

Olympic Smith Machine

ARMS

BACK

CHEST

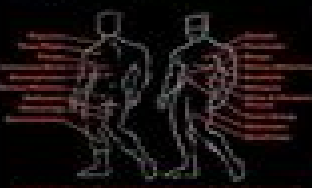
LEGS

SHOULDER

ABS

STANDARD EXERCISES PROGRAM

EXERCISE	MUSCLES	SET/REP
Barbell Bench Press	Chest, Triceps, Front Deltoids	3-4 sets, 8-12 reps
Barbell Squat	Quadriceps, Hamstrings, Glutes	3-4 sets, 8-12 reps
Barbell Deadlift	Lower Back, Hamstrings, Glutes	3-4 sets, 5-8 reps
Barbell Row	Back, Biceps, Rear Deltoids	3-4 sets, 8-12 reps
Barbell Bicep Curl	Biceps, Forearms	3-4 sets, 8-12 reps
Barbell Tricep Extension	Triceps	3-4 sets, 8-12 reps
Barbell Shoulder Press	Shoulders, Triceps	3-4 sets, 8-12 reps
Barbell Front Squat	Quadriceps	3-4 sets, 8-12 reps
Barbell Back Squat	Quadriceps, Hamstrings, Glutes	3-4 sets, 8-12 reps
Barbell Overhead Press	Shoulders, Triceps	3-4 sets, 8-12 reps
Barbell Clean and Jerk	Quadriceps, Hamstrings, Glutes, Shoulders	3-4 sets, 5-8 reps
Barbell Snatch	Quadriceps, Hamstrings, Glutes, Shoulders	3-4 sets, 5-8 reps



STANDARD EXERCISES PROGRAM

The Smith Machine is a versatile piece of equipment that allows you to perform a wide variety of exercises. It is particularly useful for those who are recovering from injury or have joint issues, as the machine's guided path provides stability and support. The machine is also ideal for those who want to focus on specific muscle groups without the distraction of other equipment in the gym.



SMITH MACHINE BENCH PRESS
 This exercise targets the chest, triceps, and front deltoids. It is performed by lying on a bench and pressing the barbell upwards from the chest. The Smith Machine's guided path ensures a controlled and safe movement.



SMITH MACHINE SQUAT
 This exercise targets the quadriceps, hamstrings, and glutes. It is performed by standing with feet shoulder-width apart and lowering the barbell to the thighs. The Smith Machine's guided path helps maintain proper form and balance.



SMITH MACHINE DEADLIFT
 This exercise targets the lower back, hamstrings, and glutes. It is performed by standing with feet hip-width apart and lifting the barbell from the floor. The Smith Machine's guided path provides stability and support.



SMITH MACHINE ROW
 This exercise targets the back, biceps, and rear deltoids. It is performed by sitting on a bench and pulling the barbell towards the chest. The Smith Machine's guided path ensures a controlled and safe movement.



SMITH MACHINE BICEP CURL
 This exercise targets the biceps and forearms. It is performed by standing and curling the barbell upwards from the knees. The Smith Machine's guided path ensures a controlled and safe movement.



SMITH MACHINE TRICEP EXTENSION
 This exercise targets the triceps. It is performed by sitting on a bench and extending the barbell downwards from the head. The Smith Machine's guided path ensures a controlled and safe movement.



SMITH MACHINE SHOULDER PRESS
 This exercise targets the shoulders and triceps. It is performed by standing and pressing the barbell upwards from the shoulders. The Smith Machine's guided path ensures a controlled and safe movement.



SMITH MACHINE FRONT SQUAT
 This exercise targets the quadriceps. It is performed by standing with feet shoulder-width apart and lowering the barbell to the front of the thighs. The Smith Machine's guided path helps maintain proper form and balance.



SMITH MACHINE BACK SQUAT
 This exercise targets the quadriceps, hamstrings, and glutes. It is performed by standing with feet shoulder-width apart and lowering the barbell to the back of the thighs. The Smith Machine's guided path helps maintain proper form and balance.



SMITH MACHINE OVERHEAD PRESS
 This exercise targets the shoulders and triceps. It is performed by standing and pressing the barbell upwards from the shoulders. The Smith Machine's guided path ensures a controlled and safe movement.



SMITH MACHINE CLEAN AND JERK
 This exercise targets the quadriceps, hamstrings, glutes, and shoulders. It is performed by standing with feet hip-width apart and lifting the barbell from the floor to overhead. The Smith Machine's guided path provides stability and support.



SMITH MACHINE SNATCH
 This exercise targets the quadriceps, hamstrings, glutes, and shoulders. It is performed by standing with feet hip-width apart and lifting the barbell from the floor to overhead in one motion. The Smith Machine's guided path provides stability and support.



SMITH MACHINE SEATED ROW
 This exercise targets the back, biceps, and rear deltoids. It is performed by sitting on a bench and pulling the barbell towards the chest. The Smith Machine's guided path ensures a controlled and safe movement.



SMITH MACHINE LUNGES
 This exercise targets the quadriceps, hamstrings, and glutes. It is performed by stepping forward with one leg and lowering the body until the back knee is on the ground. The Smith Machine's guided path helps maintain proper form and balance.



SMITH MACHINE FRONT SQUAT
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