



## Peachtree Surgical & Bariatrics

### Exercise Protocol

Do exercises 3-4 times/wk

Pick 4 strength/resistance training exercises from exercise packets.

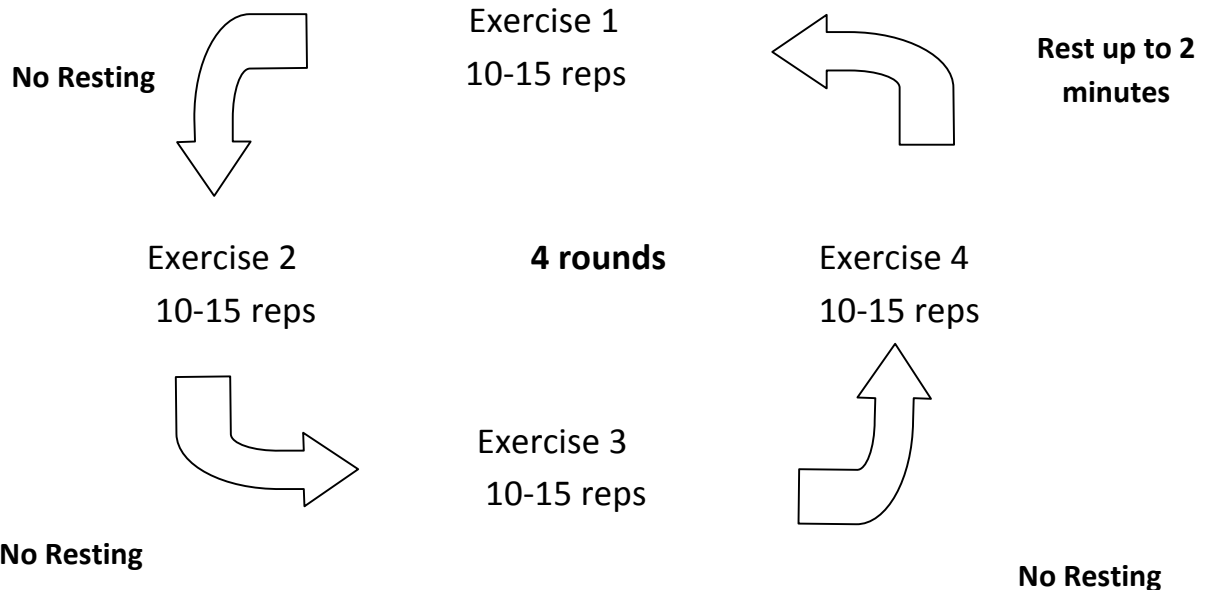
Decide which exercises you are doing before beginning workout session.

Do 10-15 repetitions of exercise without resting between exercises.

Do 4 rounds of each type of exercise

**Warm up:** 5-10 minute cardio workouts (walking, treadmill, elliptical, biking, swimming, etc).

**Strength training workout:** 20-30 minutes. Pick 4 exercises from exercise packets and follow exercise diagram:



**Cool down (optional):** 15 minutes cardio workout (walking, treadmill, elliptical, biking, swimming, etc.)



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## Day 1

Exercise	Sets	Repetitions
Dumbbell Squat	3	10-15
Dumbbell Bicep Curls	3	10-15
High Knees	3	10-15
Dumbbell Abdominal Twist	3	10-15
Dumbbell Bench Press	3	10-15
Scissor Kicks	3	10-15

## Day 3

Exercise	Sets	Repetitions
Dumbbell Step Up	3	10-15
One Arm Dumbbell Rows	3	10-15
Two Arm Seated Dumbbell Extension	3	10-15
Dumbbell Side Bends	3	10-15
Sit Ups	3	10-15
Dumbbell Shrugs	3	10-15

## Day 5

Exercise	Sets	Repetitions
Dumbbell Lunges	3	10-15
Dumbbell Floor Press	3	10-15
Dumbbell Stiff Leg Deadlift	3	10-15
Dumbbell Lateral Raises	3	10-15
Back Extension	3	10-15
Lying Floor Leg Raises	3	10-15 (hold for 3-5seconds) Engage core throughout move



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## Dumbbell Squats

Version A



Version B



## Dumbbell Bench Press

Version A



Version B



## One Arm Dumbbell Row



## Dumbbell Bicep Curl



## Two Arm Seated Dumbbell Extension





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**Sit Ups**



**Russian Twist with Dumbbell  
(Abdominal Twist)**



**Dumbbell Step Ups**



**Dumbbell Stiff Leg Deadlift**



**Seated Dumbbell Press**



**Standing One Leg Dumbbell Calf Raises**



**Dumbbell Shurgs**





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### Dumbbell Side Bends



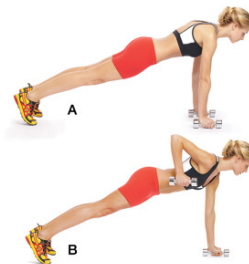
### Dumbbell Lunge



### Dumbbell Floor Press



### Renegade Row



### Lat Squeezes

#### Version 1



#### Version 2



### Dumbbell Lateral Raises





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## Standing Hammer Curl



## Lying Dumbbell Extension



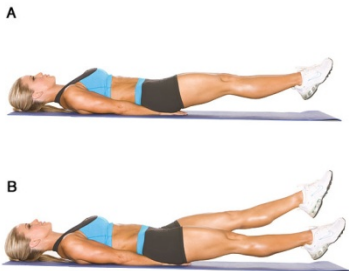
## Lying Floor Leg Raises (Engage your core throughout the move)



## High Knees



## Scissor Kicks



## Back Extensions (Superman pose)





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## Reverse Lunge and Press



## Wall Squats

