

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:** slowly return to start.
 4. **Notes:** Bending for this exercise makes shoulder joints vulnerable.

FRONT DELTOID RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with one or two hands (depending on band strength), palms facing down.
 3. Keep arms straight, slowly raise handles in front of you to shoulder height, then slowly return.
 4. **Position:** slowly return to start.

BENCH PRESS

- Equipment:** Bench, Resistance Bands
- 
1. Disengaging on the handle with one hand, your elbows will extend to at your sides (vertical banding) or just out at 45 degrees (diagonal banding). When on the other side, elbows are used with the vertical banding.
 2. Pushing your 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 elbows.
 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 are at 90 degrees when the foot plate is down.
 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 down.
 3. Pull bar down until your feet are down and only your upper body.
 4. **Position:** slowly return to start.
- Notes:**
- **Straddle Grip** - Restores on bench.
 - **Wide Grip** - Restores on bench.
 - **Straddle Grip** - Restores on bench.
 - **Wide Grip** - Restores on bench.

STANDING BICEP CURL

- 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 elbows.
 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. Straddle the seat, face machine.
 2. Grip the handles with your arms extended to meet the handles, hands wider than shoulders, arms slightly bent and elbows down.
 3. Pull bar down until your feet are down and only your upper body.
 4. **Position:** slowly return to start.

PREACHER CURL

- Equipment:** Bench, Resistance Bands
- 
1. Sit facing machine with upper arms on preacher bench.
 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 elbows.
 4. **Position:** slowly return to start.

LEG PRESS

- Equipment:** Bench, Resistance Bands
- 
1. Adjust seat, with knees at 90 degrees and feet are shoulder width apart on the foot plate.
 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.


STANDING SIDE RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with one hand, palms facing inwards.
 3. Slowly raise right arm to the side until it reaches shoulder height, then slowly return.
 4. **Position:** slowly return to start.

PEC DECK

- Equipment:** Bench, Resistance Bands
- 
1. Adjust seat height and an angled bench.
 2. Grip the handles with your arms extended to meet the handles, hands wider than shoulders, arms slightly bent and elbows down.
 3. Pull bar down until your feet are down and only your upper body.
 4. **Position:** slowly return to start.


LOW ROW

- Equipment:** Bench, Resistance Bands
- 
1. Sit with your feet straight, knees slightly bent, grip handles.
 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 elbows.
 4. **Position:** slowly return to start.

CRUNCH

- Equipment:** Bench, Resistance Bands
- 
1. Sit against back rest, feet at 90 degrees, grip handles.
 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 elbows.
 4. **Position:** slowly return to start.

STANDING CALF RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent, feet flat on the platform, hands on the platform.
 2. Push the platform up until the heels are off the ground, then slowly return.
 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 any discomfort.
3. If you feel any pain, stop, repeat on other side.

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

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Gym Exercise Guide Pic

Marco Cascella

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

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