

# 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 lean back when the weight is being pressed. Do not allow the weight to rest on the floor.

## FRONT DELTOID RAISE



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handles with both hands, palms facing forward.
3. Raise the handles forward and upward, keeping the arms straight.
4. Lower the handles back down to the starting position.

## BENCH PRESS



1. Adjusting the machine, set the weight bar at the level of your chest.
2. Lie on the bench, feet flat on the floor, arms extended, hands on the bar.
3. Push the bar up, keeping your elbows close to your body.
4. Lower the bar back down to the starting position.

## TRICEP PULLDOWN

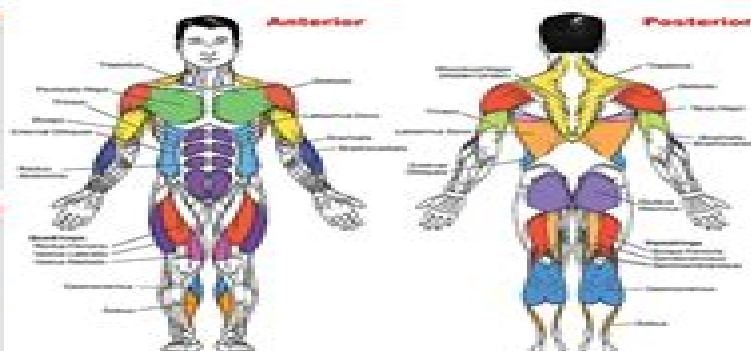


1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handles with both hands, palms facing forward.
3. Pull the handles down, keeping your arms straight.
4. Release the handles back up to the starting position.

## 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 foot resters forward, keeping your feet flat.
3. Release the foot resters back to the starting position.



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 handles with both hands, palms facing forward.
3. Pull the handles down, keeping your arms straight.
4. Release the handles back up to the starting position.

## STANDING BICEP CURL



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handles with both hands, palms facing forward.
3. Curl the handles up, keeping your arms straight.
4. Release the handles back down to the starting position.

## STANDING LEG CURL



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handles with both hands, palms facing forward.
3. Curl the handles up, keeping your arms straight.
4. Release the handles back down to the starting position.

## MID ROW



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push the foot resters forward, keeping your feet flat.
3. Release the foot resters back to the starting position.

## PREACHER CURL



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push the foot resters forward, keeping your feet flat.
3. Release the foot resters back to the starting position.

## 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 foot resters forward, keeping your feet flat.
3. Release the foot resters back to the starting position.

## STANDING SIDE RAISE



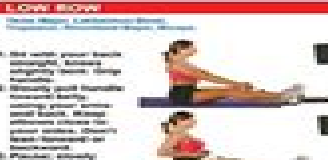
1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handles with both hands, palms facing forward.
3. Raise the handles side, keeping your arms straight.
4. Release the handles back down to the starting position.

## 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 foot resters forward, keeping your feet flat.
3. Release the foot resters back to the starting position.

## LOW ROW



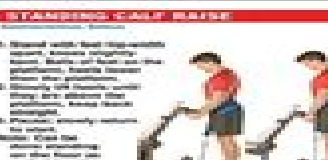
1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push the foot resters forward, keeping your feet flat.
3. Release the foot resters back to the starting position.

## CRUNCH



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push the foot resters forward, keeping your feet flat.
3. Release the foot resters back to the starting position.

## STANDING CALF RAISE



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold the handles with both hands, palms facing forward.
3. Raise the handles up, keeping your arms straight.
4. Release the handles back down to the starting position.

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### Safety Rules:

1. Always properly use all equipment and follow all safety rules.
2. Do not use any equipment if you are injured.
3. If you are injured, stop using the equipment and consult your doctor.

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# Gym Exercise At Home Guide Pic

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