

# Chest Exercises

## Bench press

Starting position



Finishing position



## tips for proper form:

Lie on a flat bench and place your feet on the floor a little more than shoulder width apart. Keep your back flat on the bench! Using a grip wider than shoulder width, hold the barbell above your body, then lower slowly to the middle of your chest. Without bouncing the weight off your chest, drive the barbell up over the middle of your chest until your arms are straight and your elbows are locked. Lower the bar down slowly.

## D-bell bench press

Starting position



Finishing position



Sit on the edge of a flat bench with dumbbells on your knees. In one smooth motion, roll onto your back while bringing the dumbbells up to a position slightly outside and above your shoulders. Your palm should face forwards. Bend your elbows at a 90 degree angle so that your upper arms are parallel to the ground. Press the weights up over your chest in a triangular motion until they meet above the centerline of your body. As you lift, concentrate on keeping the weights balanced and under control. Then, follow the same path downward until your arms are slightly below parallel to the floor.

## D-bell chest flies

Starting position



Finishing position



Sit down on a flat bench with a dumbbell in each hand. Then lie back, keeping the dumbbells close to your chest. Lift the dumbbells over your chest by extending your arms. Maintain a slight bend in your elbows. Keep your hips and shoulders flat on the bench and your feet on the floor. Lower the dumbbells to the sides of your body in an arc-like motion-keep your palms facing each other. Your bent elbows should be on a horizontal plane (even with the bench). Slowly bring the weights back up over your chest in an arc. The bend in your elbows should stay the same throughout the exercise.

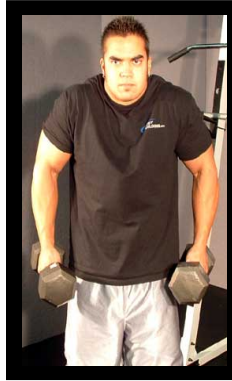
# Shoulder Exercises

## D-bell shrugs

Starting position



Finishing position



## tips for proper form:

Stand straight up with your feet at shoulder width. Hold a dumbbell in each arm. Start with your arms at your sides. Droop shoulders down as far as possible. Raise shoulders up as far as you can go. Then slowly return to the starting position. You can also rotate your shoulders by going up in a circular motion from front to rear and then back down.

## Front shoulder raises

Starting position



Finishing position



Stand with a dumbbell in each hand, palms facing backward. Your feet should be about shoulder width apart. Maintain a slight bend in your elbows throughout the exercise so that your arms are straight, but not quite locked. Lift the weight in your left hand in front of you until it is slightly higher than shoulder height. With a smooth, controlled motion, lower the weight while at the same time lifting the weight in your right hand, so that both arms are in motion at the same time. Do not cheat by swinging or leaning backwards!

## D-bell shoulder presses

Starting position



Finishing position



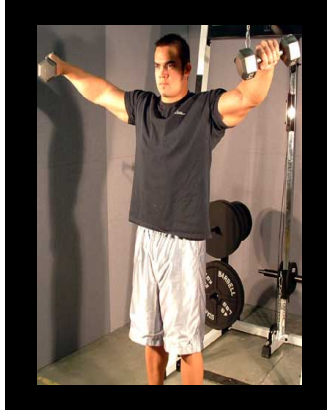
Pick up a pair of dumbbells and sit on a shoulder press bench (with a short, straight back) or a regular incline bench adjusted so the back is as straight up as possible. Press your back firmly against the back of the bench with your feet flat on the floor. Hold a dumbbell in each hand, just above shoulder level, with your elbows out and palms facing forward. Press the dumbbells up and in until they nearly touch above your head. Press the weights up until your arms are almost straight (your elbows should be just short of locked). Then slowly lower the dumbbells to the starting position.

## Side shoulder raises

Starting position



Finishing position



## tips for proper form:

Stand upright, with your feet about shoulder width apart and your arms to your sides. Hold a dumbbell in each hand, with your palms turned toward your body. Keeping your arms straight, lift the weights out and up to the sides until they are slightly higher than shoulder level. Then slowly lower them to your sides. It's important to keep your palms turned downward as you lift the dumbbells. Make sure you lift the dumbbells on the way up rather than "swinging" them up. Don't lean forward! Keep the dumbbells at your sides.

## Barbell upright rows

Starting position



Finishing position



Standing upright, grasp a barbell with your hands about shoulder width apart. Let the bar hang straight down in front of you. Keep your body and wrists straight. Pull the bar straight up towards your chin, keeping it close to your body. Lower slowly to the starting position. Don't cheat by leaning forward or backward. Don't swing!

# Leg Exercises

## Lunges

Starting position



Finishing position

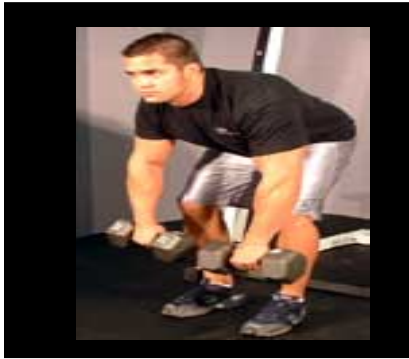


Hold a dumbbell in each hand and pull your shoulders back. Lift your chest up and look straight ahead. Position your right leg forward in a long stride. Your foot should be far enough in front of you so that when you bend your right knee, your thigh and lower leg form a right angle. Slowly bend your knees, lowering your hips so your rear knee just clears the floor. Pause briefly in this position, then slowly straighten your legs and raise your body back up to a standing position. Complete a full set, then switch legs and repeat, or alternate legs for each rep. Make sure your knee does NOT travel past your toes in the down position!

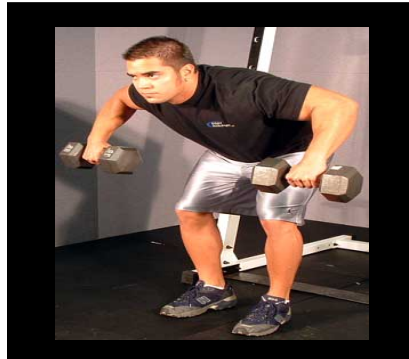
# Back Exercises

## Bent over rows

Starting position



Finishing position



## tips for proper form:

Put your feet close together and grab two dumbbells. Bend forward as far as you can go, so your torso is close to parallel to the floor. Bend your knees slightly and keep your head up and back arched inwards. Hold dumbbells at arm's length straight down. Pull dumbbells straight up to your sides keeping your elbows out. Concentrate on squeezing with your middle back. Return slowly to starting position.

# Arm Exercises

## Close-grip press

Starting position



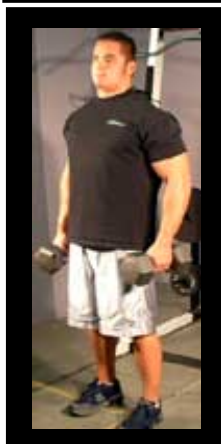
Finishing position



Just like the bench press, but with your hands only 12 inches apart, centered over your body.

## D-bell arm curls

Starting position



Finishing position



Stand straight up, with your head up and your legs straight. Start with the dumbbells at arm's length with your palms facing in. Curl dumbbells up at the same time, twisting your wrists on the way up. Your palms should be facing up when you are at the end of the movement. Do NOT swing and do NOT move your elbows. They should stay in the same place during the whole movement. Keep your arms close to your side. This one is easy to cheat on... so don't do it! You can also do this with a barbell, or by alternating one hand at a time.

# tips for proper form:

## Barbell arm curls

Starting position



Finishing position



With your hands shoulder-width apart, grip a barbell. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. **WITHOUT** leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides. Bring the weight up as high as you can and squeeze the biceps at the top. Lower the weight slowly, resisting all the way down until your arms are nearly straight.

## D-bell triceps press

Starting position



Finishing position



Lay down on a flat bench with your head at the very end of the bench. Hold a dumbbell around the end with both hands (palms facing up). Your arms should be pointed almost straight up, but tilted a little towards your head. While keeping your upper arms and elbows completely still, lower the dumbbell until it is behind your head. Do not let your elbows flare outward. Slowly lift the dumbbell back to the starting position where your elbows are locked or nearly locked. Repeat.

## Triceps dips

Starting position



Finishing position



Using the parallel bars, grip the handles and push yourself up to your starting position. With elbows close to body and hips straight, lower body until shoulders are slightly stretched. Push body up in same posture and repeat. You can bend and cross your legs or keep them straight. To work the triceps, keep your body **STRAIGHT** up and down and do not lean over.

# Abdominal Exercises

## tips for proper form:

### Leg Lifts

Starting position



Finishing position



Works your lower abs. Lie on a flat bench with your legs off the end. Place your hands under your butt with your palms down. Put your legs straight out. Bend your knees, pulling your upper thighs into your midsection. Return to the starting position.

### Crunches

Starting position



Finishing position



Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum and don't hold your breath!