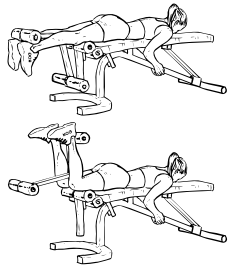


# C2BFF Alpha workout 1 Female Model

45 min · Arms, Back, Chest, Legs, Shoulders

Perform workouts slow you can perform Alpha 1 by itself or in addition to Alpha 2! Perform 1,2,or 3 sets depending on how much time you have, but make sure you do at least 1 set of each movement!

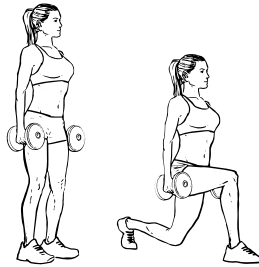
## Lying Leg Curls



**3 sets 20 reps 1 min rest**

Move slow, 3 second count up and 3 second count down

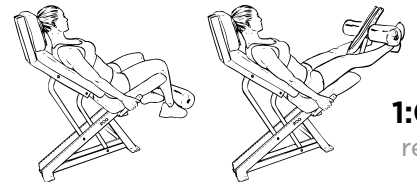
## Reverse Dumbbell Lunges



**3 sets 20 reps 30 sec rest**

if you are more comfortable use just your bodyweight and do not hold on to dumbbells

## Seated Machine Leg Extensions

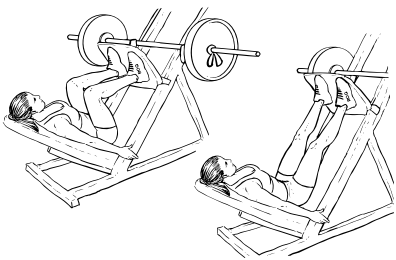


**1:00**  
rest

**3 sets 20 reps 1 min rest**

Perform the reps slow for a 3 second count! all the way up and all the way down!

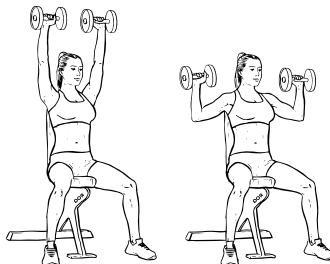
## Leg Press



**3 sets 20 reps 1 min rest**

Move slow, 3 second count up and 3 second count down

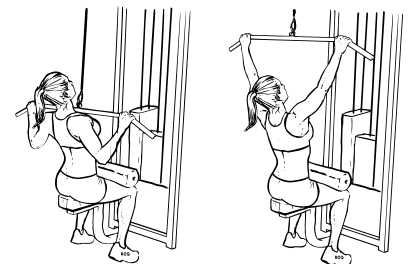
## Dumbbell Overhead Shoulder Press



**3 sets 10 reps 30 sec rest**

Move Slow, 3 seconds up and 3 seconds down

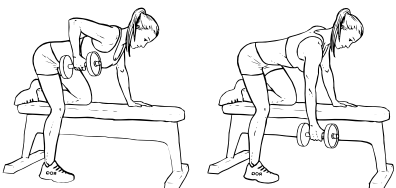
## Wide-Grip Lat Pulldowns



**3 sets 10 reps 45 sec rest**

Move slow, 3 seconds down and 3 seconds up!

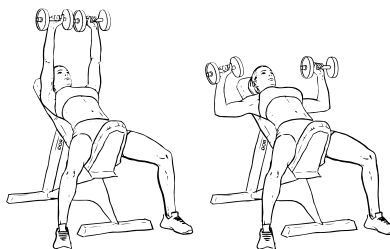
## Single Arm Dumbbell Bench Rows



**3 sets 10 reps 30 sec rest**

Alternate from right hand to left hand for each set!

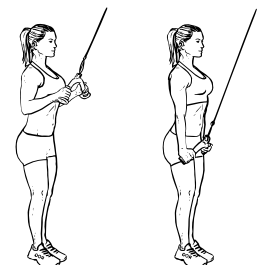
## Incline Dumbbell Bench Chest Press



**3 sets 12 reps 30 sec rest**

Use a weight you are comfortable with, move slow! no quick movements!

## Tricep Cable Rope Push Downs

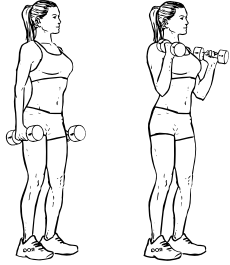


**3 sets 20 reps 30 sec rest**

Rope pushdowns, move slow, 3 seconds down 3 seconds up! squeeze and flex tricep when fully extended!



### Standing Dumbbell Bicep Curls



**3 sets 12 reps 30 sec rest**

you can perform curls at the same time or  
you can alternate 1 arm at a time!

## Lying Leg Curls

Primary muscle group(s):

**Hamstrings**

Secondary:

**Glutes & Hip Flexors**

Lie face down on a leg curl machine and lock your heels under the foot pad. Make sure your legs are fully extended and the foot pads are resting on the back of your ankles.

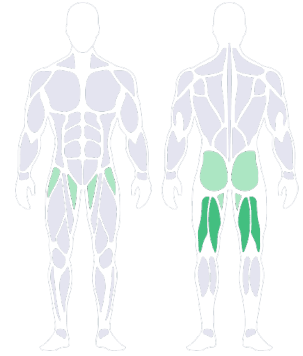
If the machine is equipped with handles, grip them. If not, grip the front of the pad you are lying on.

Remaining flat on the bench, with no arching of your spine, curl your legs up in a smooth arcing motion by bending your knees until your hamstrings are fully contracted. Hold for a count of one.

Slowly lower your legs to the starting position in a smooth arcing motion.

Repeat

**!** Don't use so much weight for this exercise that you need to swing or jerk the weight up. Doing so can cause injury to your lower back and / or hamstrings. Start with a lower weight until your strength increases.



## Reverse Dumbbell Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

**Abs, Calves**

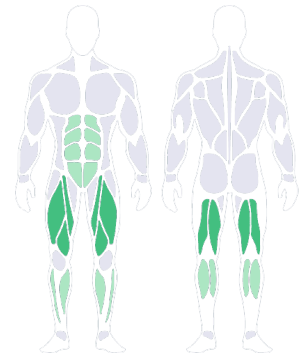
Stand up straight with a tight core, holding the dumbbells at your sides.

Slowly, step back with your right leg. Your toes should be straight and facing forward.

Keep the front knee bent.

Bend and lower the back knee to where it is just above the ground.

Step forward to the starting position.



## Seated Machine Leg Extensions

Primary muscle group(s):

**Quadriceps**

Sit on a leg extension machine and place your legs under the pad with your feet pointed forward. The pad should rest on your shins just above your feet and you will need to adjust it to suit.

Grip the hand bars (if fitted) firmly. This is the start position.

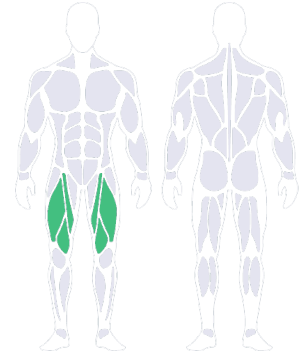
Using only your quadriceps, fully extend your legs exhaling as you do so. Hold for a count of one.

Return to the start position in a smooth movement as you inhale,.

The angle at your knee should not go past 90-degrees.

Repeat.

⚠ This exercise can be performed one leg at a time.



## Leg Press / Machine Squat Press

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Calves, Hamstrings**

Sit down on a leg press machine and place your legs on the platform directly in front of you at shoulder width.

Lower the safety bars holding the weighted platform and press the platform all the way up until your legs are fully extended in front of you but do NOT lock your knees. Your torso and legs should be at a 90-degree angle to each other. This is the start position.

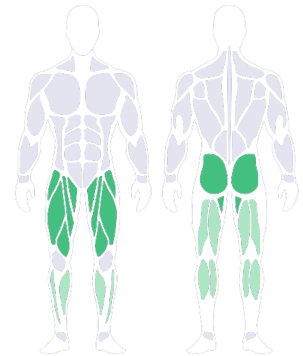
Inhaling, slowly lower the platform until your upper and lower legs form a 90-degree angle. Pause for a count of one,

Return to the starting position by pushing through the heels of your feet, engaging your quadriceps. Exhale as you do so.

Repeat.

After completing the desired number of repetitions, make sure you lock the safety pins of the machine before alighting.

⚠ Always check to make sure that when you re-rack the weight the platform is securely locked.



# Dumbbell Overhead Shoulder Press

Primary muscle group(s):

**Shoulders**

Secondary:

**Abs, Triceps, Upper Back & Lower Traps**

Sit on a military press bench or bench that has a back support, holding a dumbbell in each hand with an overhand grip.

Place the dumbbells on top of your thighs with your palms facing down.

Raise the dumbbells to your shoulders.


Rotate your wrists so that the palms of your hands are facing away from you. This is the start position.

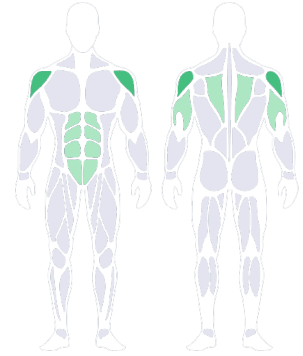
As you exhale, push the dumbbells up and over your head by extending your arms until the dumbbells touch at the top of the movement.

Pause for a count of one.

Slowly return to the start position inhaling as you do so.

Repeat.

 This exercise can be performed standing or sitting on flat bench. For people with lower back problems, the version described is better.



## Wide-Grip Lat Pulldowns / Pull Downs / Pullovers

Primary muscle group(s):

**Lower Back, Middle Back / Lats**

Secondary:

**Abs, Biceps**

Set up a cable station with a straight bar attached to the top pulley.

Sit on the seat facing the station. Keep your feet flat and planted firmly on the floor.

Using an overhand grip, hold the bar as wide as comfortable. (Your hands should be about 1 1/2 - 2 times body width apart.)

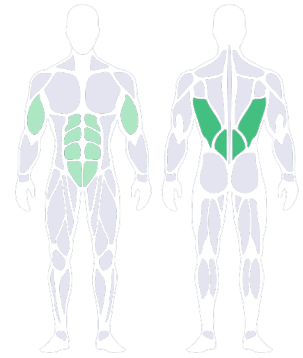
Lean back slightly without arching your back.

Pull the bar towards the top of your chest using your shoulders while arcing your elbows out to the sides of your body.

At the end of the movement squeeze your shoulders together slightly and hold for a count of one.

Return to the start position by arcing your elbows forward while relaxing your shoulders.

Repeat.



## Single / One Arm Dumbbell Bench Rows

Primary muscle group(s):

**Lower Back, Upper Back & Lower Traps**

Secondary:

**Abs, Biceps, Shoulders**

Place a dumbbell on each side of a flat bench.

Place your right knee on the end of the bench.

Bend your torso from the waist until your upper body is parallel to the floor, while placing your right hand on the bench in front of you for support.

With your left hand, pick up the dumbbell with an overhand grip. The palm of your hand should be facing into you.

Keep your lower back straight. This is the start position.

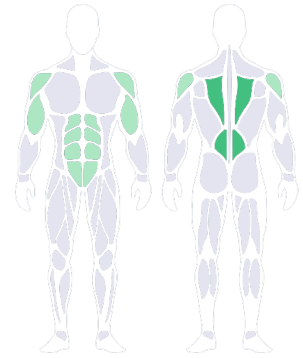
Using your back muscles, pull the dumbbell straight up to the side of your chest, keeping your upper arm close to your side. Exhale as you do so.

At the top of the movement, hold for a count of one and squeeze your back muscles.

Return to the start position inhaling as you do so. Repeat.

Complete all repetitions for one side before switching sides.

 This exercise can be performed using a cable station, with a stirrup handle attached to either the high or low pulley.



## Incline Dumbbell Bench Chest Press

Primary muscle group(s):

**Chest**

Secondary:

**Abs, Shoulders, Triceps**

Set up an incline bench so the back rest is at about a 45 degree angle.

Hold a dumbbell in each hand with an overhand grip. (Palms facing away from you)

Sit on the bench with your feet flat on the floor and your back and shoulders pressed firmly back against the back rest.

Raise the dumbbells up to your shoulder level, keeping your elbows bent at 90 degrees.

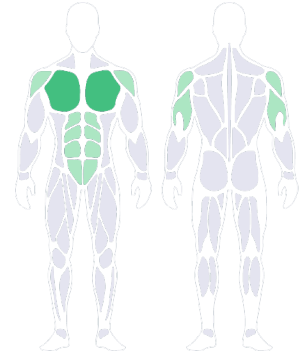
Push the dumbbells up and away from you using your shoulders and chest while straightening your arms.

Continue raising the dumbbells until your arms are straight and the dumbbells are suspended above your chest. Hold for a count of one.

Lower the dumbbells back towards your chest by relaxing your chest and shoulders while bending your elbows.

Hold for a count of one

Repeat.





## Tricep Cable Rope Push /Pull Downs

Primary muscle group(s):

**Triceps**

Secondary:

**Abs, Forearms**

Set up a cable station with a straight bar on attached to the top pulley.

Grip the bar with an overhand grip,with your hands slightly less than shoulder width apart.

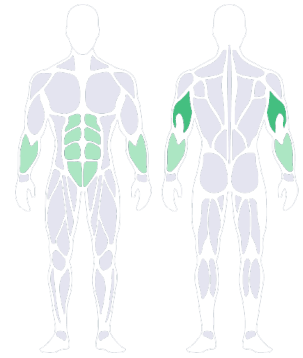
Position your feet shoulder width apart,with knees slightly bent for stability.

Pull the bar down until your forearms are parallel to the floor with your elbows close to your body and your wrists locked in a straight position. This is your starting point.

Moving only your forearms, push the bar down towards the floor until your arms are fully extended and you feel a stretch in your triceps. Hold for a count of one and squeeze your triceps.

Return to the start position moving your forearms only. Hold for a count of one then repeat.

 Do not move your elbows or swing your hips for momentum during this movement.



## Standing Dumbbell Bicep Curls

Primary muscle group(s):

**Biceps**

Secondary:

**Abs, Forearms**

Holding a dumbbell in each hand, stand with your feet shoulder width apart.

Let your arms hang by your side with your palms facing in to the side of your body.

Keep your elbows close to your sides.

Curl the dumbbells up towards your shoulders. Do not swing your hips to get the weight moving.

Continue raising the dumbbells until they are level with your shoulders with your palms facing in. Your forearm should be in a vertical position.

Squeeze or flex your bicep and hold for a count of one.

Slowly lower the dumbbells to the starting position.

Repeat.

 You can also perform this exercise by alternating between left and right arms or one arm at a time.

