

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. **Return:** Slowly return to start.

FRONT DELTOID RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Raise handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** Slowly return to start.

BENCH PRESS

- Equipment:** None
- 
1. Disengaging on the band, sit on the floor with your feet flat on the floor, knees bent, hips and shoulders in a straight line.
 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. **Return:** Slowly return to start.

TRICEP PULLDOWN

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles down, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Form:** Keeping the feet stationary, move handles down, do not rock elbows at the end of the lift.
 6. **Return:** Slowly return to start.


KNEE EXTENSION

- Equipment:** None
- 
1. Adjust seat on the floor, so your feet touch the floor.
 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. **Return:** Slowly return to start.




Note: Avoid letting metal plates touch between repetitions.

LET PULLDOWN WIDE GRIP

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles down, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Form:** Keeping the feet stationary, move handles down, do not rock elbows at the end of the lift.
 6. **Return:** Slowly return to start.

STANDING BICEP CURL

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** Slowly return to start.


STANDING LEG CURL

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** Slowly return to start.

MID ROW

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** Slowly return to start.

PREACHER CURL

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** Slowly return to start.

LEG PRESS

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** 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 forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** Slowly return to start.

PEC DECK

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** Slowly return to start.


LOW ROW

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** Slowly return to start.

CRUNCH

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** Slowly return to start.

STANDING CALF RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with right hand, palm facing forward.
 3. Pull handles up, do not rock elbows at the end of the lift.
 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.
 6. **Return:** 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 you feel any pain, stop, repeat on other side.

We strongly recommend you consult a healthcare provider before using any exercise equipment.

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C Cleary

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'C Cleary' text.

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