

HOME GYM EXERCISES

SHOULDER PRESS



1. Adjust shoulder pad so weight bar rests on top of your head.
2. Push shoulder with the pad back overhead at the end of the stroke.
3. Release.
4. Repeat.

Notes: Do not use the back extension surface between reps. Release weight.

FRONT DELTOID RAISE



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

BENCH PRESS



1. Adjusting the machine, adjust your seat and adjust the bar so it is level with your chest.
2. Push the bar straight up, keeping your arms straight.
3. Release.
4. Repeat.

TRICEP PULLDOWN

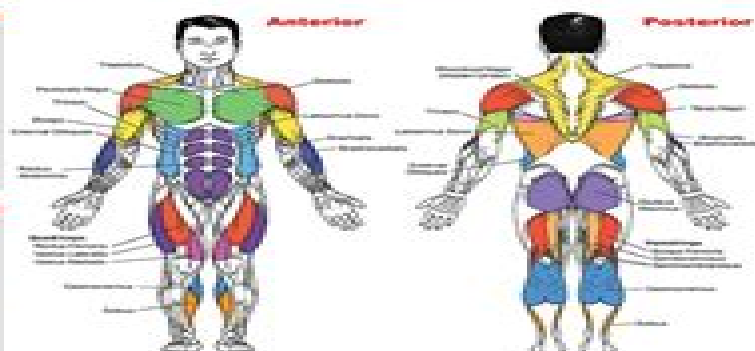


1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

KNEE EXTENSION



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push the handle straight up, keeping your arms straight.
3. Release.
4. Repeat.



Note: Avoid letting metal plates touch between repetitions.

LAT PULLDOWN WIDE GRIP



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

STANDING BICEP CURL




1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

STANDING LEG CURL



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

MID ROW




1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

PREACHER CURL



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

LEG PRESS




1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push the handle straight up, keeping your arms straight.
3. Release.
4. Repeat.

STANDING SIDE RAISE



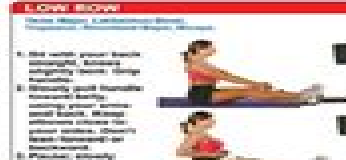
1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

PEC DECK



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push the handle straight up, keeping your arms straight.
3. Release.
4. Repeat.

LOW ROW




1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

CRUNCH



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.

STANDING CALF RAISE



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handle with both hands, arms straight out in front of you.
3. Raise the handle straight up in front of you, keeping your arms straight.
4. Release.



Safety Rules:

1. Exercise properly, include an exercise and include an interval phase.
2. Do not use the machine if you are injured.
3. Do not use the machine if you are injured.

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