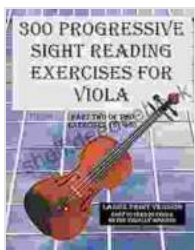


Part Two of Two Exercises 151-300

In this article, we will be going over the second 150 exercises in the 151-300 range. These exercises are designed to help you improve your overall fitness and strength, targeting various muscle groups. We will provide detailed instructions for each exercise, as well as tips and variations to help you get the most out of your workout.

151. Dumbbell Romanian Deadlift

- **Muscles Targeted:** Hamstrings, glutes, lower back
- **Equipment:** Dumbbells
- **Instructions:**



300 Progressive Sight Reading Exercises for Viola Large Print Version: Part Two of Two, Exercises

151-300 by Ross W. Greene

★★★★★ 5 out of 5

Language : English

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Screen Reader: Supported

Print length : 166 pages

Hardcover : 112 pages

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1. Stand with your feet hip-width apart, holding a dumbbell in each hand.

2. Hinge at your hips, keeping your back straight, and lower the dumbbells towards the ground.
3. Engage your hamstrings and glutes to bring yourself back to the starting position.

- **Tips:**

- Keep your back straight throughout the movement.
- Engage your core to stabilize your body.
- Lower the dumbbells to just below knee height.

- **Variations:**

- Barbell Romanian Deadlift
- Single-Leg Romanian Deadlift

152. Barbell Bench Press

- **Muscles Targeted:** Chest, triceps, shoulders

- **Equipment:** Barbell

- **Instructions:**

1. Lie on a bench with your feet flat on the floor.
2. Grip the barbell with an overhand grip, slightly wider than shoulder-width.
3. Lower the barbell to your chest, then press it back up to the starting position.

- **Tips:**

- Keep your back flat on the bench.
- Engage your core to stabilize your body.
- Lower the barbell to just below your chest.
- **Variations:**
 - Incline Barbell Bench Press
 - Decline Barbell Bench Press

153. Dumbbell Lateral Raise

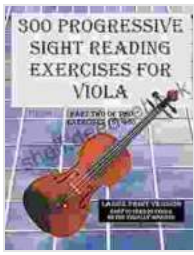
- **Muscles Targeted:** Shoulders
- **Equipment:** Dumbbells
- **Instructions:**
 1. Stand with your feet shoulder-width apart, holding a dumbbell in each hand.
 2. Raise the dumbbells laterally to shoulder height, keeping your arms straight.
 3. Slowly lower the dumbbells back to the starting position.
- **Tips:**
 - Keep your back straight throughout the movement.
 - Engage your core to stabilize your body.
 - Raise the dumbbells to shoulder height, not above.
- **Variations:**

- Barbell Lateral Raise
- Reverse Fly

154. Cable Crossover

- **Muscles Targeted:** Chest, shoulders, triceps
- **Equipment:** Cable machine
- **Instructions:**
 1. Stand in the middle of the cable machine, facing the pulleys.
 2. Grip the handles with an overhand grip, shoulder-width apart.
 3. Cross the handles over each other, bringing them down to chest height.
 4. Slowly raise the handles back to the starting position.
- **Tips:**
 - Keep your back straight throughout the movement.
 - Engage your core to stabilize your body.
 - Cross the handles over each other at chest height.
- **Variations:**
 - High Cable Crossover
 - Low Cable Crossover

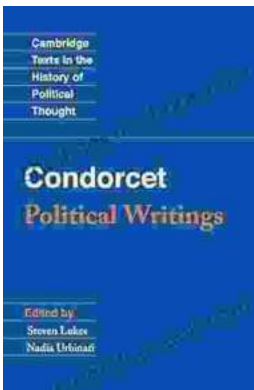
155. Dumbbell Lung



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