

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:** Bending for this exercise makes shoulder joints vulnerable.

FRONT DELTOID RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handles with one or two hands (beginners use one hand), light tension, arms hanging down.
 3. Keep arms straight, slowly raise handles in front of you to shoulder height, then in overhead position, slowly return.

BENCH PRESS

- Equipment:** Bench, Resistance Bands
- 
1. Disengaging on the bench with one arm, place your other arm with effort in an overhead position (shoulder directly over wrist) at full arm extension. When up, the strap should be taut. When down, the strap should be loose.
 2. Pushing, push 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 left, then left in front of right.
 3. Pull bar down until arms are straight. This will increase tension 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 knees touch the edge of the foot plate.
 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 left, then left in front of right.
 3. Pull bar 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 left, then left in front of right.
 3. Pull bar 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 flat. (Shoulder, hip, leg, foot all in a line).
 3. **Position:** slowly return, repeat on other side.

MID ROW

- Equipment:** Bench, Resistance Bands
- 
1. Straddle the 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 bench.
 2. Grip handles with two hands, palms facing in, elbows bent and right in front of left, then left in front of right.
 3. Pull bar 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 and feet on shoulder width apart on the foot plate.
 2. Push back against footplate, grip side handles.
 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, then slowly return.
 4. **Position:** slowly return to start.

PFC DECK

- Equipment:** Bench, Resistance Bands
- 
1. Adjust seat height and an angled footplate.
 2. Sit on the deck, with your back against the footplate, grip handles.
 3. Push back against footplate, grip handles.
 4. **Position:** slowly return to start.

LOW ROW

- Equipment:** Bench, Resistance Bands
- 
1. Sit with your back against the footplate, grip handles.
 2. Slowly pull handles toward body, keeping arms bent and elbows close to your sides.
 3. **Position:** slowly return to start.

CRUNCH

- Equipment:** Bench, Resistance Bands
- 
1. Sit against back rest, feet on footplate, grip handles.
 2. Pull bar up until arms are straight.
 3. **Position:** slowly return to start.

STANDING CALF RAISE

- Equipment:** None
- 
1. Stand with feet hip-width apart, knees slightly bent. Push up feet on the platform, heels on the platform.
 2. Slowly lift your heels until they are above the platform, then slowly return.
 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.
3. If instructed to stop, stop.

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SJ Ball



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A Resource Guide for Fitness Programs for Older Persons Alan Pardini, Connie Mahoney, 1987 **Home Fitness Regimen Training Guide** Shawn Burke, 2021-01-17

Do you want an easy and affordable option for your daily fitness schedule? If you think maintaining fitness starts and stops at the gym, you need to think again. While going to those establishments is all well and good, they're not the be-all and end-all when it comes to keeping physically at times even mentally fit. Sure, they have the fancy equipment, the trainers who can keep you on track, and other amenities to make working out a luxurious experience. But at the end of the day, what's most important is you and how you feel. And you can keep fit just as well at home as you do in any gym. Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer. From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight, Get Fit, And Look Good Right From The Comfort Of Your Home. So here's what you are going to discover in this Advanced Home Fitness Regimen Info Course: A General Overview About Home Fitness Regimens, Find Out How To Create Your Awesome Home Gym, Explore How Muscle Growth Works, Discover Everything About Using Intensity Techniques To Unlock Your Full Potential, Find Out About Training Your Legs At Home, Know Everything About Bodyweight Training, and How to Learn Incredible Beast Moves, Find Out About Introducing Cardio and Weight Loss, Discover The Last Piece of the Puzzle: Diet. Find Out All About The Benefits of Staying Fit, Discover All About Doing It For Yourself, And So Much More.

Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer. From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Home Fitness entails exactly what it implies: executing your personal fitness routine while at home using a variety of different techniques. Home fitness has been in our lives for decades, and it's taken on a new role since the Covid-19 pandemic closed gyms around the world. Whether it's a yoga class on Zoom or panic buying a Peloton, many of us are trying to find ways to exercise effectively within four walls. Whether you are looking to improve your cardiovascular system, lose weight, gain lean muscle mass, or just stay active, home training has a place in your life. And the benefits of staying fit are no secret. Improvements in cardiovascular and respiratory health, better regulation of blood sugar, the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure, weight loss, reduction in cancer risk, and improved musculoskeletal strength are some of the better-known. But when you're working out at home, you're responsible for the whole plan. What exercises should you do? How many reps of each? How often should you rest? Are you feeling a cardio workout? An upper-body workout? Or do you want to fit in a total-body workout instead? For many of us, answering all these questions is an added stress we'd rather avoid right now. And the good news is that's something you can avoid without skipping your workout. We are about to show you an immaculate at-home workout program that takes the guesswork out for you and will

give you the whole exercise plan Library of Congress Catalog: Motion Pictures and Filmstrips Library of Congress,1968

The Ultimate Guide to Weight Training for Sports Rob Price,2014-05-14 The Ultimate Guide to Weight Training for Sports is the most comprehensive and up to date sport specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features 54 sport specific weight training programs guaranteed to improve your performance and get you results No other sports book to date has been so well designed so easy to use and so committed to weight training This book takes athletes from the off season to the in season and is loaded with dozens of tips and pointers to help you maximize your training and improve your performance Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too *Get-Fit Guy's Guide to Achieving Your Ideal Body* Ben

Greenfield,2012-05-08 All of our physical features from the shape of our waist and stomach to the size of our wrists to the roundness of our arms are based upon our personal genetics our fitness and our health history So one person s body is different from another s And that means that the exercise routine that works for one individual may not work for another The key to fitness success is a customized workout tailored just for you That s where Ben Greenfield s book comes in Focusing on specific exercises designed to target individual body types Get Fit Guy s Guide to Achieving Your Ideal Body provides all the tools tips and nutritional tricks to achieve your dream body No more boring marathon sessions at the gym only to see minimal results or worse gaining weight in the wrong areas Get Fit Guy s Guide will show you how to quickly and effectively carve out your ideal body with a workout that targets your individual shape **The Ultimate Fat Loss Guide** Shondelle

Solomon-Miles, **The Bodybuilding.com Guide to Your Best Body** Kris Gethin,2013-03-26 From the world s leading online fitness site Bodybuilding com comes a revolutionary twelve week diet and exercise program for every body type illustrated throughout with full color photographs and before and after pictures Make Your Dream Body A Reality From the world s leading online fitness site Bodybuilding com comes a revolutionary 12 week diet and exercise program supported by two million members and thousands of real life success stories The Bodybuilding com Guide to Your Best Body presents a plan that promotes health from the inside out starting first with the mental blocks that are holding you back progressing to the muscles on your body and finally to the food on your plate Rather than subtracting things from your life cutting calories losing weight banishing your belly here s how to add more of the RIGHT things more muscle more support and more success On this plan you will GET AND STAY MOTIVATED Identify your Transformation Trigger and create a system of radical accountability in your life whether your goal is to lose 30 pounds of fat or gain 30 pounds of muscle EXERCISE FOR OPTIMUM RESULTS with a fully illustrated 3 stage exercise routine By changing your routine often you will shock your body into doing more than you ever thought you could EAT CLEAN TO GET LEAN with simple inexpensive and delicious recipes

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Men's Health Maximum Muscle Plan Thomas Incledon, Matthew Hoffman, 2005 Men's Health Maximum Muscle Plan is the ultimate workout guide for men who want to get bigger stronger faster With customized plans for every body type and fitness level workout variations to push you to the next level and muscle building nutrition and supplement tips it's a proven program to give you the body you want ripped abs bulging biceps strong legs and a broader chest and back in just 12 weeks

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