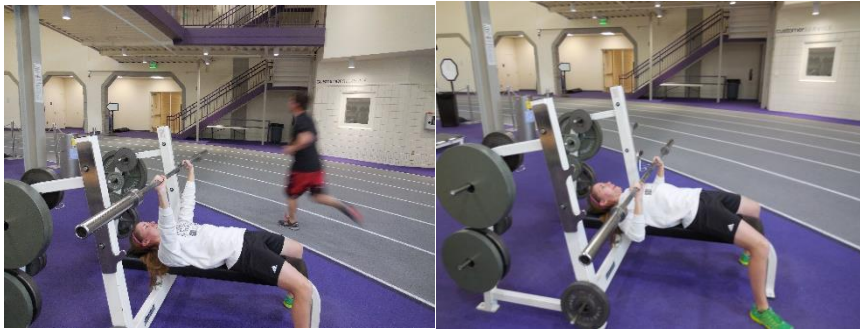


When exercising always incorporate a warm-up for at least 5 minutes. Typically a warm-up should be a whole body exercise i.e. jumping jacks, jogging, calisthenics, etc... The repetitions represent how much you do per set of exercise. The repetitions range from 15, 12-10, 6-4, and are based on muscle endurance, hypertrophy (size), strength, and power respectively. After each exercise a cool-down is recommended, and can consist of a light walk around for 5-10 minutes.

## Whole body Workout

### Chest

**Bench Press (free weights)** Lie face-up on bench with upper chest under barbell. Grasp lever bar with wide hand grip palms facing toward ceiling. Lift weight off latches sustaining stability. Lower weight towards chest in a controlled safe manner until arms are almost completely flexed, then press bar until arms are extended.



**Pullover (dumbbell)** Lie upper back perpendicular on bench. Flex hips slightly. Grasp one dumbbell from behind or from side with both hands under inner plate of dumbbell. Position dumbbell over chest with elbows slightly bent. Keeping elbows slightly bent throughout movement, lower dumbbell over and beyond head until upper arms are in-line with torso. Pull dumbbell up and over chest.



### Back

**Prone-grip pull-up (tower/assisted platform)** Step up and grasp parallel grips. Kneel on padded platform and lower body down with arm extended. Pull body up until elbow are to sides. Lower body until arms and shoulders are fully extended.

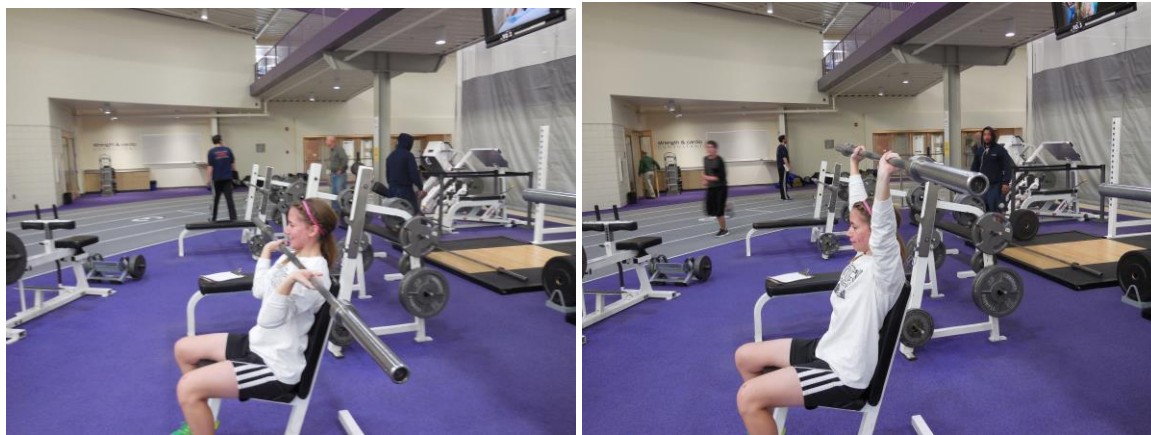


**T-bar (free weight)** Bend knees slightly and bend over lever handles with back straight. Grasp lever handles with shoulder width to wide overhand grip. Pull lever up to torso. Return until arms are extended and shoulders are stretched downward.



Shoulder

**Overhead press (free weight)** Set and grasp barbell just over shoulder width apart and with overhand grip. Press barbell until arms are extended upward, then Lower back to about the upper chest area.



**Seated Row (dumbbell)** Sit on end of bench with legs far apart. Grasp dumbbell between legs with arm vertical under shoulder. Position torso slightly forward with hand on knee for support. Pull dumbbell to

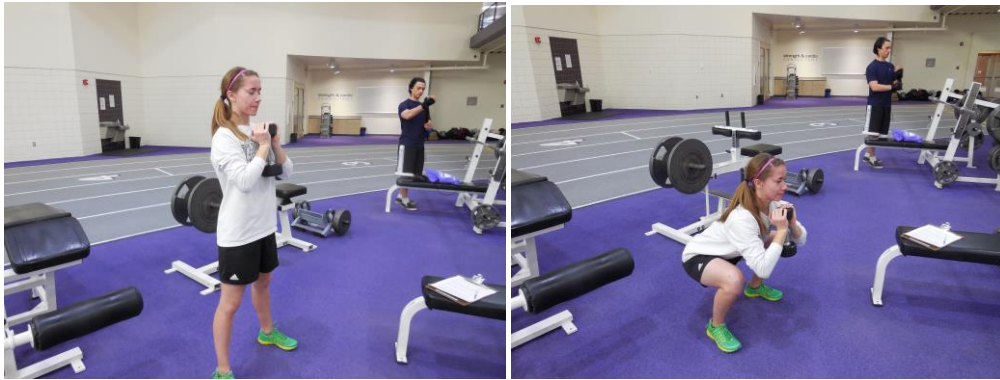


front of shoulder with elbow leading out to side. Allow wrists to flex as dumbbell rises upward.

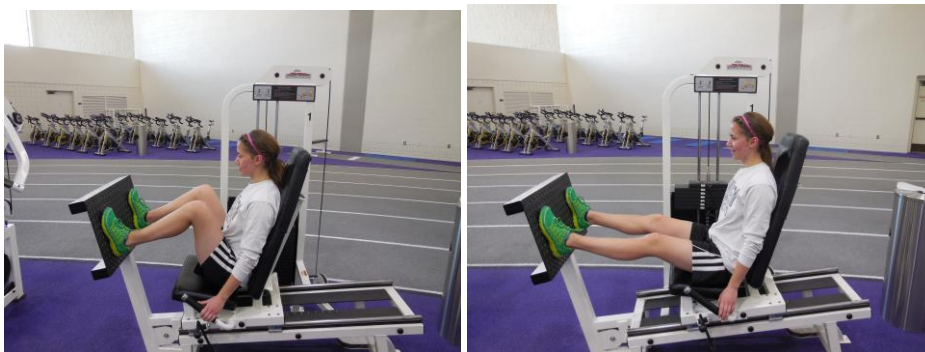


Thighs

**Goblet Squats (dumbbells)** Stand with dumbbell grasped like a goblet. Balance dumbbell right at nose height holding on to dumbbell with elbows flexed. Squat down flex your knees and hip, keeping your back straight, making sure knees don't extend over past toes. Descend until thighs are just past parallel to floor. Extend knees and hips until legs are straight.



**Seated leg Press (machine)** Sit on machine with back on padded support. Place feet on platform starting in a flexed knee position. Grasp handles to sides. Push platform away by extending knees and hips. Return until hips are completely flexed.



**Leg extension (machine)** Sit with back against padded back support. Place front of lower legs under padded lever. Position knees just over the under-knee grip. Grasp handles to sides for support. Move

lever forward and upward by extending knees until legs are straight. Return lever to original position by bending knees.



### Hamstrings

**Straight-Leg Deadlift (dumbbells)** Stand about shoulder width to hip width apart. Grasp dumbbells to each side. With knees straight, lower dumbbells by bending hips and trunk while keeping your back straight (DO NOT FLEX TRUNK) until hamstrings are tight, or just before lower back bends. Lift dumbbells by extending hips until straight.



**Lying down leg curl (machine)** Lie face down on bench with knees just beyond edge of bench or knee pad and lower legs under lever pads. Grasp handles. Raise lever pad to back of thighs by flexing knees. Lower lever pads until knees are straight.



**Seated leg curl (machine)** Sit with back against padded back support. Push hand lever to lower leg pads.

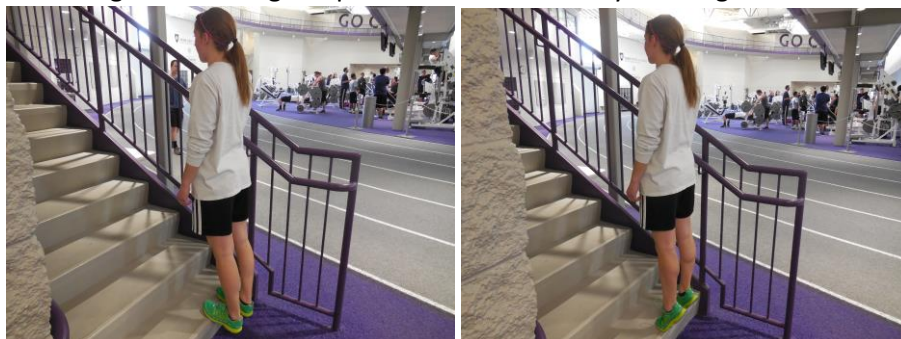


Place legs in between pads with lower leg above the farther one and the knees just under the closer pad. Grasp handles to sides with each hand. Pull lever to back of thighs by flexing knees. Return lever until knees are straight.



### Calves

**Standing Calf raise (body weight/dumbbell)** Position toes and balls of feet on calf block or stair elevation with arches and heels extending off. Place hand on support for balance. Raise heels by extending ankles as high as possible. Lower heels by bending ankles until calves are stretched.



**Single Leg Standing Calf raise (body weight/dumbbell)** Position toes and ball of foot on calf block or stair elevation with arches and heels extending off, while other foot is in flexed position off the ground. Place hand on support for balance. Raise heels by extending ankles as high as possible. Lower heels by bending ankles until calves are stretched.

