

HOME GYM EXERCISES

SHOULDER PRESS

- Equipment:** None
- 
1. Adjust handles per body size. Hands are at ear level.
 2. Push handles up, do not rock elbows at the end of the lift.
 3. **Position:** slowly return to start.
 4. **Notes:** Barring for this exercise makes between eight to ten reps.

FRONT DELTOID RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with one or two hands (beginners use one hand, light to medium weight).
 3. Keep arms straight, slightly raise handles in front of you by shoulder height.
 4. **Position:** slowly return to start.

BENCH PRESS

- Equipment:** None
- 
1. Beginning on the bench with one foot, your elbows will extend to the front of your knees (position handles) or just out at the sides (if using handles). When on the bench, elbows are used with the vertical handles.
 2. Pushing your handles out until arms are straight, do not rock elbows.
 3. **Position:** slowly return to start.

TRICEP PULLDOWN

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.


KNEE EXTENSION

- Equipment:** None
- 
1. Adjust seat so the back of your knees touch seat's edge and thighs rest on the support bar.
 2. Slowly straighten your legs until they are fully extended.
 3. **Position:** slowly return to start.




Note: Avoid letting metal plates touch between repetitions.

LET PULLDOWN WIDE GRIP

- Equipment:** None
- 
1. Straddle the seat, face the machine.
 2. Grip the handles and extend to the front of your knees (position handles) or just out at the sides (if using handles). When on the bench, elbows are used with the vertical handles.
 3. Pushing your handles out until arms are straight, do not rock elbows.
 4. **Position:** slowly return to start.

STANDING BICEP CURL

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.

STANDING LEG CURL

- Equipment:** None
- 
1. Stand facing machine. Position lower roller slightly above knee and upper roller just above knee (just below hip).
 2. Grip the handles and extend to the front of your knees (position handles) or just out at the sides (if using handles). When on the bench, elbows are used with the vertical handles.
 3. Pushing your handles out until arms are straight, do not rock elbows.
 4. **Position:** slowly return to start.

MID ROW

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.

PREACHER CURL

- Equipment:** None
- 
1. Sit facing machine with upper roller on the front plate.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.

LEG PRESS

- Equipment:** None
- 
1. Adjust seat, with knees at 90-degree angle and feet on the foot plate.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.


STANDING SIDE RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.

PEC DECK

- Equipment:** None
- 
1. Adjust seat height and angle.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.


LOW ROW

- Equipment:** None
- 
1. Sit with your feet on the foot plate, knees slightly bent.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.

CRUNCH

- Equipment:** None
- 
1. Sit on the floor with your knees bent and feet flat on the floor.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.

STANDING CALF RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Push bar down until arms are straight. This will increase difficulty as the exercise.
 4. **Position:** slowly return to start.

This exercise and advice contained on this poster may be too difficult or strenuous for some people. The authors and publishers of this poster are not responsible in any way for injuries which may occur from following the instructions herein.



Safety Rules:

1. Breathe properly: exhale on exertion and inhale on return phase.
2. Stop if you feel any discomfort or pain.
3. If instructed to stop, stop immediately.

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