

1. Abs

Start/Finish



Midpoint



Triangle of Control:

Muscle: Upper abdominals

Resistance: Body weight

Body Connection: Legs

- Lie flat with legs hooked through upper bench, adjusted so that the knees and hips are at 90 degrees
- Extend arms above head, parallel to ears
- Contract upper abs and swing arms forward, trying to touch fingertips to feet
- Maintain abdominal contraction as you return to starting position, and throughout the exercise.

Tip:

- Keep your abdominal muscles contracted throughout the exercise to maintain form and effectiveness of the exercise.

Weight									
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2. Push Ups

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest / Pectoralis

Resistance: Body weight

Body Connection: Straight body line

- Position hands on bench, shoulder width apart and elbows soft
- Walk feet back until you are on the balls of feet and establish a straight line from heel to head.
- Place feet one fist apart.
- Maintaining straight body line, lower chest slowly to bench, keeping elbows in.
- Lower elbows as you descend so that at midpoint position they are at 45 degrees to the body.
- Push back to starting position, slightly faster than you went down.

Tip:

If maintaining a straight body line is difficult on a bench, use a higher piece of equipment in the beginning.

Weight									
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3. Bench Press Barbell (Open Grip)

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest / Pectoralis

Resistance: Barbell

Body Connection: Legs and buttocks

- Lie on bench with feet flat on floor, and buttocks and shoulders pressed to the bench.
- Grip barbell with palms forward.
- Align barbell above chin and extend arms keeping elbows slightly bent. Throughout exercise, keep wrists straight and elbows directly under wrists.
- Press legs into floor, tighten buttocks and lower barbell to midpoint – an inch or so above mid-chest (breast line).
- At midpoint, upper arms are parallel to floor and forearms are vertical, directly under the barbell.
- Raise barbell to starting position, again pressing with legs, and perhaps slightly arching the back, but keeping buttocks in contact with the bench.

Tip:

- If your elbows at midpoint are not at 90 degrees, then move your grip on the barbell.

Weight									
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4. Bench Press Dumb Bells

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest / Pectoralis

Resistance: Dumb Bells

Body Connection: Legs and buttocks

- Lie on bench with feet flat on floor, and buttocks and shoulders pressed to the bench.
- Grip dumb bells with palms forward, and dumb bells an inch apart.
- Align dumb bells above mid-chest (breast line). At start of movement, elevate the shoulders slightly. During the movement, bring shoulder blades together, keeping the chest open.
- Lower arms slowly moving dumb bells apart until, at midpoint, the upper arms are horizontal, forearms are vertical and elbows are aligned with mid-chest.
- Using the chest muscles (pectorals), raise the dumb bells to starting position.
- Throughout the exercise, keep wrists straight and elbows directly under wrists.

Tip:

- At mid-point do not let the elbows drop below the shoulders.

Weight									
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5. Bench Press Barbell - Incline

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest / Pectoralis

Resistance: Barbell

Body Connection: Legs and buttocks

- Lie on incline bench with feet flat on floor, and buttocks and shoulders pressed to the bench.
- Grip barbell with palms forward.
- Align barbell above chin and extend arms, keeping elbows slightly bent. Throughout exercise, keep wrists straight and elbows directly under wrists.
- Press legs into floor; tighten buttocks and lower barbell straight down until the barbell is just one fist above the middle of the upper chest.
- At midpoint, the forearms are vertical and the upper arms are parallel with the floor.
- Raise barbell to starting position, again pressing with legs, and perhaps slightly arching the back, but keeping buttocks in contact with the bench.

Tip:

- If your elbows are not at 90 degrees at midpoint, then move your grip on the barbell.

Weight									
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6. Incline Dumb Bells Fly

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest / Pectoralis

Resistance: Dumb Bells

Body Connection: Legs and buttocks

- Lie on incline bench with feet flat on floor and buttocks and shoulders pressed to the bench.
- Grip dumb bells with palms facing each other and dumb bells one fist apart.
- Align dumb bells above mid-chest (breast line). At start of movement, elevate the shoulders slightly. During the movement, bring shoulder blades together, keeping the chest open.
- Keeping arms straight and elbows slightly bent, use the chest muscles to open the arms until the dumb bells are horizontal with the chest line. The dumb bells are level with the shoulder.
- Press slightly out from the shoulders, and use the chest muscles to move the weights up to the starting position.

Tip:

- “Open the book, hug the large tree.”

Weight									
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7. Dips (Off Bench)

Start/Finish



Midpoint



Triangle of Control:

Muscle: Back of upper arms / Triceps

Resistance: Body weight / plate

Body Connection: back and legs

- Place your feet on the floor so that your knees are at 90 degrees from the bench.
- Sit on the edge of the bench with hands gripping the bench so the forearm is almost vertical with the edge of the bench.
- Slide off the edge, keeping the shoulders down, the back vertical, eyes facing directly forward.
- Primarily using the muscles at the back of the upper arms (triceps), lower the body until the elbows are at 90 degrees.
- Again using the triceps, raise the body to the starting position, keeping the back vertical.

Tip:

- Never lock your elbows during this exercise.
- As strength increases, try placing your feet on a stool to increase resistance.

Weight									
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8. Bench Press Barbell (Close Grip)

Start/Finish



Midpoint



Triangle of Control:

Muscle: Back of upper arms / Triceps

Resistance: Barbell

Body Connection: Legs and buttocks

- Lie on bench with feet flat on floor, and buttocks and shoulders pressed to the bench.
- Grip barbell with palms forward two-fists apart, and fingers and thumbs together.
- With barbell at mid-upper chest, lower barbell to just above the lower sternum, keeping elbows close to the body.
- Pressing elbows in, raise the barbell to the starting point.

Tip:

- Keeping the thumb and fingers together prevents pressure on the wrists.

Weight									
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9. Dumb Bell Pullover

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest and abs

Resistance: Dumb Bell

Body Connection: Abdomen and legs

- With feet flat on the floor, and shoulders and head on the bench, keep the torso horizontal.
- Grip the dumb bell at one end with one hand over the other, thumbs interlocked and wrists close together.
- Hold the dumb bell over the intersection of the mid-chest and the mid-line of the body, with arms and elbows slightly bent. Throughout the exercise keep the elbows close to the head.
- Slightly elevate the shoulders, and then lower the dumb bell over the head, going down as far as possible.
- Using chest and ab muscles, pull the elbows up, returning arms to starting position.

Tip:

- To help maintain your alignment, follow a line on the ceiling with your eyes.
- Keeping the elbows together focuses weight in the muscle and not in the joint.

Weight									
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10. Triceps

Start/Finish



Midpoint



Triangle of Control:

Muscle: Back of upper arms / Triceps

Resistance: Cable

Body Connection: lower back and thighs

- Position buttocks against pad.
- Bend slightly forward from hip with knees slightly bent and spine straight. The mid-back is one fist away from the pad. The feet are shoulder width apart, and the heels are two fists away from the wall.
- Keep upper arms vertical and close to the body throughout the exercise.
- Grip the bar with palm down, and fingers and thumbs together.
- Lock wrists and push down until you touch the thighs.
- Return to starting position, slightly faster than you went down.

Tip:

- Check in the mirrors to see that your upper arms are motionless.

Weight									
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11. Military Press

Start/Finish



Midpoint



Triangle of Control:
Muscle: Front shoulder
Resistance: Barbell
Body Connection: Legs

- Sit well back, with upper back against the pad. Hips are directly under the shoulders.
- Grasp barbell with palms upward and thumb around, with your wrists locked and fists above elbows.
- Keep elbows forward throughout the exercise.
- Raise bar, taking care to move it in a straight vertical line upwards until arms are extended but elbows remain slightly bent.
- Lower bar to starting position.

Tip:

- Keep your eyes fixed on the bar as you raise and lower it. Your head will then naturally move to accommodate the bar.

Weight									
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12. Side Lateral

Start/Finish



Midpoint



Triangle of Control:
Muscle: Side of shoulder
Resistance: Dumb Bells
Body Connection: Thighs

- Hold dumb bells with palms facing each other and one end of dumb bell touching each thigh.
- Keep knees and elbows slightly bent and back straight.
- Keeping spine straight, lean slightly forward so primary weight is in the balls of your feet. You'll feel the tension in your thighs.
- Drive your motion from the elbows, keeping wrist locked and forearm at a constant angle to the upper arm. Do not rotate wrist or forearm.
- Raise elbows almost to shoulder height, moving them slightly away from the body as they rise.
- Using shoulders, lower the arms to starting position, tucking them in slightly as they lower.

Tips:

- "Shoulder above elbow, elbow above wrist"
- If you get the starting position exactly right, the arms will stay at the same angle throughout the exercise while the shoulders move
- Starting the exercise with the elbows tucked in to the side of the body will help you maintain the correct position.

Weight									
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13. Incline Rear Deltoid Raise

Start/Finish



Midpoint



Triangle of Control:

Muscle: Back of shoulder / Deltoid

Resistance: Dumb Bells

Body Connection: Legs

- Straddle the bench, with legs well forward, back straight, head up and upper chest just touching the bench.
- Keep body weight in the legs, not on the bench. Maintain tension in the legs throughout the exercise.
- Grasp dumb bells, with palms down and elbows at 90 degrees. Dumb bells should be one fist-width apart.
- Pull the dumb bells sideways and up, until forearm is vertical and elbow slightly lower than shoulder.
- Lower dumb bells to starting position.

Tip:

- Do not involve the back muscles, or the biceps or triceps.

Weight									
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14. Shrugs with Dumb Bells

Start/Finish



Midpoint



Triangle of Control:

Muscle: Trapezius

Resistance: Dumb bells

Body Connection: Thighs

- Stand upright, with slightly bent knees and elbows, and buttocks pressed slightly back to lock the lower back.
- Grasp dumb bells, palms out, and position the dumb bells against the buttocks.
- Keep thighs tightened throughout the exercise.
- Press shoulders back and up, as high as you can. Do not move head.
- Keep arms and dumb bells in constant position; they rise and fall with the shrug.
- Lower dumb bells to starting position.

Tip:

- Think: "I don't know"
- Think of your arms as dead weight.

Weight									
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Start/Finish



15. Upper Abs - Crunch

Triangle of Control:

Muscle: Upper abdominals

Resistance: Body weight

Body Connection: Legs

- Lie flat with legs hooked through upper bench, adjusted so that the knees and hips are at 90 degrees.
- Place hands behind lower head, finger tips touching.
- Throughout the exercise, keep elbows back and abdominals contracted.
- Raise the shoulders from the bench, keeping hips and lower back in contact with the bench.
- Lower shoulders to starting position.

Midpoint



Tip:

- Don't use your hands and arms to pull your head forward, use your abdominals

Weight									
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1. Lower Abs – Crunch

Start/Finish



Midpoint



Triangle of Control:

Muscle: Lower abdominals / Rectus abdominis

Resistance: Legs

Body Connection: Arms

- Sit on front edge of bench, torso angled back at 45 degrees, and grip bench with hands.
- Position feet with heels level with hips.
- Raise feet until toes are eye level, without changing the angle of the knee.
- Tighten lower abdominals and slowly lower legs to starting position, level with hips.

Tips:

- Contract the abs, pulling them toward the spine, when slowly lowering legs.
- Don't move the head or rock the torso; they maintain a constant position throughout.

Weight									
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2. Bent Over Barbell Row

Start/Finish



Midpoint



Triangle of Control:

Muscle: Back / Latisimus dorsi

Resistance: Barbell

Body Connection: Legs and torso

- Grip barbell with palms forward and thumbs around.
- Press buttocks back and lean torso forward at 45 degrees so that shoulders are slightly in front of knees.
- Position barbell just below kneecap, with arms slightly bent.
- Contract the back muscles and pull elbows straight back so that barbell rides up the thigh (femur) to the hip joint.
- Slowly lower to starting position.

Tips:

- Slowly lower to starting position.
- Keep spine straight throughout – do not arch or hump the back.
- Keep head straight as well.
- Use back muscles throughout, not arm muscles.
- Do not allow barbell to lose contact with thighs.

Weight									
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3. Back Extension

Start/Finish



Midpoint



Triangle of Control:

Muscle: Lower back and glutes

Resistance: Upper body / weight (optional)

Body Connection: Legs and feet

- Position the pad to just below the hip joints.
- Press heels against the back plate and cross arms on chest.
- Bend forward almost 90 degrees, maintaining straight spine and head.
- Slowly return to starting position.

Tips:

- Keep focused on lower back and glutes; they drive the motion.
- Keep head straight; do not allow chin to drop toward chest as you lower your torso.
- Keep legs straight, but do not lock the knees.

Weight									
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4. Seated Cable Row – Triangle Grip

Start/Finish



Midpoint



Triangle of Control:

Muscle: Back / Latisimus dorsi

Resistance: Weighted Cable

Body Connection: Legs

- Hold the hand grips with palms toward each other, keeping wrists straight and locked, and arms straight but elbows not locked.
- Position feet on the plates and straighten legs, keeping knees unlocked.
- While keeping lower spine vertical, round the shoulders and upper back, allowing the cable to stretch the lats.
- Pull cable to navel by squeezing the lats back and down, and raising the chest. Keep hands low and elbows close to body.

Tips:

- Make sure the lats are doing the work, not the arms.

Weight									
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5. Pull Down – Open Grip

Start/Finish



Midpoint



Triangle of Control:

Muscle: Back / Latisimus dorsi

Resistance: cable

Body Connection: legs

- Position pad so it touches the knee. Your heels are off the ground, with the balls of the feet pushing the ground.
- Grip angled ends of the bar, palms forward.
- Sit upright on the bench, positioned so that knees are directly under the pad.
- Lean torso slightly forward, with elbows forward.
- Pull elbows straight down, using the lats to lower the bar to chin level.
- Slowly release, allowing bar to return to starting position.

Tips:

- Make the motion continuous.
- Think of your arms as ‘numb’ and don’t use them. Use the back and ab muscles to do the exercise.

Weight									
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6. Pull Down – Close Grip

Start/Finish



Midpoint



Triangle of Control:

Muscle: Arms and back / Latisimus dorsi

Resistance: Cable

Body Connection: Legs

- Position height of pad so it just touches knees.
- Grip bar at one fist’s width from centre, with palms toward you and thumbs around.
- Do not raise shoulders or lock elbows.
- Sit far enough forward that knees protrude beyond the pad.
- Raise chest, pull back elbows, and use arms and lats to pull bar to touch collar bones.
- Slowly return to starting position.

Tips:

- Make the motion continuous.
- Raise your chin when you raise your chest.

Weight									
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7. Biceps

Start/Finish



Triangle of Control:

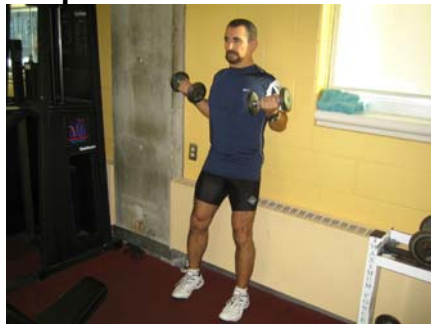
Muscle: Front of upper arm / biceps

Resistance: Dumb Bells

Body Connection: Legs

- Place feet one foot-length from wall, bend knees slightly and press hips and shoulders against the wall.
- Grip dumb bells, palms forward and thumbs around.
- Press upper arms against body and to the wall.
- Raise dumb bells by bending the elbows.
- Lower slowly to starting position.

Midpoint



Tip:

- Leaning against the wall will help maintain correct posture.

Weight									
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8. Incline Hack Squat

Start/Finish



Muscle: Thighs

Resistance: Weights on either side of the machine

Body Connection: Hips, back and shoulders

- Place toes one fist below top of footrest and shoulder-width apart. Your knees should be slightly bent at the start and finish.
- Grip handles and lower body until upper and lower legs are at 90 degrees, while keeping hips, back and shoulders pressed against the machine.
- Slowly rise to starting position.

Midpoint

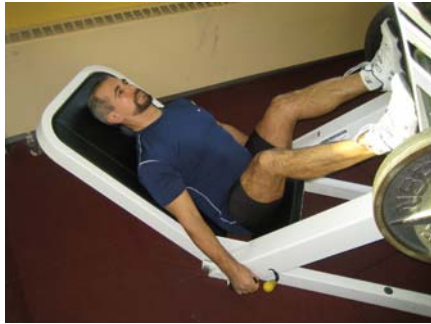


Tips:

- If you go lower than 90 degrees at mid-point, you will get more involvement of the middle thigh muscles.
- Make the motion continuous.

Weight									
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Start/Finish



Midpoint



9. Decline Leg Press

Triangle of Control:

Muscle: Hamstrings and hips

Resistance: Weights on either side of the machine

Body Connection: Palms gripping machine handles and back

- Lie down, placing feet shoulder width apart and toes the width of one fist below top of the plate. Your knees should be slightly bent at the start and finish.
- Grip handles firmly, move the knees in the direction of the shoulders, and slowly allow the plate to drop as far as comfortable.
- Push plate back to starting position, keeping knees slightly bent.

Tip:

- It's harder on your muscles than you think—increase weights slowly over time in 5 – 10 lb increments.
- By moving your knees in the direction of your shoulders you are working your inner thighs and hips.

Weight									
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10. Leg Curl

Triangle of Control:

Muscle: Hamstrings

Resistance: Weight on the pulley

Body Connection: Hands gripping the handles.

Start/Finish



Midpoint



- Position bar so pad lies just above the ankle.
- Press and hold body firmly against the machine and grip the handles.
- Raise feet as close to buttocks as possible.
- Lower legs until calves are almost parallel with floor – no farther. Your knees should be slightly bent throughout the exercise.

Tip:

- During the repetitions, do not fully extend the legs.
- Don't allow hips to rise off the machine.

Weight									
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11. Leg Extension

Start/Finish



Midpoint



Triangle of Control:

Muscle: Thighs

Resistance: Weight on the pulley

Body Connection: Hands gripping the handles

- Adjust footpad so it rests just above the ankle.
- Grip handles firmly and use thigh muscles to raise legs until knees are just slightly bent.
- At mid-point the weights do not come in contact.

Tip:

- Make the motion continuous.
- Holding the handles will help you to control the motion better.

Weight									
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12. Toe Raise – Calves

Start/Finish



Midpoint



Triangle of Control:

Muscle: Calves

Resistance: Body weight

Body Connection: Vertical alignment of the body

- Stand with feet shoulder width apart, and positioned so that the ball of the foot is on the centre of the wooden support.
- Hold the apparatus for balance and maintain the body in a vertical position, with knees slightly bent.
- Raise and lower the heels as far as you can.

Tips:

- Maintain continuous movement; do not rest at top of motion or bottom.
- Stretch and flex the muscles as far as you can for better results.

Weight									
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Start/Finish



Midpoint



13. Shrugs with Barbell

Triangle of Control:

Muscle: Trapezoid (between top of shoulder and neck)

Resistance: Bar bell

Body Connection: Legs

- Grip bar bell, palms toward body and shoulder width apart, with body vertical and knees and elbows slightly bent.
- Raise bar bell by shrugging shoulders forward and upward, as high as possible.
- Lower bar bell by releasing shoulders backward into normal body alignment.

Tips:

- Don't pause at the top or bottom of the movement.
- The arms do not change position during this exercise.
- Sticking out your butt will keep your back muscles locked.
- By locking your back, you engage your core muscles.

Weight									
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Start/Finish



Midpoint



14. Lower Abs – Crunch

Triangle of Control:

Muscle: Lower abdominals

Resistance: Legs

Body Connection: Body pressing against the machine

- Grip the handles and press the body firmly against the machine.
- Keeping knees slightly bent, raise feet until legs are horizontal to the floor.
- Slowly lower feet until legs are vertical.

Tips:

- Suck in the abdominals as much as possible and maintain throughout the exercise.

Weight									
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