

Exercise Index

Your Guide to The Essential Movements



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Before you embark on any physical fitness program, please consult a doctor.

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EXERCISE INDEX

Upper Body



Closegrip Bench Press

Hands 1 inch from smooth.

Keep your elbows tucked to engage the triceps.



Dumbbell Tricep Rollback

Start by lowering the dumbbells to your shoulders, then rolling your elbows back towards your head to force a stretch.

Roll your elbows back to your hips, and extend the dumbbells back up to the start position.



Overhand Lat Pulldown

Hands wider than shoulder width. Pull to just below your chin. Keep the bar tight to your body.



Dumbbell Shoulder Raise

These can be done seated or standing.

Elbows should be slightly bent through the whole movement, and your wrists should be neutral.

Raise the dumbbells to your sides, slightly in front of your body.



Shoulder Press

This can also be done with dumbbells, barbell, smith machine, or plate loaded machine.

Keep your elbows in, and drive your hands up.



Preacher Curl

This can also be done with a barbell or dumbbells.

Keep your arms on the pad. Extend your hands out to force a stretch, then pull your hands up to your forehead.

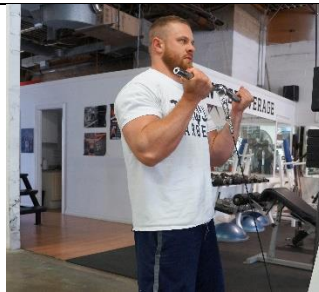
Lean forward.



Tricep Pushdown

Using a variety of bars/attachments, lean forward slightly while keeping your elbows at your sides.

Extend your hands forward and down while flexing your triceps at the bottom.



Cable Curls

Also using a variety of bars and attachments, keep your shoulders back and elbows in their natural position.

Bring your hands up to shoulder height, while allowing your elbows to come forward slightly.



Dumbbell Shrug

Alternates are barbell shrugs, smith machine shrugs, and shrug machine.

Holding the weights, pull your shoulders to your ears.



Chest Fly Machine

Keep your shoulders back and a slight bend in your arms.

Spread your hands to your sides while maintaining tension in your arms to full stretch.

Bring your hands together and squeeze your chest while pushing away from your body.



Dumbbell Curl

Keep your shoulders back and elbows slightly forward.

Turn the dumbbells "flat" at your sides, and then rotate them out on the way up to shoulder height.

Your elbows should stay in front of your body.



Barbell Incline Bench

Keep your shoulders back and lower the weight to your upper chest/ chin while slightly tucking your elbows.

When the bar touches your chest, drive the weight up and over your face to full lockout.



Machine Rear Delt Fly

Using a neutral grip, keep your elbows slightly bent, and drive your arms out to your sides, while pulling your elbows back.

Lean forward.



Dumbbell Rear Delt Fly

Sitting on the end of a bench with your feet forward.

Allow the weights to swing under your thighs while leaning forward.

Pull your elbows back up and hands out to reverse the motion.

Squeeze your shoulder blades at the top.

Lower Body



Barbell Squat

Feet slightly wider than shoulder width and toes slightly out. The weight should be on your heels.

Start by arching and pushing your hips back to engage your hamstrings. Push your knees out, and lower yourself down to a full squat with your hips below the top of your knees. Reverse the motion by pushing your hips back, and driving your head up.



Box Squat

Similar to a barbell squat, drive your hips back and continue to do so until you're sitting on the box.

Your shins should be vertical and the weight should be on your heels.

Rock back slightly on the box, then reverse the motion by leaning forward and driving your head up.



Belt Squat

With the belt around your waist, align yourself so the chain is hanging directly between your feet.

Sit back and push your knees out.

Use full range of motion.



Conventional Deadlift

Feet shoulder width apart. Drive your knees out against your arms to engage your glutes.

Maintain a tight back and drive your feet through the floor while lifting your head up.

When the bar passes your knees, squeeze your glutes forward to finish the lockout.



Sumo Deadlift

Feet should be as wide as your hips will allow. Keep your knees out and weight on your heels.

Push through the outsides of your feet, maintain a strong back, and drive your head up.

Similar to a conventional deadlift, when the bar passes your knees, squeeze your glutes forward to finish the lockout.



Sissy Squat

Jam your feet forward into the pads while leaning back at the top.

As you squat down, lean forward to get full range, then reverse the motion by pushing your hips forward and head back.

Leaning back will keep tension on your quads through the whole set.



Barbell Stiff Leg Deadlift

Feet shoulder width apart and back arched.

Push your hips back while maintaining a slight bend in your knees.

Allow your upper body to fall forward until the bar reaches mid shin.

Keep the bar close to your body to maintain form.



Power Squat

Push your hips back and allow your knees to fall forward slightly.

Sit back into a full squat. Knees out.

Reverse the motion by pushing your hips back and driving your shoulders upwards through the pad.



Hamstring Curl

Keep your back arched and your hips up.

Allow your feet to extend out to a full stretch while maintaining tightness in your back.

Pull your heels to your head and squeeze your hamstrings at the top.



Hack Squat

Feet slightly wider than shoulder width, keep your back tight and sit into a full squat until you hit the bottom of the machine.

Keep your knees out and weight on the outside of your feet.

Push your shoulders back and drive your head up while pushing through your feet to reverse the motion.



Glute Ham Raise (GHR)

Kneeling slightly behind the pad, push your toes into the plate while lifting your heels off.

Allow your upper body to fall forward into a full stretch and push your feet flat against the plate.

Reverse the motion by driving your hips back, your toes into the plate, and squeezing your hamstrings until you return to the starting position with your back arched.



Barbell Front Squat

Cross your hands over your shoulders and above the bar.

The bar should be resting on top of your shoulders, slightly in front/against your neck.

Keep your elbows up, push your knees out, and sit back into a full squat.

Remember to always push your elbows up to maintain tightness.



Dumbbell Stiff Leg Deadlift

Feet shoulder width apart. Maintain a slight bend in your knees and push your hips back while arching your back.

Keep your back tight and allow your upper body to fall forward until the dumbbells reach mid shin.

Drive your head up and bring your hips forward until you return to the starting position.

Keep the dumbbells close to your body to maintain form.



Leg Extension

Keep yourself firmly in the seat and your hips down.

Kick your feet forward and up while maintaining your posture and squeeze your quads.

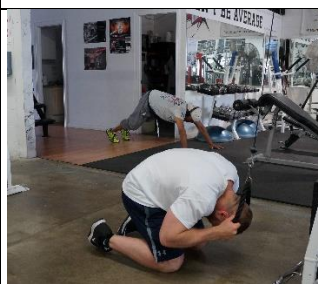
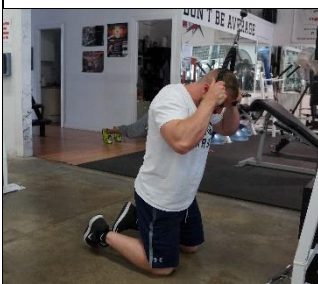
Your hips should not come off the seat.



45 Degree Back Extension

Lock yourself into the machine with the pad at the top of your thighs.

Allow yourself to fall forward to stretch your hamstrings, glutes, and back. Drive your head up and back while squeezing your back and glutes to return to the starting position.



Kneeling Ab Crunch

Kneeling in front of a cable machine, attach a rope to the top cable. Keep your hands at the top of your head at all times.

Pull yourself to the floor and bring your elbows to your legs while rounding your back. Squeeze your abs and exhale fully.

This is the only exercise where you actually want to round your back, not arch.