shape.
3. Then lower arms down and repeat.



## UPRIGHT ROWS

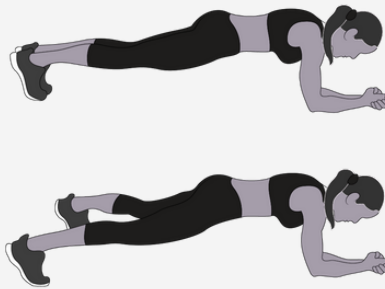
1. Stand with your feet shoulder width apart and your back straight. With your palms facing down and your hands closer than shoulder width apart, grab a barbell.
2. Raise the barbell straight up to your chest while keeping it close to your body.
3. Hold for a few seconds before returning to the starting position. Rep until you've completed the set.

# ABS



## PLANK

1. Lie down on the floor facing down. Position your elbows directly beneath your shoulders.
2. Lift up the rest of your body by going on your tip toes.
3. Make sure to maintain a straight back and buttocks by squeezing your abs.



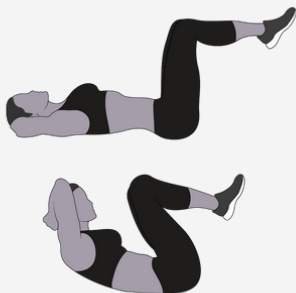
## PLANK JACKS

1. Lie down on the floor facing down. Position your elbows directly beneath your shoulders.
2. Lift up the rest of your body by going on your tip toes.
3. Then, perform jumping jacks in this plank position. Simply step out with both your feet and step back in.



## BICYCLE CRUNCHES

1. Lie down on your back. Bend your knees and plant your feet on the floor, hip-width apart. Place your arms behind your head, pointing your elbows outward.
2. Lift your knees to 90 degrees and raise your upper body.
3. Exhale and rotate your trunk, moving your right elbow and left knee toward each other. Simultaneously straighten your right leg. Pause.
4. Alternate between each side.



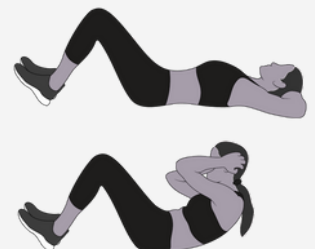
## 90/90 CRUNCHES

1. Lie on your back.
2. Lift your legs and bend them at 90-degrees angle to your body.
3. Place your hands behind your head and lift your shoulder blades up.
4. Try to tap your elbows to your knees, if not, lift as high as you can.
5. Return back and repeat.



## LEG RAISES

1. Lie on your back with your hands straight by your sides.
2. Keeping your head on the floor, lift one leg upwards to a 90-degree angle (further if you can).
3. As your straight leg is reaching to the top, lift your torso slightly off the ground.
4. Lower your leg and repeat for the other leg. Simply alternate between the two.



## CRUNCHES

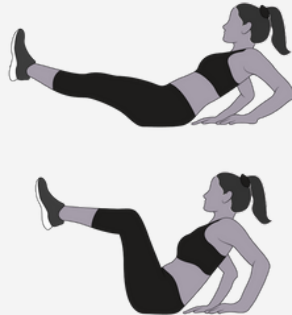
1. Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale.
2. Exhale and lift your upper body, keeping your head and neck relaxed.
3. Inhale and return to the starting position.

# ABS



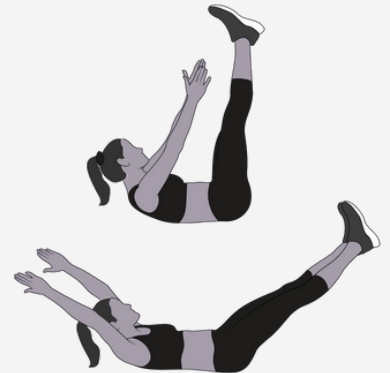
## CRUNCHES WITH RAISED LEGS

1. Lie down on the floor on your back with your hands behind your head.
2. Raise both legs to a 90-degree angle to your body/floor.
3. Lift your upper body towards your legs.
4. Slowly lower and repeat.



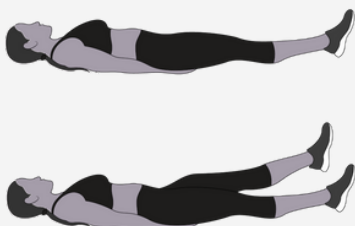
## V-UP CRUNCHES

1. Lie down on your back on a mat or floor. Slightly lift your upper body by placing your arms bent at each side at your buttocks.
2. Then, lift and extend your legs off the floor with your knees slightly bent. Use your abs and some assistance from your arms to crunch inwards by moving your upper body up towards your legs and your legs towards your chest. Then, lower and repeat..



## V-UPS

1. Lie on your back with your arms alongside your body. Lift your legs and arms to touch the hands to your toes or ankles.
2. Make sure that your legs are straight throughout the movement. Hold the position, and release back down.
3. Repeat the movement.



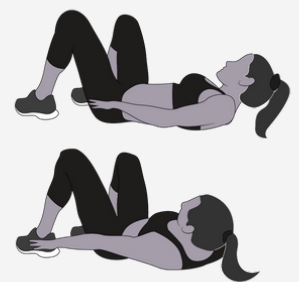
## FLUTTER KICKS

1. Lie on your back with your arms at your sides.
2. Lift both of your legs a few inches off the ground.
3. Lift one above the other, then lower, and so on.
4. Alternate until you've completed all reps.



## TOE TOUCHES

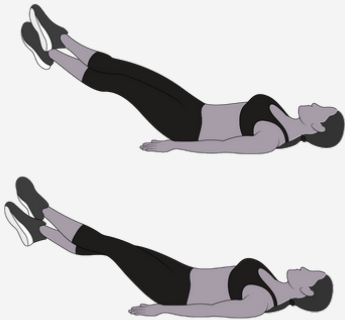
1. Lie down on a mat or the floor, and lift your legs to a 90-degree angle.
2. Then, keeping your legs straight, try to touch your toes with the tip of your hands.
3. Release back down to the floor and repeat the movement.



## HEEL TOUCHES

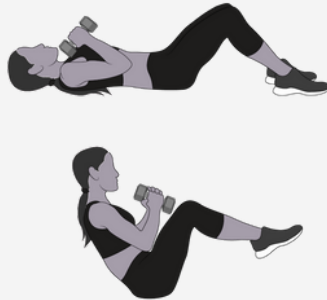
1. Lay down with your back on the ground and your knees bent and pointed towards the ceiling. Step
2. With your arms on your side raise your shoulders slightly off the ground.
3. Using your abs rotate your right hand down to your right foot and then back up.
4. Then do the same thing with your left hand.

# ABS



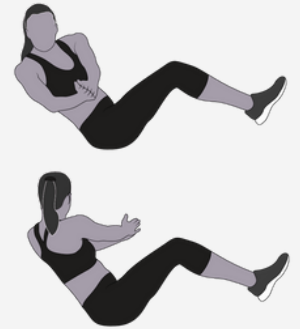
## SCISSOR KICKS

1. Lie on your back with your arms at your sides.
2. Lift both of your legs a few inches off the ground and separate them into a "V" shape.
3. Bring both legs together and cross your right leg over the left - just like scissors.
4. Alternate until you've completed all reps



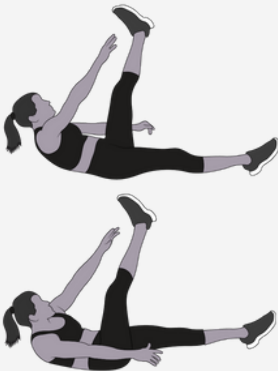
## TORTURE TUCKS

1. Grab a dumbbell and hold it in two hands.
2. Lie down on your back with the dumbbell on your chest.
3. Holding it with both hands, raise your upper body off the ground and your legs towards yourself (simultaneously).
4. Lower slowly and repeat.



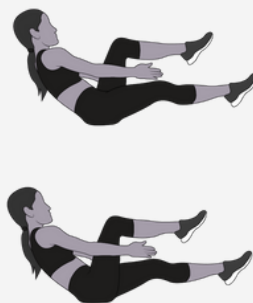
## RUSSIAN TWIST

1. Sit down on the floor or a mat.
2. Hold a medicine ball in both hands.
3. Bend your legs slightly so only your heels touch the floor.
4. Twist your head to the right and rotate your torso by moving your arms and medicine ball to the right too.
5. Rotate both torso and head to the other side and alternate.



## ALTERNATING V-UPS

1. Lie down on the floor on your back.
2. Lift your right arm and your left leg and try to touch your hand to your foot.
3. Alternate between each arm and leg by raising the opposite leg to the arm.
4. Perform for a number of reps by alternating between each side.



## CLAPPING CRUNCHES

1. Lie down on your back. Bend your knees and plant your feet on the floor, hip-width apart.
2. Lift your knees to 90 degrees and raise your upper body.
3. Clap with your hands between each leg as you 'cycle' with your legs.
4. Alternate between each side.



## SIDDE PLANK

1. Lie on your side with your knees bent, and prop your upper body up on your elbow.
2. Raise your hips off the floor, and hold for a few seconds.
3. Repeat on the other side.



# THANK YOU!

Thank you for downloading our workout chart! We're thrilled to be a part of your fitness journey and wish you all the best in achieving your wellness goals.

We're here to support you every step of the way. Be sure to check out our other resources:

- Website: [www.nfwellnessgroup.com](http://www.nfwellnessgroup.com)
- Web App: [wellnesswayapp.com](http://wellnesswayapp.com)
- Newsletter: <https://nfw-newsletter-a2e9c0.beehiiv.com/subscribe>
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