

# HOME GYM EXERCISES

### SHOULDER PRESS

**Instructions:**

1. Adjust handles (or weights) so handle are at ear level.
2. Place shoulders up, up with both elbows at the end of the bar.
3. Press.
4. Lower slowly with the arms.

Notes: Do not lean back with shoulders. Do not breathe while lifting.

### FRONT DELTOID RAISE

**Instructions:**

1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight out in front of you.
3. Raise handles up, up with both elbows at the end of the bar.
4. Lower slowly with the arms.

### BENCH PRESS

**Instructions:**

1. Adjust seat height so that your feet are flat on the floor and your knees are bent at a 90-degree angle.
2. Place shoulders up, up with both elbows at the end of the bar.
3. Press.
4. Lower slowly with the arms.

### TRICEP PULLDOWN

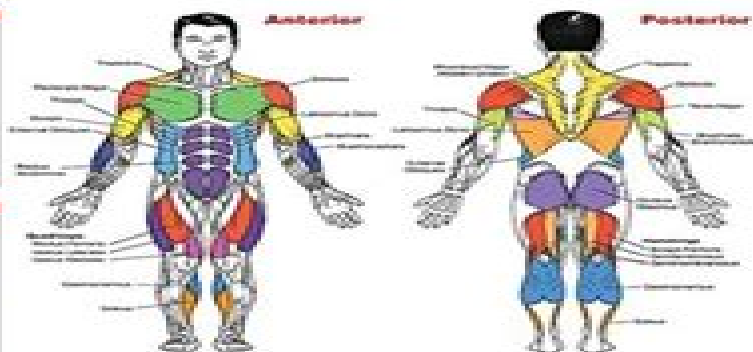
**Instructions:**

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight out in front of you.
3. Pull handles down, down with both elbows at the end of the bar.
4. Lower slowly with the arms.

### KNEE EXTENSION

**Instructions:**

1. Adjust seat so the back of your knees touch the seat.
2. Place shoulders up, up with both elbows at the end of the bar.
3. Press.
4. Lower slowly with the arms.



Note: Avoid letting metal plates touch between repetitions.

### LAT PULLEDOWN WIDE GRIP

**Instructions:**

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight out in front of you.
3. Pull handles down, down with both elbows at the end of the bar.
4. Lower slowly with the arms.

### STANDING BICEP CURL

**Instructions:**

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight out in front of you.
3. Pull handles up, up with both elbows at the end of the bar.
4. Lower slowly with the arms.

### STANDING LEG CURL

**Instructions:**

1. Adjust seat so the back of your knees touch the seat.
2. Place shoulders up, up with both elbows at the end of the bar.
3. Press.
4. Lower slowly with the arms.

### MID ROW

**Instructions:**

1. Adjust seat so the back of your knees touch the seat.
2. Place shoulders up, up with both elbows at the end of the bar.
3. Press.
4. Lower slowly with the arms.

### PREACHER CURL

**Instructions:**

1. Sit facing machine with feet flat on the floor.
2. Hold handles with both hands, arms straight out in front of you.
3. Pull handles up, up with both elbows at the end of the bar.
4. Lower slowly with the arms.

### LEG PRESS

**Instructions:**

1. Adjust seat so the back of your knees touch the seat.
2. Place shoulders up, up with both elbows at the end of the bar.
3. Press.
4. Lower slowly with the arms.

### STANDING SIDE RAISE

**Instructions:**

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight out in front of you.
3. Pull handles up, up with both elbows at the end of the bar.
4. Lower slowly with the arms.

### PEC DECK

**Instructions:**

1. Adjust seat so the back of your knees touch the seat.
2. Place shoulders up, up with both elbows at the end of the bar.
3. Press.
4. Lower slowly with the arms.

### LOW ROW

**Instructions:**

1. Sit with feet flat on the floor.
2. Hold handles with both hands, arms straight out in front of you.
3. Pull handles up, up with both elbows at the end of the bar.
4. Lower slowly with the arms.

### CRUNCH

**Instructions:**

1. Sit with feet flat on the floor.
2. Hold handles with both hands, arms straight out in front of you.
3. Pull handles up, up with both elbows at the end of the bar.
4. Lower slowly with the arms.

### STANDING CALF RAISE

**Instructions:**

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight out in front of you.
3. Pull handles up, up with both elbows at the end of the bar.
4. Lower slowly with the arms.

The contents of this guide are intended to be used as a guide only. The authors and publishers of this guide are not responsible for any injury or damage that may occur from following the instructions herein.



**Safety Rules:**

1. Read the instructions carefully and follow all safety rules.
2. Do not use the equipment if you are injured or ill.
3. Do not use the equipment if you are under the influence of alcohol or drugs.
4. Do not use the equipment if you are not properly instructed.

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# Home Gym Exercise Guide

**J Rink**



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