

**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 the 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.

<b>Weight</b>									
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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.

<b>Weight</b>									
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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.

<b>Weight</b>									
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### 4. Bench Press Dumb Bells - Fly

**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 with 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.”

<b>Weight</b>									
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**5. 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 (see left).

<b>Weight</b>									
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**6. 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, 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 to the body, raise the barbell to the starting point.

**Tip:**

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

<b>Weight</b>									
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**Start/Finish**



**Midpoint**



**7. Dumb Bell Pullover**

**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.

<b>Weight</b>									
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**Start/Finish**



**Midpoint**



**8. Triceps (Rope)**

**Triangle of Control**

**Muscle:** Back of upper arms / Triceps

**Resistance:** Weighted 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 ropes with palms toward each other.
- Lock wrists, and pull down while opening the rope. Try to open the rope until the length of the rope is almost parallel with the floor.
- Return to starting position, slightly faster than you went down.

**Tip:**

- Check in the mirrors that your upper arms move only slightly.

<b>Weight</b>									
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## SHOULDERS

### 9. Single Arm Press (lower pulley)

Start/Finish



Midpoint



**Triangle of Control**

**Muscle:** Front of shoulder

**Resistance:** Weighted pulley

**Body Connection:** Thighs

- Adjust the pulley to the lowest position.
- Stand about a foot away from the pulley system, gripping the handle with the hand closest to the pulley system. The cable is behind the forearm.
- Keep the thighs and abdomen tight with knees slightly bent.
- With palm facing out, put the hand one fist above the shoulder and one fist in front of the shoulder. The elbow is approximately one fist in front of the hand.
- The other hand in on the hip for balance.
- Raise the pulley straight up until the elbow is slightly bent, then lower to starting position.
- Alternate sides for each repetition.

**Tip:**

- Only take a break after you have completed a set with both sides.

Weight									
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### 10. Low Pulley Crossover (palms up)

Start/Finish



Midpoint



**Triangle of Control**

**Muscle:** Front shoulder and upper chest

**Resistance:** Weighted pulley

**Body Connection:** Legs

- Adjust the pulleys to the lowest position, and stand in the middle of the frame, gripping both pulleys with palms forward.
- Take one step forward, stop and then put one leg forward for balance, while keeping the back vertical. Your slightly bent arms will be held back by the pulley.
- Raise your arms and gradually bring your fists together until the hands touch each other at chin level. Your palms remain up, and your arms slightly bent.
- Slowly lower to starting position.

**Tip:**

- The motion is continuous.

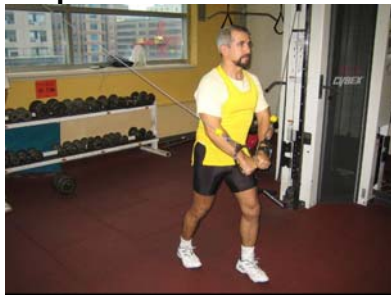
Weight									
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### 11. High Pulley Crossover (palms down)

**Start/Finish**



**Midpoint**



**Triangle of Control**

**Muscle:** Front shoulder and lower chest

**Resistance:** Weighted pulleys

**Body Connection:** Legs

- Adjust the pulleys to the highest position, and stand in the middle of the frame, gripping both pulleys with palms down.
- Take one step forward, stop and then put one leg forward for balance, while keeping the back vertical. Your bent arms will be level with the chest line, with hands in front of the body.
- Move arms down. Gradually bring your fists together until the hands touch each other at hip level, one fist length away from the body. Your palms remain down, and your arms bent.
- Slowly return to starting position.

**Tip:**

- Keep the wrists locked and the elbows in the same position throughout the exercise

<b>Weight</b>									
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### 12. Bent over Row with Rope (45°)

**Start/Finish**



**Midpoint**



**Triangle of Control**

**Muscle:** Back of shoulder / rear deltoid

**Resistance:** Weighted Cable

**Body Connection:** Legs

- Adjust the pulley to the lowest position.
- Take two steps back from the pulley system.
- Hold the ropes with palms down, keeping wrists straight and locked, and arms straight with elbows slightly bent, but not locked.
- The straight back is bent from the waist at 45 degrees with knees bent and the buttocks pushed out.
- Pull back with elbows out until you bring the rope to either side of the chest.
- Slowly return to starting position.

**Tip:**

- The body position is as though you are about to sit down in a chair.

<b>Weight</b>									
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### 13. Trapeze Dumb Bells (Shrugs)

**Start/Finish**



**Midpoint**



**Triangle of Control**

**Muscle:** Trapezius

**Resistance:** Dumb bells

**Body Connection:** Thighs

- Stand upright with soft knees, and elbows and buttocks pressed slightly back to lock the lower back.
- Grasp dumb bells, palms backward, and position the dumb bells against the sides of the thighs.
- Keep thighs tightened throughout the exercise.
- Raise shoulders as high as you can. The head remains stationary.
- Lower shoulders to starting position.
- Keep shoulders in motion. Do not release the shoulders at starting position.

**Tip:**

- Treat the arms and dumb bells as dead weight.

<b>Weight</b>									
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### 14. Upper Abs – Crunch

**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.
- 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.

<b>Weight</b>									
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**Start/Finish**



**Midpoint**



**1. Lower Abs - Crunch**

**Triangle of Control:**

**Muscle:** Lower abdominals / Rectus abdominis

**Resistance:** Legs

**Body Connection:** Arms

- Adjust bench to a 45 or 30 degree angle. Lie on the bench, and grip the handle behind the head with your hands.
- Position the feet so that the balls of the feet are touching the ground and the calves are vertical to the floor.
- Kick the feet up from the floor and raise the legs until they are almost 90 degrees to the body. Flex your feet so that your heels are at the top at midpoint.
- Drop your legs and feet, until the balls of the feet hit the floor.
- Push up from the floor a bit faster than going down.

**Tips:**

- Treating your legs as dead weight.
- Kicking from the floor gives momentum and the lower abs are automatically engaged
- “Drop and kick.”

<b>Weight</b>									
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**BACK**

**2. Bent Over Barbell Row (close grip)**

**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, with elbows close to the body.
- 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:**

- Keep spine straight throughout – do not arch or round the back.
- Keeping the chin up helps keep the back straight.
- Use back muscles throughout, not arm muscles.
- Keep the barbell in contact with thighs.

<b>Weight</b>									
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**Start/Finish**



**Midpoint**



**3. Back Extension**

**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, with back straight but not hyper-extended.

**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.

<b>Weight</b>									
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**4. Seated Cable Row (Open Grip)**

**Start/Finish**



**Midpoint**



**Triangle of Control:**

**Muscle:** Back / Latisimus dorsi

**Resistance:** Weighted Cable

**Body Connection:** Legs

- Using a straight bar, hold the hand grips with palms down, keeping wrists straight and locked, and arms straight but elbows not locked. Your arms are at 45 degrees to your torso.
- Position feet on the plates and straighten legs, keeping knees unlocked.
- While keeping lower spine vertical, go forward, rounding 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.

<b>Weight</b>									
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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.

<b>Weight</b>									
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### 6. Pull Down (Triangle Grip)

**Start/Finish**



**Midpoint**



**Triangle of Control:**

**Muscle:** Arms and back / Biceps and Latisimus dorsi

**Resistance:** Cable

**Body Connection:** Legs

- Position height of pad so it just touches the upper thigh.
- Grip the triangle with palms in and thumbs around.
- Do not raise shoulders or lock elbows.
- Pull the triangle grip down toward the upper chest while raising the chest upward.
- At midpoint, the triangle is touching the chest.
- Slowly return to starting position.

**Tips:**

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

<b>Weight</b>									
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### 7. Cable Bicep Curl

**Start/Finish**



**Midpoint**



**Triangle of Control:**

**Muscle:** Biceps

**Resistance:** Cable and weights

**Body Connection:** Legs

- Place feet one foot-length from the pulley mechanism, bend knees slightly, lean forward slightly and lock the back.
- Grip the bar with palms up and thumbs around.
- Pull bar upward to the collar bone, with the upper arm pressed close to the body.
- Lower slowly to starting position.

**Tip:**

- Keep your elbows pressed into the body to prevent your upper arms from moving.
- Sticking out your butt will keep your back muscles locked.
- By locking your back, you engage your core muscles.

<b>Weight</b>									
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### 8. Abs

**Start/Finish**



**Midpoint**



**Triangle of Control:**

**Muscle:** Lower abdominals

**Resistance:** Legs

**Body Connection:** Arms hanging from straps.

- Put your upper arms into the straps, with elbows at 90 degrees, and grip the tops of the straps with your palms in.
- Shift your weight onto the straps by raising your feet from the floor.
- Keeping knees slightly bent, raise feet until legs are horizontal to the floor, or higher if you are more advanced.
- To get momentum to raise your legs again, go a little further back from the starting position.

**Tips:**

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

<b>Weight</b>									
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### 9. Lunge with Dumb Bells

**Start/Finish**



**Midpoint**



**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.

<b>Weight</b>									
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### 10. Incline Hack Squat

**Start/Finish**



**Midpoint**



**Triangle of Control:**

**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.

**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.

<b>Weight</b>									
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### 11. Decline Leg Press

**Start/Finish**



**Midpoint**



**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, so 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.

<b>Weight</b>									
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### 12. Leg Curl

**Start/Finish**



**Midpoint**



**Triangle of Control:**

**Muscle:** Hamstrings

**Resistance:** Weight on the pulley

**Body Connection:** Hands gripping the handles.

- 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.

<b>Weight</b>									
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### 13. Leg Extension

**Start/Finish**



**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 stacked weights do not come in contact.

**Midpoint**



**Tip:**

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

<b>Weight</b>									
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### 14. Toe Raise - Calves

**Start/Finish**



**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.

**Midpoint**



**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.

<b>Weight</b>									
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### 15. Shrugs with Barbell

**Start/Finish**



**Midpoint**



**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.

<b>Weight</b>									
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### 16. Lower Abs - Crunch

**Start/Finish**



**Midpoint**



**Triangle of Control:**

**Muscle:** Lower abdominals

**Resistance:** Legs

**Body Connection:** Body pressing against the bench

- Grip the handles and press the body firmly against the bench.
- Keeping knees slightly bent, raise the feet until legs are vertical to the floor.
- Slowly lower the feet by about 30 – 45 degrees. Return to the starting position.

**Tips:**

- Pull in the abdominals as much as possible and maintain throughout the exercise.
- To better control the motion, cross your legs.

<b>Weight</b>									
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