

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 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.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

BENCH PRESS

- Equipment:** None
- 
1. Disengaging on the band, sit on your knees with feet flat on the floor, hands on the band, palms facing up, arms straight.
 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. **Return:** Slowly return to start.

TRICEP PULLDOWN

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band down, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

KNEE EXTENSION

- Equipment:** None
- 
1. Adjust seat on the back of your knees touch seat's edge and keep feet flat on the floor, hands on the band, palms facing in, arms straight.
 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. **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 both hands, palms facing in, arms straight.
 3. Pull band down, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

STANDING BICEP CURL

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

STANDING LEG CURL

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

MID ROW

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

PREACHER CURL

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

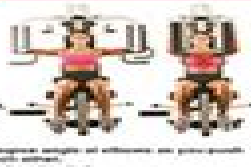
LEG PRESS

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

STANDING SIDE RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

PEC DECK

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

LOW ROW

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

CRUNCH

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **Return:** Slowly return to start.

STANDING CALF RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with both hands, palms facing in, arms straight.
 3. Pull band up, do not rock elbows at the end of the lift.
 4. **Position:** Stand with feet hip-width apart, knees slightly bent.
 5. **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 pain or discomfort.
3. If you feel any pain or discomfort, repeat on other side.

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

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TD Snyder

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