

HOME GYM EXERCISES

SHOULDER PRESS

- Equipment:** None
- 
1. Adjust handles on band so hands are at ear level.
 2. Push handles up, do not rock elbows at the end of the lift.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.
 5. **Position:** Stand with feet hip-width apart, knees slightly bent.
 6. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

FRONT DELTOID RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with one or two hands.
 3. Keep arms straight, raise handles in front of you to shoulder height.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

BENCH PRESS

- Equipment:** Bench, Resistance Bands
- 
1. Disassemble on the bench, set up your feet on the bench, do not let your feet slide.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

TRICEP PULLDOWN

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in.
 3. Pull band down until arms are straight.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

KNEE EXTENSION

- Equipment:** None
- 
1. Adjust seat on the back of your feet so feet are at ear level.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.



Note: Avoid letting metal plates touch between repetitions.

LET PULLDOWN WIDE GRIP

- Equipment:** Bench, Resistance Bands
- 
1. Disassemble on the bench, set up your feet on the bench, do not let your feet slide.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

STANDING BICEP CURL

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in.
 3. Pull band up until arms are straight.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

STANDING LEG CURL

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

MID ROW

- Equipment:** Bench, Resistance Bands
- 
1. Disassemble on the bench, set up your feet on the bench, do not let your feet slide.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

PREACHER CURL

- Equipment:** Bench, Resistance Bands
- 
1. Disassemble on the bench, set up your feet on the bench, do not let your feet slide.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

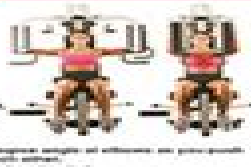
LEG PRESS

- Equipment:** Bench, Resistance Bands
- 
1. Disassemble on the bench, set up your feet on the bench, do not let your feet slide.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

STANDING SIDE RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in.
 3. Pull band up until arms are straight.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

PEC DECK

- Equipment:** Bench, Resistance Bands
- 
1. Disassemble on the bench, set up your feet on the bench, do not let your feet slide.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

LOW ROW

- Equipment:** Bench, Resistance Bands
- 
1. Disassemble on the bench, set up your feet on the bench, do not let your feet slide.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

CRUNCH

- Equipment:** Bench, Resistance Bands
- 
1. Disassemble on the bench, set up your feet on the bench, do not let your feet slide.
 2. Push handles up, do not let your feet slide.
 3. **Position:** Stand with feet hip-width apart, knees slightly bent.
 4. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

STANDING CALF RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in.
 3. Pull band up until arms are straight.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Form:** Keeping the feet stationary, move handles up, do not rock elbows at the end of the lift.

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 any pain or discomfort.
3. If you feel any pain or discomfort, repeat on other side.

We strongly recommend you consult a healthcare professional before using this poster.

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A Resource Guide for Fitness Programs for Older Persons Alan Pardini, Connie Mahoney, 1987 **Home Fitness Regimen Training Guide** Shawn Burke, 2021-01-17

Do you want an easy and affordable option for your daily fitness schedule? If you think maintaining fitness starts and stops at the gym, you need to think again. While going to those establishments is all well and good, they're not the be-all and end-all when it comes to keeping physically at times even mentally fit. Sure, they have the fancy equipment, the trainers who can keep you on track, and other amenities to make working out a luxurious experience. But at the end of the day, what's most important is you and how you feel. And you can keep fit just as well at home as you do in any gym. Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer. From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight, Get Fit, And Look Good Right From The Comfort Of Your Home. So here's what you are going to discover in this Advanced Home Fitness Regimen Info Course: A General Overview About Home Fitness Regimens, Find Out How To Create Your Awesome Home Gym, Explore How Muscle Growth Works, Discover Everything About Using Intensity Techniques To Unlock Your Full Potential, Find Out About Training Your Legs At Home, Know Everything About Bodyweight Training, and How to Learn Incredible Beast Moves. Find Out About Introducing Cardio and Weight Loss, Discover The Last Piece of the Puzzle: Diet. Find Out All About The Benefits of Staying Fit, Discover All About Doing It For Yourself, And So Much More.

Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer. From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Home fitness entails exactly what it implies: executing your personal fitness routine while at home using a variety of different techniques. Home fitness has been in our lives for decades, and it's taken on a new role since the COVID-19 pandemic closed gyms around the world. Whether it's a yoga class on Zoom or panic buying a Peloton, many of us are trying to find ways to exercise effectively within four walls. Whether you are looking to improve your cardiovascular system, lose weight, gain lean muscle mass, or just stay active, home training has a place in your life. And the benefits of staying fit are no secret. Improvements in cardiovascular and respiratory health, better regulation of blood sugar, the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure, weight loss, reduction in cancer risk, and improved musculoskeletal strength are some of the better-known. But when you're working out at home, you're responsible for the whole plan. What exercises should you do? How many reps of each? How often should you rest? Are you feeling a cardio workout? An upper-body workout? Or do you want to fit in a total-body workout instead? For many of us, answering all these questions is an added stress we'd rather avoid right now. And the good news is that's something you can avoid without skipping your workout. We are about to show you an immaculate at-home workout program that takes the guesswork out for you and will

give you the whole exercise plan Library of Congress Catalog: Motion Pictures and Filmstrips Library of Congress,1968

The Ultimate Guide to Weight Training for Sports Rob Price,2014-05-14 The Ultimate Guide to Weight Training for Sports is the most comprehensive and up to date sport specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features 54 sport specific weight training programs guaranteed to improve your performance and get you results No other sports book to date has been so well designed so easy to use and so committed to weight training This book takes athletes from the off season to the in season and is loaded with dozens of tips and pointers to help you maximize your training and improve your performance Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too *Get-Fit Guy's Guide to Achieving Your Ideal Body* Ben

Greenfield,2012-05-08 All of our physical features from the shape of our waist and stomach to the size of our wrists to the roundness of our arms are based upon our personal genetics our fitness and our health history So one person s body is different from another s And that means that the exercise routine that works for one individual may not work for another The key to fitness success is a customized workout tailored just for you That s where Ben Greenfield s book comes in Focusing on specific exercises designed to target individual body types Get Fit Guy s Guide to Achieving Your Ideal Body provides all the tools tips and nutritional tricks to achieve your dream body No more boring marathon sessions at the gym only to see minimal results or worse gaining weight in the wrong areas Get Fit Guy s Guide will show you how to quickly and effectively carve out your ideal body with a workout that targets your individual shape **The Ultimate Fat Loss Guide** Shondelle

Solomon-Miles, **The Bodybuilding.com Guide to Your Best Body** Kris Gethin,2013-03-26 From the world s leading online fitness site Bodybuilding com comes a revolutionary twelve week diet and exercise program for every body type illustrated throughout with full color photographs and before and after pictures Make Your Dream Body A Reality From the world s leading online fitness site Bodybuilding com comes a revolutionary 12 week diet and exercise program supported by two million members and thousands of real life success stories The Bodybuilding com Guide to Your Best Body presents a plan that promotes health from the inside out starting first with the mental blocks that are holding you back progressing to the muscles on your body and finally to the food on your plate Rather than subtracting things from your life cutting calories losing weight banishing your belly here s how to add more of the RIGHT things more muscle more support and more success On this plan you will GET AND STAY MOTIVATED Identify your Transformation Trigger and create a system of radical accountability in your life whether your goal is to lose 30 pounds of fat or gain 30 pounds of muscle EXERCISE FOR OPTIMUM RESULTS with a fully illustrated 3 stage exercise routine By changing your routine often you will shock your body into doing more than you ever thought you could EAT CLEAN TO GET LEAN with simple inexpensive and delicious recipes

Supercharge your metabolism and keep hunger under control With this book you ll learn the optimal balance of weight training cardiovascular exercise and nutrition that have helped people achieve dramatic lasting results Join the Transformation Nation and create your own story that will inspire others with The Bodybuilding com Guide to Your Best Body

Make a Fitness Plan The Experts at Gold's Gym,2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes The Ultimate Guide to Swimming Front Crawl Mark Durnford,2014-03-03 The 5th and final book of The Front Crawl Series This comprehensive guide covers exactly how to perfect the technique of swimming Front Crawl as well as preparing you for Triathlon Pool and Open Water swimming events with detailed and structured session plans to follow It includes Land Training Exercises Front Crawl Drills and instruction on performing the perfect Tumble Turns and Touch Turns With over 60 HD video clips to instantly demonstrate the technique and skill to follow this book provides you with everything you need to know when it comes to Front Crawl whether improving your swimming for recreation fitness or competition This book has embedded video clips included to illustrate the text and improve the learning experience Please ensure your device supports video playback

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self professed fat girl turned fitness nerd who turned her newfound passion for health into a career as a personal trainer ROCHELLE FORD who came from a family of unhealthy eaters but eventually lost more than 100 pounds and converted her family to her good habits in the process CLAUDIO RAMOS who has more energy than ever after his 135 pound weight loss It s like I ve been reborn RICKY HOWELL who achieved a stronger body and a newfound sense of confidence after his divorce You could be a part of the Transformation Nation and you can start today with Body by Design The Home Workout Plan for Seniors Dale L. Roberts,2016-10-18 You want to stay active and strong but worry about the risks of traditional workouts What if you could exercise safely without fear of falling or injury Imagine boosting your mobility and strength with just 34 minutes a day right from your chair The Home Workout Plan for Seniors is back with a second edition featuring ALL NEW full size pictures to ensure clarity and understanding This improved version addresses previous concerns about small images and unreadable print giving you a fresh easy to follow guide Whether you re new to fitness or looking for a gentle exercise plan this book is designed to help you safely master chair exercises in just 30 days With clear instructions 34 seated exercises and practical tips you ll feel more confident stronger and healthier without ever stepping foot in a gym Inside you ll find A reliable easy to follow 30 day workout plan Clear and updated full size images for each exercise Straightforward instructions with helpful modifications Chair exercises ideal for beginners or anyone new to fitness Expert tips to get the most out of every workout And much more You ll love this book because it s perfect for seniors looking to stay fit safely build strength and boost mobility from the comfort of their own home Get it now *United States Educational, Scientific and Cultural Motion Pictures and Filmstrips* United States. Interdepartmental Committee on Visual and Auditory Materials for Distribution Abroad. Subcommittee on Catalog,1956 **Personal Trainer's Guide to Program Design** IDEA Health & Fitness,2002 The Official Gold's Gym Beginner's Guide to Fitness David Porter,2004-09 With the help of instructive photographs shot on location at Gold s facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food **Naked Fitness I: Revealing the "Bare" Truth About Your Health & Fitness** Kevin Durio,2017-11-29 Naked Fitness I is an easy to follow and truly simplified fitness guide for both men and women Its aim is to take the myth and some of the fear and hesitation out of starting a fitness routine joining a gym or just sorting through all the junk in the fitness world If you re already exercising Naked Fitness I just might open your eyes to simplifying your program and making it more real world In Naked Fitness II we ll go much deeper into your personal workouts and nutrition **The 90-Day Home Workout Plan** Dale L. Roberts,2018-12-05 Are you looking for simple home workout routines for men Do you want to know how to build muscle and lose fat forever Then The 90 Day Home Workout Plan is for you Get time tested and proven home workouts for men that ll get you burning fat building muscle and feeling great in no time With over 3 months of workout routines you ll get on track and stay on track for good **The Total Fitness Manual** Gold's Gym,2017-01-03 Get in shape in no time with this definitive

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Men's Health Maximum Muscle Plan Thomas Incledon, Matthew Hoffman, 2005 Men's Health Maximum Muscle Plan is the ultimate workout guide for men who want to get bigger stronger faster With customized plans for every body type and fitness level workout variations to push you to the next level and muscle building nutrition and supplement tips it's a proven program to give you the body you want ripped abs bulging biceps strong legs and a broader chest and back in just 12 weeks

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