

Upper Body

Seated Pec Fly



Chest Press



Incline Bench Press



Shoulder Press

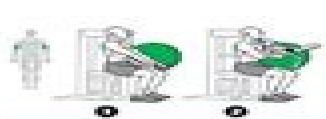


Lateral Raise



Upper Body

Arm Curl



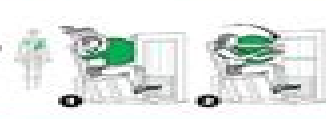
Assisted Pull Up



Lateral Pull Down



Lat Pull-Over



Triceps Extension

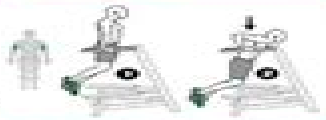


Upper Body

Seated Dip



Triceps Dip



Core

Side Bend Hyperextension



Twisting Hyperextension



Abdominal Crunch



Core

Decline Sit-up



Rotary Torso



Knee Raise



Knee Twist



Hanging Leg Raise



Back

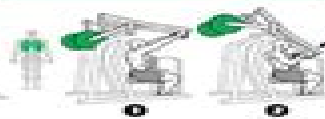
Reverse Pec Deck Fly



Mid Row



High Row



T-bar Row



Back Extension



Lower Body

Thigh Abductor



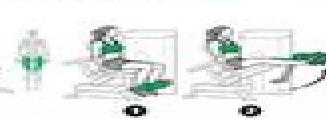
Thigh Adductor



Hamstring Curl



Leg Extension



Leg Press



Lower Body

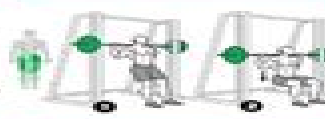
Smith Machine Leg Press



Back Squat



Smith Machine Squat



Smith Machine Lunge



Reverse Hyperextension

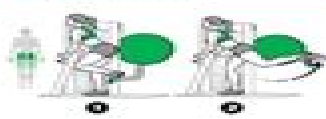


Lower Body

Standing Leg Raise



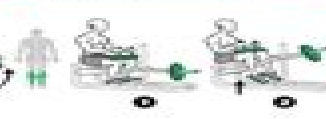
Gluteus Kick



Gluteus Master



Seated Calf Raise



Calf Raise



Gym Exercises Guide Manual

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turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude The Complete Idiot's Guide to Short Workouts Deidre Johnson-Cane, Jonathan Cane, Joe Glickman, 2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts

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Packed full of illustrations case studies revision questions and sample programmes The Fitness Instructor's Handbook is the ideal book for both those new to the industry and experienced trainers

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