

# 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 level.
  4. **Position:** slowly return to start.

## BENCH PRESS

- Equipment:** Bench, Resistance Bands
- 
1. Disengaging on the bench with one arm, place your other arm with effort in at your sides (multiple handles) or pull out at the ends (single handle). Push up off the floor. Use the other arm to assist with the vertical handles.
  2. Pushing push 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 upper chest level.
  3. Push bar down until arms are straight. This will increase difficulty as the effort.
  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.
  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:** Bench, Resistance Bands
- 
1. Straddle the seat, face the machine.
  2. Grip the handles with your arms extended to meet the handles. Hands wider than shoulders, arms slightly bent and elbows above.
  3. Pull down until your arms are straight.
  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.
  3. Keeping arms straight, pull the handles up to the shoulders.
  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 seat for support, slowly lift lower leg towards buttocks, keeping upper leg against upper roller and body flat. (Shoulder, hip, leg, foot all in line).
  3. **Position:** slowly return, repeat on other side.

## MID ROW

- Equipment:** Bench, Resistance Bands
- 
1. Disengage seat, face machine.
  2. Place chest on machine, grip handles.
  3. Slowly pull handles toward you. (People on using your back, immediately to pull handles back).
  4. **Position:** slowly return to start.

## PREACHER CURL

- Equipment:** None
- 
1. Sit facing machine with upper arms on preacher rest.
  2. Grip handles with two hands, palms up.
  3. Bend elbows to slowly pull handles up to the shoulders, keep upper arms flat.
  4. **Position:** slowly return to start.

## LEG PRESS

- Equipment:** Bench, Resistance Bands
- 
1. Adjust seat, with knees bent at 90-degree and feet are shoulder width apart on the foot plate.
  2. Push back against footplate, grip side handles.
  3. Push back.
  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 right hand, palm facing inward.
  3. Slowly raise right arm by the side until it reaches shoulder height, keep arms slightly bent.
  4. **Position:** slowly return to start.

## PEC DECK

- Equipment:** Bench, Resistance Bands
- 
1. Adjust seat height and an angled bench.
  2. No seat, hold arms at shoulder height.
  3. Push back against the machine.
  4. **Position:** slowly return to start.


## LOW ROW

- Equipment:** Bench, Resistance Bands
- 
1. Sit with your back straight, knees slightly bent, grip handles.
  2. Slowly pull handles toward belly, using your arms to pull the handles, there is no upward motion.
  3. **Position:** slowly return to start.

## CRUNCH

- Equipment:** Bench, Resistance Bands
- 
1. Sit against back rest, feet on the support.
  2. Grip handles with two hands, palms facing in.
  3. Push back against back of seat, keeping feet flat on the floor.
  4. **Position:** slowly return to start.

## STANDING CALF RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent. Push off feet on the platform, heels remain on the platform.
  2. Push up until the heels are above the ankles, lower back straight.
  3. **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 uncomfortable.
3. If instructed press only one side, repeat on other side.

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**Kris Gethin**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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## **Table of Contents Gym Excrise Guide Pic**

1. Understanding the eBook Gym Excrise Guide Pic
  - The Rise of Digital Reading Gym Excrise Guide Pic
  - Advantages of eBooks Over Traditional Books
2. Identifying Gym Excrise Guide Pic
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Gym Excrise Guide Pic
  - User-Friendly Interface
4. Exploring eBook Recommendations from Gym Excrise Guide Pic
  - Personalized Recommendations
  - Gym Excrise Guide Pic User Reviews and Ratings
  - Gym Excrise Guide Pic and Bestseller Lists
5. Accessing Gym Excrise Guide Pic Free and Paid eBooks
  - Gym Excrise Guide Pic Public Domain eBooks
  - Gym Excrise Guide Pic eBook Subscription Services
  - Gym Excrise Guide Pic Budget-Friendly Options
6. Navigating Gym Excrise Guide Pic eBook Formats

- 
- ePub, PDF, MOBI, and More
  - Gym Excrise Guide Pic Compatibility with Devices
  - Gym Excrise Guide Pic Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Gym Excrise Guide Pic
    - Highlighting and Note-Taking Gym Excrise Guide Pic
    - Interactive Elements Gym Excrise Guide Pic
  8. Staying Engaged with Gym Excrise Guide Pic
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Gym Excrise Guide Pic
  9. Balancing eBooks and Physical Books Gym Excrise Guide Pic
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Gym Excrise Guide Pic
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Gym Excrise Guide Pic
    - Setting Reading Goals Gym Excrise Guide Pic
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Gym Excrise Guide Pic
    - Fact-Checking eBook Content of Gym Excrise Guide Pic
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
  14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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