

HOME GYM EXERCISES

SHOULDER PRESS



1. Adjust band/tension (or weight) so handle sits at ear level.
2. Push shoulders into the floor to create resistance at the end of the motion.
3. Push.
4. Return shoulders into the start position. Repeat 10-15 times.

FRONT DELTOID RAISE



1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

BENCH PRESS



1. Depending on the band, place your feet on the end of the band so your entire foot is on the band and your arms are straight with the handles.
2. Push shoulders into the floor to create resistance at the end of the motion.
3. Push.
4. Return shoulders into the start position. Repeat 10-15 times.

TRICEP PULLDOWN

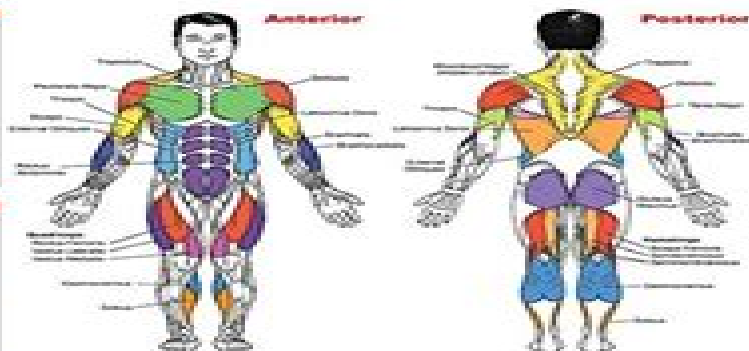


1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

KNEE EXTENSION

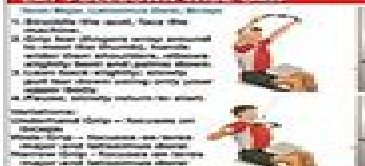


1. Adjust band so the back of your knees touch the end of the band and your feet are on the floor.
2. Push shoulders into the floor to create resistance at the end of the motion.
3. Push.
4. Return shoulders into the start position. Repeat 10-15 times.



Note: Avoid letting metal plates touch between repetitions.

LAT PULLDOWN WIDE GRIP



1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

STANDING BICEP CURL



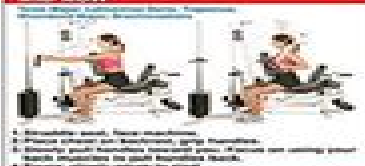
1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

STANDING LEG CURL



1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

MED BOW



1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

PREACHER CURL



1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

LEG PRESS



1. Adjust band so the back of your knees touch the end of the band and your feet are on the floor.
2. Push shoulders into the floor to create resistance at the end of the motion.
3. Push.
4. Return shoulders into the start position. Repeat 10-15 times.

STANDING SIDE RAISE



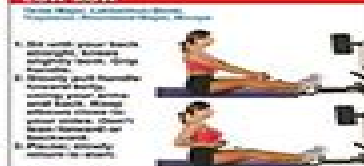
1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

PEC DECK



1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

LOW BOW



1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

CRUNCH



1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.

STANDING CALF RAISE



1. Stand with feet hip-width apart, knees slightly bent.
2. Hold band with both hands at ear level, feet flat on the floor.
3. Push shoulders into the floor to create resistance at the end of the motion.
4. Push.
5. Return shoulders into the start position. Repeat 10-15 times.



Safety Rules:

1. Exercise properly, include all exercises and complete all motion phases.
2. Breathe in and out properly.
3. Do not overexert.
4. Do not use the band as a weapon.
5. Do not use the band as a support.
6. Do not use the band as a sling.
7. Do not use the band as a seat.
8. Do not use the band as a step.
9. Do not use the band as a ladder.
10. Do not use the band as a chair.
11. Do not use the band as a table.
12. Do not use the band as a bed.
13. Do not use the band as a car seat.
14. Do not use the band as a stroller.
15. Do not use the band as a baby carriage.
16. Do not use the band as a shopping cart.
17. Do not use the band as a trash can.
18. Do not use the band as a trash bag.
19. Do not use the band as a trash bag liner.
20. Do not use the band as a trash bag liner liner.

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Mike Jess

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