

HOME GYM EXERCISES

SHOULDER PRESS

Deltoids, Triceps



1. Adjust handles (or seat) so hands are at ear level.
 2. Push handles up, do not lock elbows at the end of the motion.
 3. Pause; slowly return to start.
- Note: Set-up for this exercise varies between multi station gyms.

FRONT DELTOID RAISE

Deltoids



1. Stand with feet hip-width apart, knees slightly bent.
2. Grip handle with one or two hands (beginners use two hands; light weight), palm(s) facing down.
3. Keep arm(s) straight; slowly raise handle in front of you to shoulder level.
4. Pause in upper position; slowly return.

BENCH PRESS

Pectoralis Major, Deltoids, Triceps



1. Depending on the handle set-up your elbows will either be at your sides (vertical handles) or out and at shoulder height (horizontal handles). More of the triceps muscles are used with the vertical handles.
2. Slowly push handles out until arms are straight, do not lock elbows.
3. Pause; slowly return to start.

TRICEP PULLDOWN

Triceps



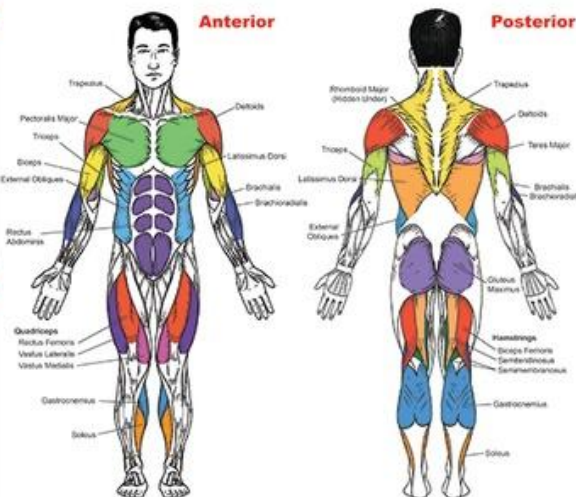
1. Stand with feet hip-width apart, knees slightly bent.
2. Grip handle with two hands, palms facing out, elbows bent and right to your sides, bar at upper chest level.
3. Push bar down until arms are straight. The only movement should be at the elbows.
4. Pause; slowly return to start.

KNEE EXTENSION

Quadriceps



1. Adjust seat so the backs of your knees touch seat's edge and foam rollers are in front of ankles.
2. Slowly straighten your legs until they are fully extended.
3. Pause; slowly return to start.



Note: Avoid letting metal plates touch between repetitions.

LAT PULLDOWN WIDE GRIP

Teres Major, Latissimus Dorsi, Biceps



1. Straddle the seat, face the machine.
 2. Grip bar (fingers wrap around to meet the thumb), hands wider than shoulders, elbows slightly bent and palms down.
 3. Lean back slightly; slowly pull bar down using only your upper body.
 4. Pause; slowly return to start.
- Variations:
Underhand Grip – focuses on biceps
Wide Grip – focuses on teres major and latissimus dorsi
Narrow Grip – focuses on teres major and latissimus dorsi

MID ROW

Teres Major, Latissimus Dorsi, Trapezius, Rhomboid Major, Brachioradialis



1. Straddle seat, face machine.
2. Place chest on backrest, grip handles.
3. Slowly pull handles toward you. Focus on using your back muscles to pull handles back.
4. Pause; slowly return to start.

STANDING SIDE RAISE

Deltoids



1. Stand with feet hip-width apart, knees slightly bent.
 2. Grip handle with right hand, palm facing inwards.
 3. Slowly raise right arm to the side until it reaches shoulder height; keep elbow slightly bent.
 4. Pause; slowly return to start.
- Note: Beginners should use lighter weight.

PEC DECK

Pectoralis Major, Deltoids



1. Adjust seat height and sit against backrest.
2. To start, hold arms at shoulder height, with elbows equal to (not behind) the shoulders.
3. Maintain a 90 degree angle at elbows as you push them toward each other.
4. Pause; slowly return to start.

LOW ROW

Teres Major, Latissimus Dorsi, Trapezius, Rhomboid Major, Biceps



1. Sit with your back straight, knees slightly bent. Grip handle.
2. Slowly pull handle toward belly, using your arms and back. Keep elbows close to your sides. Don't lean forward or backward.
3. Pause; slowly return to start.

STANDING BICEP CURL

Biceps, Brachialis



1. Stand with feet hip-width apart.
 2. Grip handle with two hands, palms facing out.
 3. Keeping upper arms fixed, bend at the elbows until bar reaches shoulder height.
 4. Pause; slowly return to start.
- Note: Avoid anchoring your back or jerking the bar while lifting.

PREACHER CURL

Biceps, Brachialis



1. Sit facing machine with upper arms on preacher-curl pad.
 2. Grasp handles with both hands, palms up, arms straight.
 3. Bend elbows to slowly curl bar toward shoulders; keep upper arms still.
 4. Pause; slowly return to start.
- Variations:
Narrow Grips – focuses more on outer biceps
Wide Grip – focuses more on inner biceps

CRUNCH

Rectus Abdominis, External Oblique



1. Sit against back rest; hold a biceps rope or "V" rope on either side of the neck, keep it tight against back of neck. Secure feet behind foot rollers if possible.
2. Using your abdominals, slowly curl forward at the waist, bringing chest toward thighs; avoid bending forward at hips.
3. Pause; slowly return to start.

STANDING LEG CURL

Hamstrings



1. Stand facing machine. Position lower roller slightly above heel and upper roller just above knee (not kneecap).
2. Holding the seat for support, slowly lift lower leg toward buttocks, keeping upper leg against upper roller and body fixed. Stop when leg is bent at 90 degrees.
3. Pause; slowly return. Repeat on other side.

LEG PRESS

Quadriceps, Gluteus Maximus



1. Adjust seat, until knees are bent at 90 degrees and feet are shoulder width apart on the foot plate.
2. Keep lower back against backrest; grip side handles for support.
3. Slowly push the footpad until legs are straight. Do not lock your knees.
4. Pause; slowly return to start.

STANDING CALF RAISE

Gastrocnemius, Soleus



1. Stand with feet hip-width apart, knees slightly bent. Balls of feet on the platform, heels lower than the platform.
 2. Slowly lift heels until they are above the platform, keep back straight.
 3. Pause; slowly return to start.
- Note: Can be done standing on the floor as well. Adapt this exercise to your particular gym.

The exercises 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 whatsoever 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 unexpected pain.
 3. If exercise uses only one side, repeat on other side.
- WE STRONGLY RECOMMEND YOU CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE REGIME.

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