

1. Abs

Start/Finish



Midpoint



Triangle of Control:

Muscle: Upper abdominals

Resistance: Body weight

Body Connection: Legs

- Lie flat with legs resting on the bench; 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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CHEST

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 - Decline

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest / Pectoralis

Resistance: Barbell

Body Connection: Legs

- Lie on bench with legs hooked around pads.
- Grip barbell with palms forward.
- Align barbell above lower chest and extend arms keeping elbows slightly bent. Throughout exercise, keep wrists straight and elbows directly under wrists.
- Lower barbell, keeping it parallel with the bench, to midpoint.
- At midpoint, the upper arms are horizontal, forearms are vertical and elbows are aligned with the shoulders.
- Raise barbell to starting position, above lower chest

Tip:

- As you move to mid-point, hunch your shoulders and stretch the chest open as much as possible. This will bring you into correct alignment.
- Squeeze the chest when moving back to starting position.

Weight									
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4. Bench Press Dumb Bells - Decline

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest / Pectoralis

Resistance: Dumb Bells

Body Connection: Legs

- Lie on bench with legs hooked around pads.
- Grip dumb bells with palms forward and dumb bells an inch apart above lower chest.
- At start of movement, elevate the shoulders slightly.
- Lower arms slowly moving dumb bells apart until, at midpoint, the upper arms are horizontal, forearms are vertical and elbows are aligned with the shoulders.
- 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.
- Lead with the elbows throughout the movement.

Weight									
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5. Bench Press Dumb Bell – Incline – V

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest / Pectoralis

Resistance: Dumb bells

Body Connection: Legs and buttocks

- Lie on incline bench, which is at a 45 degree angle, 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 above shoulders.
- At start of movement, elevate the shoulders slightly. During the movement, bring shoulder blades together, keeping the chest open.
- Press legs into floor and tighten buttocks throughout the movement.
- 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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6. Bench Press Dumb Bells – Incline – Parallel

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 shoulders. 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 you feet on a stool to increase resistance (see left).

Weight									
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8. Bent Arm Barbell Pullover

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.
- 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 barbell 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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BACK

9. Chest Supported Dumb Bell Row

Start/Finish



Midpoint



Triangle of Control:

Muscle: Chest and abs

Resistance: Dumb Bell

Body Connection: Abdomen and 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 up. Dumb bells are held body-width apart and are forward of the head.
- Leading with the elbows, and keeping them tight to the body, pull the arms back as far as possible.
- Return to starting position slowly.

Tip:

- Use the back muscle, not the arm muscles.

Weight									
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10. Romanian Dead Lift

Triangle of Control:

Muscle: Lower back and hip hamstring

Resistance: Barbell

Body Connection: Legs

Start/Finish



Midpoint



- Standing straight with knees slightly bent, hold the barbell with palms in.
- Grasp the barbell a body width apart, with elbow slightly bent. This will keep the weight in the trapeze muscle, not the shoulder.
- Bending forward from the hips, push the buttocks out. Lower the back to horizontal position, keeping it straight throughout the exercise.
- When returning to starting position, focus on driving the shoulders upward vertically.

Tip:

- Your weight will naturally shift to your heels if you are in the correct mid-point position.
- Think of the barbell as dead weight.

Weight									
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11. One Arm Dumb Bell Row

Start/Finish



Midpoint



Triangle of Control:

Muscle: Latisimus dorsi

Resistance: Dumb bell

Body Connection: Supporting arms and Legs

- Place knee on bench with thigh at 90 degrees to the bench.
- Grasp the right side of the bench with the left hand, just forward of the head.
- The right leg is parallel to the left knee, shoulder-width apart.
- Hold the dumb bell with the right hand, palm up and elbow slightly bent.
- At starting point, the dumb bell is held as low as possible but must parallel to the left hand.
- Pull the right elbow back as high as possible, keeping the upper arm tight to the body. At mid-point the upper and lower arm will be at 90 degrees.
- Alternate sets between right and left sides.

Tip:

- Use the back muscles, not the arm muscles.
- The back will always be straight if you grasp the bench correctly.

Weight									
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12. Pulldown T-Bar

Start/Finish



Midpoint



Triangle of Control:

Muscle: Back / Latisimus dorsi

Resistance: Cable and stacked weights

Body Connection: Legs

- Position pad so it touches the knee.
- Grip handles at ends of the bar, palms inward.
- Sit upright on the bench, positioned so that knees are directly under the pad.
- Lean torso slightly forward and pull elbows straight down and forward, using the lats to lower the bar to chin level.
- Slowly release, allowing bar to return to starting position.

Tips:

- Press down on the balls of the feet and keep the heels up for a better body connection.

Weight									
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Start/Finish



Midpoint



13. Pulldown T Bar at 45°

Triangle of Control:

Muscle: Back /Trapezius and Latisimus dorsi

Resistance: Cable and stacked weights

Body Connection: Legs

- Position pad so it touches the upper thigh.
- Grip handles at ends of the bar, palms inward.
- Sit back at a 45 degree angle on the bench.
- In the starting position, the upper and lower arms are nearly at 90 degrees and the t-bar is aligned over the lower chest.
- Opening the chest, pull the bar down until it touches chest.
- Slowly release, allowing bar to return to starting position.

Tips:

- Press down on the balls of the feet and keep the heels up for a better body connection.

Weight									
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Start/Finish



Midpoint



14. Shrugs with Dumb Bells

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 back, and position the dumb bells against the side of body.
- Keep thighs tightened throughout the exercise.
- Raise shoulders 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:

- The movement is continuous – don't stop or relax the muscles.
- Think of your arms as dead weight.
- Think: "I don't know."

Weight									
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15. Upper Abs - Crunch

Triangle of Control:

Muscle: Upper abdominals

Resistance: Body weight

Body Connection: Legs

Start/Finish



Midpoint



- 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.

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

- Adjust the bench to 30 degrees.
- Lie on bench, and grip upright handle with both hands.
- With the balls of the feet on the floor and legs relaxed, push away from the floor, straightening the legs and flexing the feet.
- Raise the legs until they are parallel with the floor. Do not lock the knees.
- Keeping the legs relaxed, drop the legs slowly to starting position.

Tips:

- Focus on keeping the legs relaxed. The lower abs will automatically contract.

Weight									
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SHOULDERS AND ARMS

2. Military Press Dumb Bells - palm in (aka 'The Arnold')

Start/Finish



Midpoint



Triangle of Control:

Muscle: Front and side of shoulder

Resistance: Barbell

Body Connection: Legs and torso

- Adjust the bench to 90 degrees to support the back.
- Grip barbell with palms in and thumbs around.
- At starting position, the elbows are forward and the forearms parallel and held close to the body. The dumb bells are at chin height.
- Raise the arms while twisting them, until the palms face out and the arms are extended beside the head at midpoint.
- Return to starting position by twisting the arms.

Tips:

- Drive upward with the fists to keep the elbows in the correct position.
- Think of your arms as a corkscrew – it should take a complete upward or downward motion to complete the turn.

Weight									
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Start/Finish



Midpoint



3. Side Lateral (seated)

Triangle of Control:

Muscle: Side of shoulder

Resistance: Dumb Bells

Body Connection: Legs and torso

- Adjust the bench to 90 degrees to support the back.
- Hold dumb bells with palms held inward at the hips.
- 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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4. Rear Deltoid Row Dumb Bell (bent over)

Start/Finish



Midpoint



Triangle of Control

Muscle: Back of shoulder / rear deltoid

Resistance: Dumb bells

Body Connection: Legs

- The straight back is bent from the waist at 45 degrees with knees bent and the buttocks pushed out.
- Hold the dumb bells with palms facing each other, one fist apart. The arms are straight, but the elbows are not locked. Hold the dumb bells so that they are directly under the head.
- Pull back with elbows out until you bring the dumb bells to either side of the chest.
- Slowly return to starting position.

Tip:

- Don't use your back muscles; use the shoulder muscles.
- The body position is as though you are about to sit down in a chair.

Weight									
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5. Upright Row

Start/Finish



Midpoint



Triangle of Control:

Muscle: Shoulder and trapezoid (between top of shoulder and neck)

Resistance: Barbell

Body Connection: Thighs

- Stand straight with legs and hips slightly bent.
- Grip barbell with palms inward and thumbs around, about two fists apart.
- Leading with the elbows, raise the bar in an arcing motion until the barbell is directly under the neck. The elbows are level with the ears.
- Following the same arc, slowly return to starting position.

Tips:

- Think of the arcing motion as a semi-circle that starts at the hip and ends at the neck.

Weight									
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6. Lying Dumb Bell Curl

Start/Finish



Midpoint



Triangle of Control:

Muscle: Triceps

Resistance: Dumb bells

Body Connection: Legs

- Lie on the bench with your feet flat on the floor.
- At starting position, your arms are vertical with your palms facing in, a body's width apart.
- Locking the upper arms into the upright position, bend the forearm toward the ears.
- Slowly return to starting position.

Tips:

- Keep forearms in a constant motion with wrists straight (locked).

Weight									
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7. Seated French Curl (curly bar)

Start/Finish



Midpoint



Triangle of Control:

Muscle: Triceps

Resistance: Barbell

Body Connection: Torso and legs

- Sit on the equipment so that your back is supported and your feet are firmly planted on the floor.
- Grip the barbell with palms forward and thumbs around, one fist apart.
- At starting position, your arms are vertical.
- Locking the upper arms into the upright position, bend the forearms behind the head as far as possible.
- Slowly return to starting position.

Tips:

- Keep forearms in a constant motion with wrists straight.

Weight									
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8. Barbell Curl (parallel bar)

Start/Finish



Midpoint



Triangle of Control:

Muscle: Lower biceps

Resistance: Parallel bar

Body Connection: Thighs

- Stand straight with knees and hips slightly bent.
- Grip the parallel bar, keeping your upper arms close to the sides of the body.
- Starting from the hips, raise the bar as high as possible.
- Slowly return to starting position.

Tips:

- The wrists must be straight and the upper arms should not move.

Weight									
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9. Dumb Bell Curl (palm out and twist palm in)

Start/Finish



Midpoint



Triangle of Control:

Muscle: Biceps and triceps

Resistance: Dumb bells

Body Connection: Thighs

- Stand straight with knees and hips slightly bent.
- Grip the dumb bells with palms facing back, with the dumb bells approximately a dumb bell's width away from the sides of the hips. The elbows are slightly bent.
- Keeping the upper arms locked, raise the forearms while twisting them, until the palms face back.
- By twisting the forearms, return to and extend beyond the starting position, until the palms face outward from the sides of the body.

Tips:

- Think of your forearms as a corkscrew – it should take a complete motion to complete the turn.

Weight									
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LEGS

10. Squat

Start/Finish



Midpoint



Triangle of Control:

Muscle: Hamstrings, quadriceps and hip muscles

Resistance: Barbell

Body Connection: Legs and back

- Position bar on the trapezius muscles, avoiding the neck.
- Arms are close to the body, to force the trapezius muscles to contract and act as 'padding' for the bar.
- Holding the body in vertical position, with legs are shoulder width apart and arms holding the bar just enough to guide the bar, not very firmly. The knees are soft bent so that your butt is sticking out.
- Begin the motion upward by pressing from the heel and the shoulder to push the bar straight up.
- In a continuous vertical motion, lower the bar by bending the legs until the thigh is parallel to the floor. Keep the back locked throughout the exercise.

Tip:

- To keep the vertical position turn your knees slightly out, with your butt pushed out.
- The upward movement is very short, like an explosion, so that the weight of the bar is 'zero' when you start to move downward. At this point the heel is elevated from the floor. This will take pressure off the joints, especially the knees.

Weight									
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11. Heels Elevated Hack Squat

Start/Finish



Midpoint



Triangle of Control:

Muscle: Hamstrings, quadriceps and hip muscles

Resistance: Barbell

Body Connection: Legs and back

- Hold the bar behind with palms up.
- Begin the motion upward by pressing from the heel and shrugging the shoulders to pull the bar up.
- In a continuous vertical motion lower the bar by bending the legs until the thigh is parallel to the floor. Keep the back locked throughout the exercise.

Tip:

- Imagine you are sitting down in a chair.
- Keeping the shoulder and the bar above the foot will keep you from rounding your back.

Weight									
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12. Barbell Dead Lift

Start/Finish



Midpoint



Triangle of Control:

Muscle: Hamstrings, quadriceps and hip muscles

Resistance: Barbell

Body Connection: Legs and back

- Hold the bar in front with palms down.
- Begin the motion upward by pressing from the heel and shrugging the shoulders to pull the bar up.
- In a continuous vertical motion lower the bar by bending the legs until the thigh is parallel to the floor. Keep the back locked throughout the exercise.

Tip:

- Imagine you are sitting down in a chair.
- Keeping the shoulder and the bar above the foot will help you keep your balance.

Weight									
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Start/Finish



Midpoint



13. Lunge with Dumb Bells

Triangle of Control:

Muscle: Hamstrings, quadriceps and hip muscles

Resistance: Dumb bell

Body Connection: Legs and back

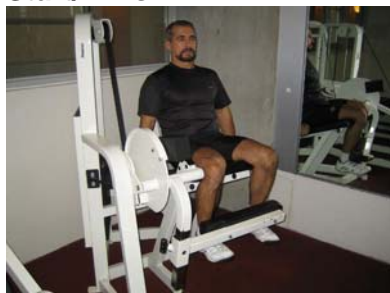
- Grip dumb bells, palms toward body and stand straight up.
- Extend one leg forward until the thigh is parallel to the floor and is at a 90 degree angle to the calf. Keep the ball of the back foot in contact with the floor.
- To maintain your balance, keep your feet in a parallel line to one another. The feet are turned slightly inward.
- To step forward, press from your back leg.
- Return to the standing position before beginning the next lunge.

Tips:

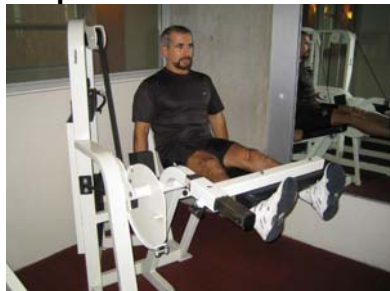
- Keep the trunk vertical throughout the exercise.
- As you become more advanced, don't pause at the top or bottom of the movement.

Weight									
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Start/Finish



Midpoint



14. Leg Extension

Triangle of Control:

Muscle: Thighs

Resistance: Machine

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.
- Slowly return to starting position.

Tip:

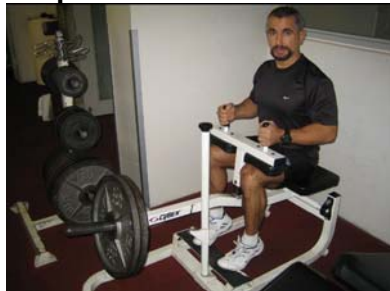
- Make the motion continuous.
- Holding the handles will help you to control the motion better.

Weight									
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Start/Finish



Midpoint



15. Seated Toe Raise

Triangle of Control:

Muscle: Calves

Resistance: Plates

Body Connection: Arms and trunk

- Sit with feet shoulder width apart, and positioned so that ball of foot is foot rest.
- Hold the apparatus for connection with the body
- Raise the heels as much as possible.
- Lower the heels to a point slightly lower than the footrest.

Tips:

- Maintain continuous movement; do not rest at top of motion or bottom.
- Hold the trunk in a vertical position: do not rock back and forth.
- Do three sets of 12 reps.

Weight									
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Start/Finish



Midpoint



16. Shrugs with Dumb Bells

Triangle of Control:

Muscle: Trapezoid (between top of shoulder and neck)

Resistance: Dumb bell

Body Connection: Legs

- Grip dumb bell, palms backward and dumb bells touching the thigh.
- Raise dumb bells by shrugging shoulders as high as possible.
- Lower dumb bell by releasing shoulders.

Tips:

- Don't pause at the top or bottom of the movement.

Weight									
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Start/Finish



Midpoint



17. 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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