

Olympic Smith Machine

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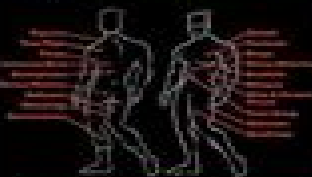
RED POLYURETHANE

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. BICEP CURL	10-12	135-150
5. TRICEP EXTENSION	10-12	135-150
6. SHOULDER PRESS	10-12	135-150
7. LAT PULLDOWN	10-12	135-150
8. ROW	10-12	135-150
9. LEG PRESS	10-12	135-150
10. CABLE CRUNCH	10-12	135-150
11. CABLE KICKBACK	10-12	135-150
12. CABLE CURL	10-12	135-150
13. CABLE TRICEP EXTENSION	10-12	135-150
14. CABLE SHOULDER PRESS	10-12	135-150
15. CABLE ROW	10-12	135-150
16. CABLE BICEP CURL	10-12	135-150
17. CABLE LUNGES	10-12	135-150
18. CABLE SQUAT	10-12	135-150
19. CABLE DEADLIFT	10-12	135-150
20. CABLE BENCH PRESS	10-12	135-150

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. Grip the bar with your hands shoulder-width apart. Lower the bar to your chest, then press it back up to the starting position.



SMITH MACHINE EXERCISES

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. Grip the bar with your hands shoulder-width apart. Lower the bar to your chest, then press it back up to the starting position.



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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. Grip the bar with your hands shoulder-width apart. Lower the bar to your chest, then press it back up to the starting position.



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. Lower your body by bending your knees and hips. 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. Bend your knees and hips to pick up the bar. Push back 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. Bend your knees and hips to pick up the bar. Push back up to the starting position.



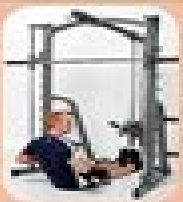
TRICEP EXTENSION
The tricep extension is a compound exercise that works the triceps and forearms. It is one of the most popular exercises in the gym. To perform the tricep extension, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



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. Bend your knees and hips to pick up the bar. Push back up to the starting position.



LAT PULLDOWN
The lat pulldown is a compound exercise that works the lats and biceps. It is one of the most popular exercises in the gym. To perform the lat pulldown, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



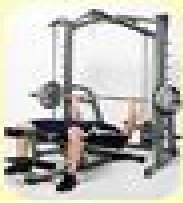
ROW
The row is a compound exercise that works the back and biceps. It is one of the most popular exercises in the gym. To perform the row, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



LEG PRESS
The leg press is a compound exercise that works the quadriceps and glutes. It is one of the most popular exercises in the gym. To perform the leg press, lie on a flat bench with your feet flat on the floor. Push the bar up to the starting position.



CABLE CRUNCH
The cable crunch is a compound exercise that works the abdominal muscles. It is one of the most popular exercises in the gym. To perform the cable crunch, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



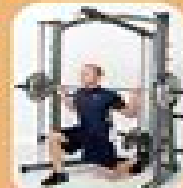
CABLE KICKBACK
The cable kickback is a compound exercise that works the glutes and hamstrings. It is one of the most popular exercises in the gym. To perform the cable kickback, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



CABLE CURL
The cable 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 cable curl, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



CABLE TRICEP EXTENSION
The cable 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 cable tricep extension, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



CABLE SHOULDER PRESS
The cable 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 cable shoulder press, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



CABLE ROW
The cable 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 cable row, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



CABLE BICEP CURL
The cable 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 cable bicep curl, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



CABLE LUNGES
The cable lunges is a compound exercise that works the quadriceps and glutes. It is one of the most popular exercises in the gym. To perform the cable lunges, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



CABLE SQUAT
The cable 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 cable squat, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



CABLE DEADLIFT
The cable 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 cable deadlift, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



CABLE BENCH PRESS
The cable 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 cable bench press, lie on a flat bench with your feet flat on the floor. Push the bar up to the starting position.



CABLE LAT PULLDOWN
The cable lat pulldown is a compound exercise that works the lats and biceps. It is one of the most popular exercises in the gym. To perform the cable lat pulldown, stand with your feet shoulder-width apart. Bend your knees and hips to pick up the bar. Push back up to the starting position.



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CABLE TRICEP EXTENSION
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Marcy Platinum Exercise Guide

SA Dillow



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