

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:** 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 (depending on leg strength), pull band forward, slightly bent, arms straight.
 3. Keep arms straight, slowly raise handles in front of you to shoulder level, then slowly return to start position, slowly return.
 4. **Position:** slowly return to start.

BENCH PRESS

- Equipment:** Bench, Resistance Bands
- 
1. Disengaging on the bench, set up your knees with either leg at your sides (position handles) or put one at your side and the other at your feet. When at the proper position, are used with the vertical handles.
 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 front of right.
 3. Pull band down until arms are straight. This will stretch the band at the elbows.
 4. **Position:** slowly return to start.


KNEE EXTENSION

- Equipment:** None
- 
1. Adjust seat on the back of your knees touch seat's edge and place the ends of the band under your feet.
 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 the sides, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Pull band down until 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, elbows bent and right in front of you, left in front of right.
 3. Pull band up until arms are straight.
 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 straight. (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. (Focus on using your back muscles to pull handles back).
 4. **Position:** slowly return to start.

PREACHER CURL

- Equipment:** None
- 
1. Sit facing machine with upper arms on preacher seat.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of you, left in front of right.
 3. Pull band up until arms are straight.
 4. **Position:** slowly return to start.

LEG PRESS

- Equipment:** Bench, Resistance Bands
- 
1. Adjust seat, with knees at 90-degree angle and feet on shoulder width apart on the foot plate.
 2. Grip handles back against buttocks, grip side handles on knees.
 3. Slowly push the footplate until legs are straight, do not rock your feet.
 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 to 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 roll, hold arms at shoulder height, elbows bent, pull band forward until arms are at your shoulders.
 3. Maintain a 90-degree angle at elbows as you push band forward until arms are at your shoulders.
 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 body, using your arms to pull band forward until arms are at your shoulders.
 3. **Position:** slowly return to start.

CRUNCH

- Equipment:** Bench, Resistance Bands
- 
1. Sit against back rest, feet at 90-degree angle, grip handles.
 2. Slowly pull handles toward body, using your arms to pull band forward until arms are at your shoulders.
 3. **Position:** slowly return to start.

STANDING CALF RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent, pull up on the platform, heels on the platform.
 2. Slowly lift your heels until they are above the platform, keep 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 any discomfort or pain.
3. If instructed to stop, stop.

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