

HOME GYM EXERCISES

SHOULDER PRESS

1. Adjust handles (or weight) so hands are at ear level.
2. Push handles up, up until both elbows are at the level of the head.
3. Return slowly down to the start.
4. Repeat, always return to the start.

FRONT DELTOID RAISE

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, palms facing each other.
3. Raise handles up, up until both elbows are at the level of the head.
4. Return slowly down to the start.

BENCH PRESS

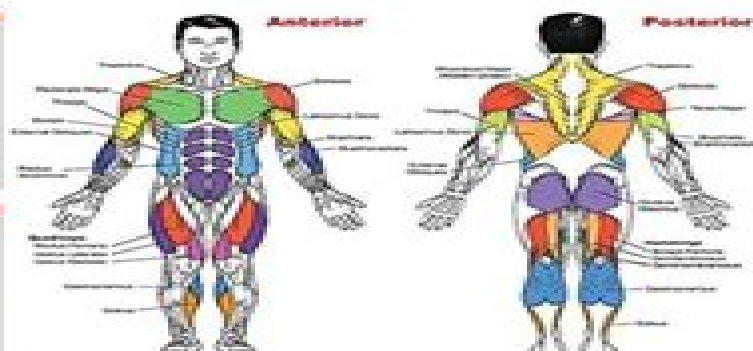
1. Seating on the machine, adjust your seat so that your feet are at the base of the machine and your knees are bent at a 90-degree angle.
2. Adjust the machine so that the handles are at the level of your chest.
3. Push handles up, up until both elbows are at the level of the head.
4. Return slowly down to the start.

TRICEP PULLDOWN

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, palms facing each other.
3. Pull handles down, down until both elbows are at the level of the head.
4. Return slowly down to the start.

KNEE EXTENSION

1. Adjust seat so the back of your knees touch the seat.
2. Push handles up, up until both elbows are at the level of the head.
3. Return slowly down to the start.



Note: Avoid letting metal plates touch between repetitions.

LAT PULLEDOWN WIDE GRIP

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, palms facing each other.
3. Pull handles down, down until both elbows are at the level of the head.
4. Return slowly down to the start.

STANDING BICEP CURL

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, palms facing each other.
3. Curl handles up, up until both elbows are at the level of the head.
4. Return slowly down to the start.

STANDING LEG CURL

1. Stand with feet hip-width apart, knees slightly bent.
2. Push handles up, up until both elbows are at the level of the head.
3. Return slowly down to the start.

MID ROW

1. Seating on the machine, adjust your seat so that your feet are at the base of the machine and your knees are bent at a 90-degree angle.
2. Adjust the machine so that the handles are at the level of your chest.
3. Push handles up, up until both elbows are at the level of the head.
4. Return slowly down to the start.

PREACHER CURL

1. Seating on the machine, adjust your seat so that your feet are at the base of the machine and your knees are bent at a 90-degree angle.
2. Adjust the machine so that the handles are at the level of your chest.
3. Push handles up, up until both elbows are at the level of the head.
4. Return slowly down to the start.

LEG PRESS

1. Adjust seat so the back of your knees touch the seat.
2. Push handles up, up until both elbows are at the level of the head.
3. Return slowly down to the start.

STANDING SIDE RAISE

1. Stand with feet hip-width apart, knees slightly bent.
2. Hold handles with both hands, palms facing each other.
3. Raise handles up, up until both elbows are at the level of the head.
4. Return slowly down to the start.

PEC DECK

1. Seating on the machine, adjust your seat so that your feet are at the base of the machine and your knees are bent at a 90-degree angle.
2. Adjust the machine so that the handles are at the level of your chest.
3. Push handles up, up until both elbows are at the level of the head.
4. Return slowly down to the start.

LOW ROW

1. Seating on the machine, adjust your seat so that your feet are at the base of the machine and your knees are bent at a 90-degree angle.
2. Adjust the machine so that the handles are at the level of your chest.
3. Push handles up, up until both elbows are at the level of the head.
4. Return slowly down to the start.

CRUNCH

1. Seating on the machine, adjust your seat so that your feet are at the base of the machine and your knees are bent at a 90-degree angle.
2. Adjust the machine so that the handles are at the level of your chest.
3. Push handles up, up until both elbows are at the level of the head.
4. Return slowly down to the start.

STANDING CALF RAISE

1. Stand with feet hip-width apart, knees slightly bent.
2. Push handles up, up until both elbows are at the level of the head.
3. Return slowly down to the start.



Safety Rules:

1. Read the instructions carefully and follow all safety rules.
2. Do not use the machine if you are injured or ill.
3. Do not use the machine if you are pregnant or have any other health condition.

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Home Gym Exercise Guide

Jerri Farris



Home Gym Exercise Guide:

The Complete Idiot's Guide to Weight Training Deidre Johnson-Cane, Joe Glickman, Jonathan Cane, 2002-12-01 This text aims to be useful to those looking for an approachable beginner's guide to lifting weights. The book is issued in the illustrated format where photographs and line illustrations are given as much attention as the easy to read text. The guide includes multiple exercises for all the major muscle groups, photographs depicting the beginning, midpoint and ending positions for each exercise, and photographs depicting the most common mistakes in executing various exercises, allowing readers to learn from others' mistakes.

The Ultimate Guide to Fitness: From Beginner to Advanced Workout Programs Akash Gaikwad, 2023-09-14 The Ultimate Guide to Fitness is a comprehensive resource that covers workout programs for individuals of all fitness levels from beginners to advanced athletes. It offers a wide range of exercises, nutrition tips, and training techniques to help you achieve your fitness goals and improve your overall health. Whether you're just starting your fitness journey or looking to take your workouts to the next level, this guide has you covered.

Exercise Management Guide Dr. Rajiv Sharma, 2005

The Complete Guide to Training with Free Weights Graeme Marsh, 2014-09-05 A key title in the successful Complete Guides series, this is the definitive text on using free weights for strength conditioning and flexibility training. Free weights are the simplest and most effective pieces of equipment and are found in every gym and many homes. The benefits of their use, as opposed to fixed weight machines, are becoming increasingly appreciated in the fitness industry and include saving money on gym membership with home workouts, a wider range of exercises, working more muscles than fixed machines for a quicker workout, avoiding overtraining single muscle groups which can lead to strength imbalances, better coordination and core stability. In addition to a variety of exercises, the book also contains sample programmes, tips on technique, and exercises for specific sports, ages, and body types.

The Complete Guide to Weight Loss Paul Waters, 2014-11-03 In the Western world, over 50% of the population is categorised as overweight or obese. Many people join a gym or employ a personal trainer because they want to lose weight. The obesity epidemic is continuing to grow, and more clients are being referred to fitness professionals to help them lose weight, and these clients often have very complicated relationships with food and exercise. The difficulty for instructors and clients alike is that the weight loss business has brought with it a wealth of data and information to try to sift through, ranging from good evidence-based research to extreme fad diets. Few know who to trust or where to start. This guide cuts through the myths and provides straightforward, down-to-earth advice that is not biased and can be easily implemented. There is no single solution to weight loss, and each person's journey is different. This book is a toolkit of resources, a one-stop shop to use to help each individual achieve their goals and make weight loss a reality. The Complete Guide to Weight Loss takes a holistic approach, demonstrating how changes to mindset, diet, lifestyle, and exercise routines can all be used to lose weight safely and effectively. This is a practical book and includes goal setting forms, exercise tests for clients, example food diaries, healthy food

ideas recipe ideas functional and effective exercise programmes and links to additional resources This is the most comprehensive yet understandable book on weight loss available to fitness professionals and their clients packed with simple down to earth and easy to apply research based advice for a sustainable routine to lose weight safely and effectively **The Complete Idiot's Guide to Weight Training, Illustrated, 4th Edition** Deidre Cane,Jonathan Cane,2012-12-04 The Complete Idiot's Guide to Weight Training Illustrated Fourth Edition is for both novice and intermediate gym workouts Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim easy to read training guide Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated *The Life-Changing Bodybuilding Guide: The Best Workouts for Extremely Busy People* Shu Chen Hou, In today's world we have many technological advances that make our lives easier However we pay a price for this convenience we don't have the time or energy to care for ourselves We spend most of our days sitting in chairs which can have a negative impact on our health and wellbeing This is where bodybuilding comes in By incorporating bodybuilding into your busy lifestyle you can improve your physical health and achieve the body you desire However with so many workout options available it can be overwhelming to know where to start That's why we've created The Life Changing Bodybuilding Guide The Best Workouts for Extremely Busy People This guide will provide you with the best workout routines that are tailored to fit into your busy schedule From quick and efficient workouts to meal plans that support muscle growth and recovery this guide has everything you need to achieve your fitness goals You'll learn about the benefits of weightlifting and how it can help you build muscle burn fat and improve your overall health We'll also cover the importance of nutrition and how to fuel your body with the right foods to support your workouts and recovery With The Life Changing Bodybuilding Guide you'll have everything you need to transform your body and improve your health even if you have a busy schedule Don't let a hectic lifestyle hold you back from achieving the body and health you deserve Get your copy of The Life Changing Bodybuilding Guide today and start your journey to a better you *Ultimate Guide to Weight-Free Exercises* Editors of Thunder Bay Press,2022-03 Improve your strength and find the fun in fitness with more than 200 weight free exercises that can be done anytime anywhere Improving your strength doesn't require an expensive gym membership or tons of equipment you can make significant gains just from using your own body weight and the exercises in this book The Ultimate Guide to Weight Free Exercises includes more than 200 exercises that you can do anytime anywhere Step by step photographic instructions and detailed anatomical illustrations guide you through each exercise so that you can perform them safely and with confidence All the major muscle groups are covered in this helpful guide along with suggested routines to keep your workouts fun and rewarding **Black & Decker The Complete Guide to DIY Projects for Luxurious Living** Jerri Farris,2008-01-01 Luxury you can afford A custom wine cellar with bistro seating an elegant den with built in library walls an electric steam room in the master bath a billiards room with a fun retro wet bar a custom closet as big as a bedroom homeowners dream of the special features that set a home apart

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Beautiful Shape: Your Personal Fitness Guide Pasquale De Marco, 2025-03-08 In a world where body image and fitness goals often dominate our thoughts *Fit Body Beautiful Shape Your Personal Fitness Guide* emerges as a beacon of hope and empowerment This comprehensive guide is your key to unlocking the body you've always desired a body that radiates confidence strength and vitality Within these pages you'll embark on a transformative journey towards a healthier and happier you We'll provide you with the knowledge tools and motivation to achieve your fitness aspirations whether it's building lean muscle shedding unwanted weight or simply enhancing your overall well-being *Fit Body Beautiful Shape* goes beyond mere exercise and diet plans it delves into the profound connection between physical fitness and mental and emotional health You'll discover how regular exercise can reduce stress elevate your mood boost your self-esteem and sharpen your cognitive function As you progress on your fitness journey you'll not only witness physical changes but also experience a renewed sense of vitality confidence and overall happiness This book is meticulously crafted to cater to individuals of all fitness levels and goals Whether you're a seasoned athlete seeking to optimize your performance or a beginner taking the first steps towards a healthier lifestyle you'll find invaluable guidance within these pages We'll help you create a personalized workout plan that aligns with your unique needs and aspirations ensuring that your fitness journey is both enjoyable and effective We'll also delve into the realm of nutrition providing practical tips and guidelines for fueling your body with wholesome foods that support your fitness goals We'll dispel common myths and misconceptions surrounding diet and exercise empowering you to make informed choices that lead to sustainable results Our commitment extends beyond physical transformation we aim to cultivate a healthy and balanced lifestyle that you can maintain for years to come We'll provide you with strategies for overcoming challenges staying motivated and making fitness an integral part of your daily routine With *Fit Body Beautiful Shape Your Personal Fitness Guide* as your companion you'll discover the transformative power of fitness to enhance your body mind and spirit Embrace the challenge take the first step today and unlock the radiant healthy and confident you that's just waiting to shine If you like this book write a review

The Men's Health Guide To Peak Conditioning Richard Laliberte, 1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear

Men's Health Ultimate Dumbbell Guide Myatt Murphy, 2007-07-24 Demonstrates how to perform a total body workout with the use of dumbbells covering such techniques as lunges squats dead lifts curls and presses in a volume that features step by step instructions and photographs

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

Forever Fit: A Comprehensive Guide to Diet and Fitness Shu Chen Hou, Are you tired of feeling stuck in your fitness journey Are you ready to take control of your health and transform your body and mind Look no further than *Forever Fit A Comprehensive Guide to Diet and Fitness* This guide is more than just a

diet and exercise plan It s a comprehensive guide to living a healthy and active lifestyle that will help you achieve optimal health and wellness From the latest nutrition research to the most effective workout strategies Forever Fit has everything you need to succeed Our guide is designed for anyone who is ready to make a change and start living their best life Whether you re a fitness enthusiast or just starting out Forever Fit has something for everyone So why wait Don t let another day go by feeling less than your best Invest in your health and wellness with Forever Fit A Comprehensive Guide to Diet and Fitness Get started on your transformation today and start living your best life *The New York Times Practical Guide to Practically Everything, Second Edition* Amy D. Bernstein, Peter W. Bernstein, 2009-11-24 All the wisdom of The New York Times experts in every field is packed into one comprehensive volume that has been completely revised and updated Illustrations throughout

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