

HOME GYM EXERCISES

SHOULDER PRESS



FRONT DELTOID RAISE



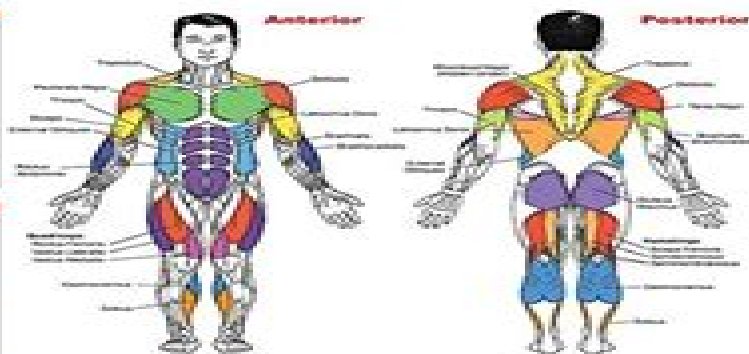
BENCH PRESS



TRICEP PULLDOWN

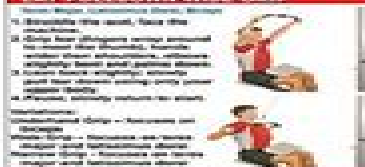


KNEE EXTENSION



Note: Avoid letting metal plates touch between repetitions.

LAT PULLDOWN WIDE GRIP



STANDING BICEP CURL



STANDING LEG CURL



MED BOW



PREACHER CURL



LEG PRESS



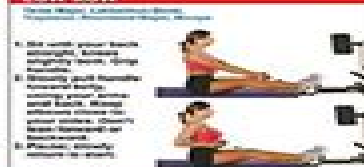
STANDING SIDE RAISE



PEC DECK



LOW BOW



CRUNCH



STANDING CALF RAISE



Safety Rules:

1. Exercise properly, use correct technique and maintain proper posture.
2. Do not use force or momentum.
3. Do not use force or momentum.

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