

Olympic Smith Machine

APRIL

BLACK

CHERRY

LEMON

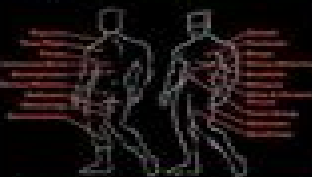
RED POLYURETHANE

GREEN

VARIABLE EXERCISE PROGRAM

EXERCISE	REPS	WEIGHT
1. BENCH PRESS	10-12	135-150
2. SQUAT	10-12	135-150
3. DEADLIFT	10-12	135-150
4. SHOULDER PRESS	10-12	45-55
5. BICEP CURL	10-12	25-35
6. TRICEP EXTENSION	10-12	25-35
7. LAT PULLDOWN	10-12	135-150
8. ROW	10-12	135-150
9. PULLOVER	10-12	135-150
10. UPRIGHT ROW	10-12	45-55
11. SEATED DUMBBELL PRESS	10-12	45-55
12. SEATED DUMBBELL ROW	10-12	25-35
13. SEATED DUMBBELL SHOULDER PRESS	10-12	25-35
14. SEATED DUMBBELL BICEP CURL	10-12	25-35
15. SEATED DUMBBELL TRICEP EXTENSION	10-12	25-35
16. SEATED DUMBBELL LAT PULLDOWN	10-12	25-35
17. SEATED DUMBBELL ROW	10-12	25-35
18. SEATED DUMBBELL PULLOVER	10-12	25-35
19. SEATED DUMBBELL UPRIGHT ROW	10-12	25-35
20. SEATED DUMBBELL BENCH PRESS	10-12	25-35

1. BENCH PRESS: The bench press is a compound exercise that works the chest, shoulders, and triceps. It is one of the most popular exercises in the gym. To perform the bench press, lie on a flat bench with your feet flat on the floor and your knees bent. Grip the bar with your hands shoulder-width apart. Lower the bar to your chest, then push it back up to the starting position.



SMITH MACHINE EXERCISES

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SQUAT
The squat is a compound exercise that works the quadriceps, hamstrings, and glutes. It is one of the most popular exercises in the gym. To perform the squat, stand with your feet shoulder-width apart and your toes slightly out. Lower your body by bending your knees and hips, then push back up to the starting position.



DEADLIFT
The deadlift is a compound exercise that works the back, legs, and core. It is one of the most popular exercises in the gym. To perform the deadlift, stand with your feet shoulder-width apart and your toes slightly out. Bend your knees and hips to lower your body, then push back up to the starting position.



SHOULDER PRESS
The shoulder press is a compound exercise that works the shoulders and triceps. It is one of the most popular exercises in the gym. To perform the shoulder press, stand with your feet shoulder-width apart and your toes slightly out. Lift the bar from your shoulders and press it straight up to the starting position.



BICEP CURL
The bicep curl is a compound exercise that works the biceps and forearms. It is one of the most popular exercises in the gym. To perform the bicep curl, stand with your feet shoulder-width apart and your toes slightly out. Lift the bar from the floor and curl it up to your shoulders.



TRICEP EXTENSION
The tricep extension is a compound exercise that works the triceps and forearms. It is one of the most popular exercises in the gym. To perform the tricep extension, stand with your feet shoulder-width apart and your toes slightly out. Lift the bar from the floor and extend it straight up to the starting position.



LAT PULLDOWN
The lat pulldown is a compound exercise that works the lats and back. It is one of the most popular exercises in the gym. To perform the lat pulldown, stand with your feet shoulder-width apart and your toes slightly out. Pull the bar down to your chest.



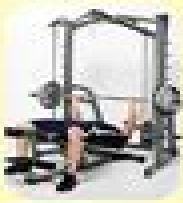
ROW
The row is a compound exercise that works the back and biceps. It is one of the most popular exercises in the gym. To perform the row, stand with your feet shoulder-width apart and your toes slightly out. Pull the bar up to your chest.



PULLOVER
The pullover is a compound exercise that works the lats and chest. It is one of the most popular exercises in the gym. To perform the pullover, stand with your feet shoulder-width apart and your toes slightly out. Pull the bar over your head.



UPRIGHT ROW
The upright row is a compound exercise that works the shoulders and triceps. It is one of the most popular exercises in the gym. To perform the upright row, stand with your feet shoulder-width apart and your toes slightly out. Lift the bar from the floor and row it up to your chest.



SEATED DUMBBELL PRESS
The seated dumbbell press is a compound exercise that works the shoulders and triceps. It is one of the most popular exercises in the gym. To perform the seated dumbbell press, sit on a bench with your feet flat on the floor and your knees bent. Press the dumbbells straight up to the starting position.



SEATED DUMBBELL ROW
The seated dumbbell row is a compound exercise that works the back and biceps. It is one of the most popular exercises in the gym. To perform the seated dumbbell row, sit on a bench with your feet flat on the floor and your knees bent. Row the dumbbells up to your chest.



SEATED DUMBBELL SHOULDER PRESS
The seated dumbbell shoulder press is a compound exercise that works the shoulders and triceps. It is one of the most popular exercises in the gym. To perform the seated dumbbell shoulder press, sit on a bench with your feet flat on the floor and your knees bent. Press the dumbbells straight up to the starting position.



SEATED DUMBBELL BICEP CURL
The seated dumbbell bicep curl is a compound exercise that works the biceps and forearms. It is one of the most popular exercises in the gym. To perform the seated dumbbell bicep curl, sit on a bench with your feet flat on the floor and your knees bent. Curl the dumbbells up to your shoulders.



SEATED DUMBBELL TRICEP EXTENSION
The seated dumbbell tricep extension is a compound exercise that works the triceps and forearms. It is one of the most popular exercises in the gym. To perform the seated dumbbell tricep extension, sit on a bench with your feet flat on the floor and your knees bent. Extend the dumbbells straight up to the starting position.



SEATED DUMBBELL LAT PULLDOWN
The seated dumbbell lat pulldown is a compound exercise that works the lats and back. It is one of the most popular exercises in the gym. To perform the seated dumbbell lat pulldown, sit on a bench with your feet flat on the floor and your knees bent. Pull the dumbbells down to your chest.



SEATED DUMBBELL ROW
The seated dumbbell row is a compound exercise that works the back and biceps. It is one of the most popular exercises in the gym. To perform the seated dumbbell row, sit on a bench with your feet flat on the floor and your knees bent. Row the dumbbells up to your chest.



SEATED DUMBBELL PULLOVER
The seated dumbbell pullover is a compound exercise that works the lats and chest. It is one of the most popular exercises in the gym. To perform the seated dumbbell pullover, sit on a bench with your feet flat on the floor and your knees bent. Pull the dumbbells over your head.



SEATED DUMBBELL UPRIGHT ROW
The seated dumbbell upright row is a compound exercise that works the shoulders and triceps. It is one of the most popular exercises in the gym. To perform the seated dumbbell upright row, sit on a bench with your feet flat on the floor and your knees bent. Lift the dumbbells from the floor and row them up to your chest.



SEATED DUMBBELL BENCH PRESS
The seated dumbbell bench press is a compound exercise that works the chest, shoulders, and triceps. It is one of the most popular exercises in the gym. To perform the seated dumbbell bench press, sit on a bench with your feet flat on the floor and your knees bent. Press the dumbbells straight up to the starting position.



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Marcy Home Gym Exercise Guide

RJ Alexander



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