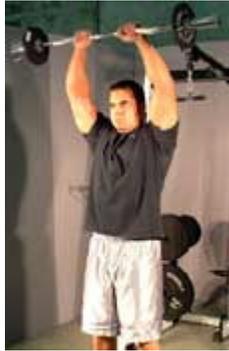


Exercise Descriptions:

(Courtesy of my friends at www.bodybuilding.com)

Standing Barbell Raise	
Exercise Table:	1
Main Muscle Worked:	Shoulders
Other Muscles Worked:	None
Start	Finish
	
Description	
<p>Works mainly your front delts.</p> <p>Stand with your feet about shoulder width, with your back straight and hips locked.</p> <p>Use a shoulder width grip.</p> <p>Start with the bar at arm's length against your upper thighs.</p> <p>Raise bar in a semicircular motion until it is directly overhead.</p> <p>Do not unlock elbows.</p> <p>Lower bar slowly back to starting position.</p> <p>Can also be done with two dumbbells or a close or wide grip.</p>	

Lying Cable Pullover

Exercise Table: **1**

Main Muscle Worked: **Shoulders**

Other Muscles Worked: **None**

Start

Finish



Description

Lie on ground with feet toward low cable pulley using a rope attachment or a short straight bar with an underhand (palms up) grip.

Raise straight arms rapidly over head, contracting front deltoid.

Side Dumbbell Lateral Raise

Exercise Table: **1**

Main Muscle Worked: **Shoulders**

Other Muscles Worked: **None**

Start



Finish



Description

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 lower them to your sides.

It's important to keep your palms turned downward as you lift the dumbbells so that your shoulders, rather than your biceps, do the work.

Don't lean forward! Keep the dumbbells at your sides and your elbows high.

Cross Cable Lateral Raise

Exercise Table: 1

Main Muscle Worked: Shoulders

Other Muscles Worked: Traps

Start

Finish



Description

(NOTE: For the “Advanced Mass Building” program, **use a cross cable machine to work both sides of your body at the same time** rather than one at a time as shown in the above pictures.)

Stand between a cross cable machine with the pulleys in the lowest position and grasping the OPPOSITE stirrup handle in each hand.

At the same time, raise the pulleys in a semicircular motion, arms straight, elbows locked, until your arms are just above parallel to your shoulders before lowering to the starting position.

Bent Over Rear Dumbbell Lateral Raise

Exercise Table: **2**

Main Muscle Worked: **Shoulders**

Other Muscles Worked: **None**

Start



Finish



Description

Works your rear delts.

Hold two dumbbells and sit at the end of a flat bench with your feet firmly on the floor and fairly close together.

Bend forward until your chest nearly touches your thighs.

Hang dumbbells between your lower legs and bench.

Keep your arms straight and your elbows nearly locked.

Raise dumbbells in a semicircular motion until your arms are parallel to the floor, even with your ears before lowering to starting position.

Do not swing!

Reverse Flyes

Exercise Table: **2**

Main Muscle Worked: **Shoulders**

Other Muscles Worked: **None**

Start

Finish



Description

Works the rear deltoids.

Set an incline bench at the lowest possible angle.

Then, with a dumbbell in each hand, lie face down on the bench so that the top of the bench is supporting your chest.

Extend your arms in front of you so that they are perpendicular to the angle of the bench.

Your palms should be facing each other and your elbows should be slightly bent.

Maintaining the slight bend in your elbows, lift the weights by pulling your arms apart in an arcing motion.

Think about trying to squeeze your shoulder blades together.

Continue moving your elbows up until the dumbbells are at either side of your head before lowering to the starting position.

Back Flyes - With Bands/Towel

Exercise Table: 2

Main Muscle Worked: Shoulders

Other Muscles Worked: Traps, Middle Back

Start



Finish



Description

Fix band around a stationary post.

Stand back so that the tension begins with your arms raised in front of you.

Keeping your arms straight and feet planted, move your arms back so they are extended to your sides.

Back Flyes – With Towel

Same as above but feed a 4'-5' towel through the stirrup handle of a cable station with the pulley set at about face height.

Grasp each end of the towel

Cable Hammer Curls - Rope Attachment

Exercise Table: **3**

Main Muscle Worked: **Biceps**

Other Muscles Worked: **None**

Start



Finish



Description

Attach a rope attachment to a low pulley.

Stand face forwards and about 12 inches away from the machine.

Grasp the rope with a palms-in grip and stand straight up.

Put your elbows at your side and KEEP them there during the entire movement.

Your elbows should not move.

Pull your arms up until your biceps touch your forearms, keeping your palms in a facing in position.

Return to the starting position and repeat.

Overhead Cable Curl

Exercise Table: **3**

Main Muscle Worked: **Biceps**

Other Muscles Worked: **None**

Start



Finish



Description

Attach the stirrup attachment to two overhead cable pulleys.

Stand between them and grasp the handles with an underhand grip.

Hold your arms straight out to your sides so your body is forming a "T" and put your hands at about the same height as your head.

With your elbows staying in the same place, curl your hands toward your shoulders.

our elbows should not go up or down, and they should not go forward!

Squeeze for a moment and return to the starting position.

Seated Dumbbell Curl

Exercise Table: **3**

Main Muscle Worked: **Biceps**

Other Muscles Worked: **None**

Start



Finish



Description

Sit at the end of a bench with your feet firmly on the floor.

Keep your back straight and head up.

Start with the dumbbells at arm's length and your palms facing in.

Curl the weight up and twist your wrists once they pass your thighs.

Squeeze your biceps at the top, then slowly lower the weight.

Do not swing!

Can also be done standing.

The seated position helps prevent bad form.

Incline Dumbbell Curl

Exercise Table: **3**

Main Muscle Worked: **Biceps**

Other Muscles Worked: **None**

Start



Finish



Description

Sit on an incline bench and hold a dumbbell in each hand.

Keep your shoulders square and your chest up.

Press your upper back and shoulders against the bench.

Let your arms hang downward with your palms facing each other.

Curl the weight in your right hand out and up to shoulder level, while turning your wrist so that your thumb is on the outside.

Squeeze your bicep at the top and then lower the weight back down.

Rope Triceps Pushdown

Exercise Table: 4

Main Muscle Worked: Triceps

Other Muscles Worked: None

Start

Finish



Description

Using a high-cable pulley, grasp a rope attachment.

Position your forearms so they are parallel to the floor.

Keep your feet shoulder width apart and bend your knees slightly.

Keep your elbows locked in close to your body and your wrists straight.

Keep your WHOLE body steady, push the cable down as far as possible towards your legs.

At the bottom of the movement you should pull the rope "apart" to get the best contraction in your triceps, locking your arms and feeling the triceps fully contract.

Return to the starting position using the same motion.

Never move your elbows or torso!

Stay standing straight up.

Can also be done with a small straight bar...but the rope is preferred.

Reverse Grip Tricep Pushdown

Exercise Table: 4

Main Muscle Worked: Triceps

Other Muscles Worked: None

Start

Finish



Description

This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope.

Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides.

From here, fully flex and extend your elbows while keeping your elbows to your sides.

With heavier weights, it will become necessary to lean forward somewhat, athletes will also tend to place one foot ahead of the other to stabilize their position.

Note: With all triceps exercises, keep the back of the wrists flat.

Cross-Cable Tricep Extension

Exercise Table: 4

Main Muscle Worked: Triceps

Other Muscles Worked: None

Start

Finish



Description

At the cross cable station, hold both stirrup handle attachments connected to the high pulley with the opposite hand and arms crossed at the upper chest.

Keep your elbows and upper arms in a static position and extend the handles down in a semicircular motion until your elbow is locked, contracting the triceps.

Return to the starting position.

Seated Two-Arm Dumbbell "Kickbacks"

Exercise Table: 4

Main Muscle Worked: Triceps

Other Muscles Worked: None

Start

Finish



Description

Hold dumbbells with your palms in.

Sit at the end of a flat bench with your feet flat on the floor.

Bend over as far as possible.

Pull upper arms up to your sides, keeping your lower arm vertical.

Press dumbbells back in a semicircular motion until entire arm is parallel to the floor.

Squeeze your triceps at the top.

Never move your elbows or upper arms!

Leg Extensions

Exercise Table: 5

Main Muscle Worked: Quadriceps

Other Muscles Worked: None

Start

Finish



Description

Using a leg extension machine, sit in the seat and hook your feet under the padded bar.

Adjust the pad and/or the seat so that your knees hang off the end of the seat and the footpad rest on the lowest part of the shins.

Grasp the handles on the machine or the edges of the seat to keep your hips from lifting up as you perform the exercise.

Extend your legs until knees are straight, making sure you remain seated flat on the machine.

Raise the weight all the way, lock and hold briefly, then slowly lower the weight back to the starting position.

Get the full range of motion and feel the muscle being worked during the entire movement.

Weighted Sissy Squat

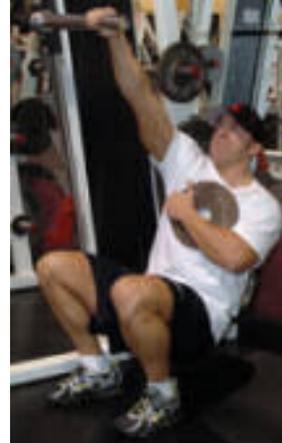
Exercise Table: 5

Main Muscle Worked: Quadriceps

Other Muscles Worked: None

Start

Finish



Description

Preparation:

With a shoulder width stance grasp the bar or support at hip level with one arm and secure the plate across your chest with your other arm.

Execution:

With hips and waist straight bend knees to allow body to fall backwards as knees come forward.

Allow heels to raise from floor.

Lower body until knees are almost fully flexed or near floor.

Return to original position by extending knees as heels return to floor.

Braced Leg Squat

Exercise Table: 5

Main Muscle Worked: Quadriceps

Other Muscles Worked: None

Start

Finish



Description

This is an advanced exercise that places much more emphasis on the quadriceps muscles.

Begin in a standing position with a support bar (like in a power rack) just behind your knees and leaning slightly back.

Make sure that your feet are stable and located close to the plane of the bar to give you a stable base to perform the exercise.

Lower your body by “sitting down” with your body erect until your upper legs are parallel to the floor.

Raise your body back to the starting position by squeezing your quadriceps muscles.

Lying Leg Curls

Exercise Table: **6**

Main Muscle Worked: **Hamstrings**

Other Muscles Worked: **None**

Start



Finish



Description

Lie face down on a leg-curl machine and hook your heels under the roller pad.

Your legs should be stretched out straight so that the pads rest on the back of your ankles.

Grasp the handles under the bench for support.

Remaining flat on the bench, curl your legs up until your hamstrings are fully contracted.

Release and lower the weight safely back to the starting position.

Concentrate on using a full range of motion.

Point your toes to intensify the burn in your hamstrings.

Seated Leg Curl

Exercise Table: **6**

Main Muscle Worked: **Hamstrings**

Other Muscles Worked: **None**

Start



Finish



Description

Sit on a seated leg-curl machine, adjusting the back pad so your knees are just beyond the seat and the ankle pads so you can hook your heels over the roller.

Your legs should be stretched out straight so that the pads rest on the back of your ankles.

Grasp the handles available for support.

Remaining with your back flat on the back pad, curl your legs up until your hamstrings are fully contracted.

Release and release the weight safely back to the starting position.

Concentrate on using a full range of motion.

Point your toes to intensify the burn in your hamstrings.

Smith Machine Stiff Legged Deadlift

Exercise Table: **6**

Main Muscle Worked: **Hamstrings**

Other Muscles Worked: **Lower Back**

Start



Finish



Description

At the Smith Machine, bend at your waist with your head up, back straight and knees nearly locked.

Hold bar with hands about 16 inches apart.

Straighten up while holding the bar at arm's length.

Lower back down to the floor but do not let plates touch the floor.

This can be a dangerous exercise if not done correctly or done with weights that are too heavy.

Can also be done with dumbbells.

Straight-Arm Pulldown

Exercise Table: 7

Main Muscle Worked: Lats

Other Muscles Worked: None

Start

Finish



Description

Stand in front of a lat pulldown bar with your arms outstretched towards the bar.

Place your palms flat on the bar and pull it down to shoulder level.

Keeping your elbows slightly bent and your wrists locked, pull the bar down towards your body in an arcing motion.

Once you contracted the lats fully and the bar has touched or come close to your thighs, safely allow the bar to come back up to the starting position.

Keep your torso erect!

Straight-Arm Side Pulldown

Exercise Table: 7

Main Muscle Worked: Lats

Other Muscles Worked: None

Start

Finish



Description

Kneel in between a cross cable station, grabbing the stirrup handles with the pulleys in the high position and your arms outstretched towards the bar.

Keeping your elbows slightly bent and your wrists locked, pull the handles down toward your sides with the handles just slightly behind you at the bottom position.

Be sure to focus on contracting your lats hard at the bottom of the movement before returning to the starting position.

Keep your torso erect!

Straight-Arm Row

Exercise Table: 8

Main Muscle Worked: Lats

Other Muscles Worked: Shoulders

Start

Finish



Description

Stand in front of a pulley station with the pulley in a “mid range” position (around naval height) and use a long rope attachment or towel fed through a stirrup handle.

(The length of the rope is important for this exercise so if a long attachment isn't available, use a thin 4-5' towel instead)

With the weight plates suspended in the starting position, your arms should be slightly bent and outstretched in front of you.

Keeping your elbows locked and slightly bent with your wrists locked, pull the rope or towel straight back until your hands are behind you as far as possible while still maintaining erect form.

Try to imagine squeezing your shoulder blades together to make sure you're using your back muscles correctly.

Return to the starting position.

Seated Dumbbell Straight-Arm Row

Exercise Table: 8

Main Muscle Worked: Lats

Other Muscles Worked: Shoulders

Start

Finish



Description

Set an incline bench at only about a 45 degree angle.

Then, with a dumbbell in each hand, lie face down on the bench so that the top of the bench is supporting your chest.

Extend the dumbbells in front of you with your palms facing each other and your elbows only slightly bent for the starting position .

Maintaining the slight bend in your elbows but keeping your arms locked, “pull” the dumbbells toward your body in an arcing motion, concentrating on trying to squeeze your shoulder blades together.

Continue moving your elbows back until the dumbbells are in line with your body, making sure to squeeze your shoulder blades together and contract your lats before returning to the starting position.

Incline Dumbbell Flies

Exercise Table: 9

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Start



Finish



Description

Sit down on an incline 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.

At the lowest point, your bent elbows should be on a horizontal plane even with the bench and you should feel a good stretch in the chest muscles.

Safely bring the weights back up over your chest in an arc.

The bend in your elbows should stay the same throughout the exercise.

Low Cross Cable Raise (Palms Up) / Dumbbell Raise

Exercise Table: 9

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Start

Finish



Description

Grab stirrup handles of low pulleys at a cable station with both hands.

Keep arms with only a slight bend at the elbow and raise both hands in a semicircular arc until they come close together just around face level while turning your palms up toward the ceiling.

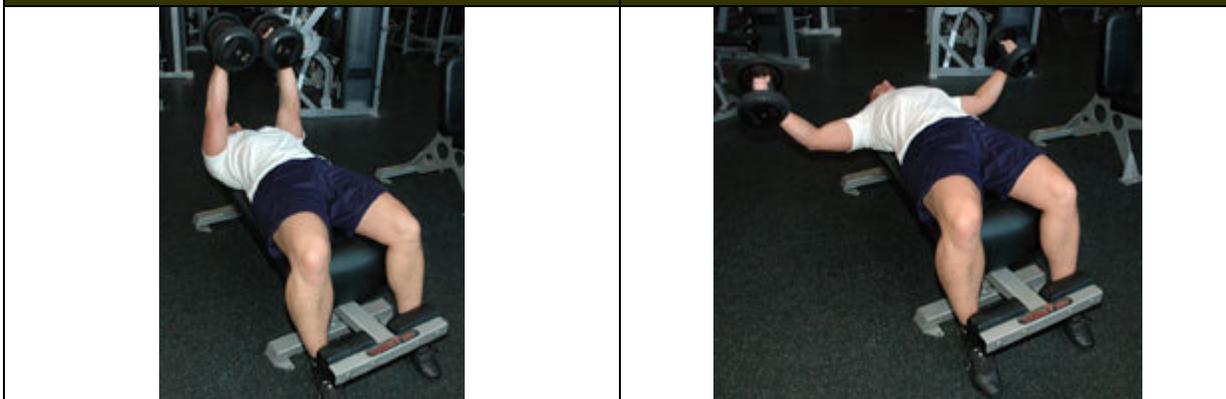
Safely lower the weights to the starting position.

Squeeze your chest hard throughout the entire movement with special focus at squeezing your upper / inner chest at the top of the movement.

Note: Can also be done with dumbbells using the same movement if a cable machine isn't available.

Dumbbell Flyes

Exercise Table:	10
Main Muscle Worked:	Chest
Other Muscles Worked:	Triceps, Shoulders
Start	Finish



Description

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.

At the lowest point, your bent elbows should be on a horizontal plane even with the bench and feel a slight stretch in you chest muscles.

Safely bring the weights back up over your chest in an arc.

The bend in your elbows should stay the same throughout the exercise.

Decline Dumbbell Flyes

Exercise Table: **10**

Main Muscle Worked: **Chest**

Other Muscles Worked: **Shoulders**

Start

Finish



Description

Using a decline bench, hold dumbbells together at arms' length above your shoulders, palms facing each other.

Keep arms as straight as possible with a slight bend in the elbow.

Lower dumbbells out to each side of your chest in a semicircular motion.

Return to chest using the same path.

Keep head and back firmly on the bench and your feet on the floor.

Cable Crossover

Exercise Table:	10
Main Muscle Worked:	Chest
Other Muscles Worked:	Shoulders
Start	Finish



Description

Hold the stirrup cable attachments that are attached to a high pulley.

Stand about one foot in front of the weight stacks with a handle in both hands.

Lean slightly forward and put one foot in front of the other (for balance).

Your front knee should be slightly bent.

Bring your hands around and in front of your body in a hugging motion with your elbows slightly bent.

You should be pulling down at a slight angle.

Focus on using just your chest muscles.

When your hands meet directly in front of your midsection, squeeze the muscles and then safely return to the starting position.

Your elbows should stay in the same slightly bent position the whole time.

Do not walk out too far in front of the pulley system or bend over too much!

Standing Barbell Military Press

Exercise Table: 11

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Start

Finish



Description

Beginning Position

From a squat rack or safety rack, move the bar to the shoulders for the starting position (photo 1).

Upward Movement Phase

Slightly flex the hips and knees, keeping torso erect.

Immediately follow with an explosive push upward by extending the knees and keeping your torso erect.

At maximum hip and knee extension, shift body weight to balls of feet and extend ankle joints.

At maximum plantar flexion, push bar from the shoulders.

Push the bar with the arms to a fully extended elbow position overhead.

Downward Movement Phase

Lower bar to shoulders.

Flex hips and knees slightly as bar touches shoulders, then straighten the hips and knees before the upward movement phase begins again.

Standing Dumbbell Military Press

Exercise Table: 11

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Start



Finish



Description

Raise two dumbbells to shoulder height.

Lock legs and hips.

Keep your elbows in and your palms facing in.

Press dumbbells to shoulder height.

Return safely to starting position.

Standing Arnold Dumbbell Press

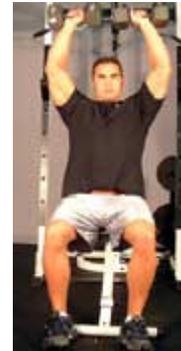
Exercise Table: 11

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Start

Finish



Description

(Note: photos are of a seated version of the exercise but for the “Advanced Mass Building” program, perform the exercise standing.)

Stand with feet shoulder width and one foot slightly in front of the other.

Hold two dumbbells in front of you at about upper chest level with your palms facing your body and your elbows flexed.

Raise dumbbells by extending elbows; abduct and internally rotate shoulders to straight arm position.

Lower to original position and repeat.

Dumbbell Shrug

Exercise Table: 12

Main Muscle Worked: Traps

Other Muscles Worked: None

Start



Finish



Description

Stand straight up with your feet at shoulder width.

Hold two dumbbells with your arms hanging at your sides.

Droop shoulders down as far as possible.

Raise shoulders up as far as you can go, rotating in a circular motion forward from front to rear for half of your target reps and then from rear to front for the second half.

Barbell Shrug

Exercise Table: 12

Main Muscle Worked: Traps

Other Muscles Worked: None

Start



Finish



Description

Hold a barbell with both hands in front of you with your hands a little wider than shoulder width apart.

Keep your feet at shoulder width.

Stand straight up with the bar hanging at arms length.

Droop shoulders down as much as possible to start.

Raise your shoulders up as far as you can go.

You can also rotate your shoulders as you go up, going in a semicircular motion from front to rear for half of your reps and from rear to front for the other half.

Then safely return to the starting position.

Cable Row To Neck

Exercise Table: 12

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Middle Back, Shoulders

Start

Finish



Description

This is like a seated row but you use a rope handle and pull to your neck.

Sit at a seated row station and grab the ends of the rope using a palms down grip.

Sit with your knees slightly bent and your back straight.

Your back should be almost completely vertical... do not lean back!

Keeping your back in the same vertical position, pull the rope back and up to neck height.

Your elbows should be out, away from your sides. Return safely to the starting position.

Barbell Incline Shoulder Raise

Exercise Table: 12

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Start



Finish



Description

Preparation:

Lie Horizontal on an incline bench.

Lift barbell from rack with a shoulder width overhand grip.

Position barbell over the upper chest with elbows extended.

Execution:

Raises your shoulders toward the bar as high as possible.

Lower shoulders to bench and repeat.

Upright Barbell Row

Exercise Table: 12

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Shoulders

Start

Finish



Description

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.

Concentrate on either pulling with your traps or the front of your shoulders, depending on what you want to work most.

Lower safely to the starting position.

Don't cheat by leaning forward or backward. Don't swing!

Barbell Curl

Exercise Table: 13

Main Muscle Worked: Biceps

Other Muscles Worked: None

Start



Finish



Description

With your hands shoulder-width apart, grip a barbell with an underhand grip.

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.

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 safely, resisting all the way down until your arms are straight to get a full range of motion.

Chin-Up

Exercise Table: 13

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms, Lats

Start



Finish



Description

Hold the chin-up bar with a reverse grip (palms facing you) with your hands about **8 to 12 inches apart**.

Pull yourself up and try to touch either your chin or upper chest to the bar.

Return slowly to the starting position.

Do NOT swing back and forth!

Using this grip works more of your biceps than your back or lats.

Body Drag Curl

Exercise Table: 13

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Start



Finish



Description

The late Vince Gironda, the “Iron Guru” used to force everyone at his old gym in Studio City to try these if larger biceps were a stated goal.

To perform drag curls, keep the elbows in back of you rather than pinned at your side.

Using either an underhand or an overhand grip (try both ways!), grasp a barbell slightly wider than shoulder width.

Raise the bar up while at the same time keeping it in contact with your torso the entire way (which is why it’s called a “body drag curl”...in effect, you are dragging it up your body).

Be sure not to let the elbows or shoulders rise up or this can turn into a half-ass upright row real fast.

You won't need much weight to make your brachialis burn and ache like they're lumps of liquid fire buried within your outer biceps.

Hammer Curls

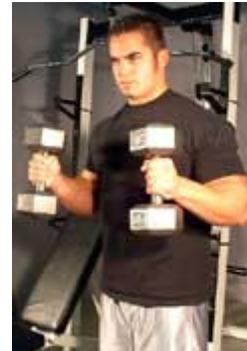
Exercise Table: 13

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Start

Finish



Description

With a dumbbell in each hand, stand with your arms hanging at your sides, palms facing each other.

Keep your elbows locked into your sides.

Your upper body and elbows should remain in the same place during the whole lift.

Keeping your palms facing each other, curl the weight in your right hand up in a semi-circle toward your shoulder.

Squeeze the biceps hard at the top of the lift and then safely lower.

Do not turn your wrists during this lift!

Close-Grip Bench Press

Exercise Table: 14

Main Muscle Worked: Triceps

Other Muscles Worked: Chest

Start

Finish



Description

Lie on a flat bench.

Hold a barbell with both hands with a close grip, about 8 - 12 inches apart.

Keeping your arms close to your sides, lower the bar until it touches your chest, approximately 1 inch below your nipples.

Return to starting position, concentrating on using your triceps to push.

Overhead Rope Extension

Exercise Table: 14

Main Muscle Worked: Triceps

Other Muscles Worked: None

Start

Finish



Description

Attach a rope to the bottom pulley.

Grasping the rope in both hands, start with your hands directly above your head, knuckles aimed at the ceiling.

Slowly lower the rope behind your head, pause when your triceps are fully stretched, and return to the starting position and repeat.

Keep your upper arms and elbows firmly in place next to the sides of your head, with the only movement occurring at your elbow joint.

Your elbows should be pointing straight up.

You can also use a dumbbell instead of the rope.

Smith Machine Reverse Grip Bench Press

Exercise Table: **14**

Main Muscle Worked: **Triceps**

Other Muscles Worked: **Chest**

Start

Finish



Description

Lie on a flat bench in a Smith Machine station, with the barbell at arm's length above shoulders with a reverse grip (palms facing your face) and hands about 16 inches apart.

Lower bar until it touches about 1 inch below nipples.

Press bar back to starting position.

Keep elbows in close to your sides at all times.

For safety purposes, it is **HIGHLY RECOMMENDED** that this exercise **ONLY** be done on a Smith machine.

Dips - Triceps Version

Exercise Table: 14

Main Muscle Worked: Triceps

Other Muscles Worked: Chest, Shoulders

Start

Finish



Description

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. Leaning over would work more of the lower chest.

Hammer Negatives

Exercise Table: 14

Main Muscle Worked: Triceps

Other Muscles Worked: None

Start

Finish



Description

Like on your back on a flat bench with two dumbbells at arm's length above your shoulders.

Lower dumbbells in a semicircular motion, bending arms at your elbows, keeping upper arms vertical until forearms touch your biceps.

Focus on fighting the weight down all the way (negative phase)

To get weight back to the start position, “press” the weight up like a “dumbbell press”. This allows you to use more weight to focus on the negative phase which is what this technique is designed for.

Barbell Squat

Exercise Table:	15
Main Muscle Worked:	Quadriceps
Other Muscles Worked:	Lower Back, Hamstrings, Calves, Glutes

Start



Finish



Description

Rest a barbell on the upper portion of your back, not your neck.

Firmly grip the bar with your hands almost twice your shoulder width apart.

Position your feet about shoulder width apart and your toes should be pointing just a little outward with your knees in the same direction.

Keep your back as straight as possible and your chin up, bend your knees and slowly lower your hips straight down until your THIGHS ARE PARALLEL TO THE FLOOR.

Once you reach the bottom position, press the weight up back to the starting position.

Don't lean over or curve your back forward!

Leg Press (Feet Low/High)

Exercise Table: 15 & 16

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Start

Finish



Description

Leg Press (Feet Low)

Sitting on a leg press machine, position your feet together against the crosspiece about shoulder-width apart, on the LOWER section of the foot pad and toes pointed slightly outward.

Grasp the handle grips or sides of the seat.. Bend your knees and lower the weight as far as possible without changing the position of your hips.

Do not lower the weight so far that your hips start to curl up off the seat!

Then push the weight back up using your heels, not your toes, while contracting your quads.

Do not lock your knees at the top, but rather take the weight to just before lock.

Then being to lower the weight again SLOWLY.

You can change your foot positions (wide or narrow) to vary the angle on the muscle.

Leg Press (Feet High)

Same as above but place your feet at the TOP of the food pad and focus on contracting your hamstrings instead of your quadriceps.

Dumbbell Deadlift

Exercise Table: 16

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Start

Finish



Description

Stand with your feet at shoulder width apart with your toes and knees slightly pointing outward.

Hold dumbbells in your hands with your arms at your sides.

Keep your back straight and your head up.

Squat down until your thighs are parallel to the floor.

Safely return to the starting position.

Shrug Machine Deadlift

Same as above but standing at a "Seated Shrug Machine".

With the seat removed or at the very lowest position, stand between the shrug handles.

Can also use the backrest as a "guide" as you perform the movement.

Pull Ups/Assisted Pull Ups

Exercise Table: 17

Main Muscle Worked: Lats

Other Muscles Worked: Biceps, Middle Back

Start

Finish



Description

Reach up and grab the bar with a firm overhand grip. Your hands should be roughly twice your shoulder width apart.

Straighten your arms and let your body hang from the bar. You can keep your legs straight or bend your knees and cross your feet.

Quickly pull your body up to the bar so that the top of your chest nearly touches the bar and your chin is over the bar.

Try to keep your body straight without arching or swinging. As you move upwards, focus on pulling your elbows down at an angle toward your rib cage.

Once your lats have completely contracted at the top, slowly lower your body to the starting position.

“Assisted Pull Up” Options:

Pushups can be a difficult exercise to perform for most people, but they’re also the best upper body bodyweight exercise you can do and well worth working toward improving.

Don’t worry if you can’t even do one pull up...LOTS of people cant!

But you’ll find that with some modifications, you’ll very quickly gain strength and I’ve seen 50 & 60-something grandmothers knocking out pull ups like a champ!

Here are some ways you can reduce the weight you’re pulling up in order to get the benefits of the movement while building strength and inching your way to full “dead hang” military pull ups:

- Have a partner assist by “hooking” their arm under your ankles to give you a base to push up against. They can assist further by helping to raise your ankles as you raise your body up.
- Stand on a chair or other stable, elevated surface that will allow you to reduce the amount of weight you’re pulling up. You can support some of your weight on the chair while pulling your body to the up position as well as support your weight on the descent so you can reach the target repetitions.
- Many gyms have a “chin up machine” that you either stand or kneel on a pad and it reduces the weight you actually lift.
- You can also use a “dip bar station” by grasping the handles with your feet facing out in front of you so you are kind of “seated” between the handles. Then raise your body by pulling yourself up in between the dip bar handles. Having your feet in front of you greatly reduces the amount of weight you’re lifting.
- Even if you can’t do one single pullup, the fastest way to build strength is to stand on a chair and place yourself in the “up” position. Then, support your weight (either your full weight or slightly “supported” with your feet on the chair still) and focus only on lowering your body very slowly. You should count from 1 to 4 from top to bottom to gauge the rate of descent.
- If you still have problems with this exercise or don’t have access to this equipment, you may use Lat Pull Downs (next exercise shown) as an alternative or use them to build up enough strength until you can perform Assisted Pull Ups.

Wide Arm Lat Pull Down

Exercise Table: 17

Main Muscle Worked: Lats

Other Muscles Worked: Biceps, Middle Back

Start

Finish



Description

Start with your legs positioned snugly under the kneepads of a pulldown machine. Your feet should be flat on the floor.

Grasp the wide bar firmly with an overhand grip. Your hands should be almost twice your shoulder width apart.

Pull the bar down on top of your chest, arching your back slightly.

Focus on keeping your elbows directly below the bar.

Pause briefly with the bar in position right on top of your collarbone.

Safely raise the bar back to the starting position.

Do NOT lean back too far and pull the weight down using your body weight!

Close-Grip Lat Pulldown

Exercise Table: 17

Main Muscle Worked: Lats

Other Muscles Worked: Biceps, Middle Back

Start

Finish



Description

Works the lower lats.

Sit at a lat pulldown machine or kneel in front of a cable pulley.

Hold lat bar with hands about 8 inches apart.

Start with arms extended overhead.

Pull bar straight down until it is even with your upper chest.

Return safely to starting position.

Diagonal Lat Pulldown

Exercise Table: 17

Main Muscle Worked: Lats

Other Muscles Worked: Biceps, Middle Back

Start

Finish



Description

Kneel in the middle of a cross cable position with the pulleys in the highest position.

Grasp the stirrup handles with arms outstretched in a "Y" position and palms facing the floor.

Pull the handles down while rotating the handles until elbows are at your sides and your palms are facing your head.

Contract your lats throughout the entire movement, keeping your shoulder blades down and back at the bottom of the movement.

Safely return the weights to the starting position.

Underhand Pulldowns

Exercise Table: 17

Main Muscle Worked: Lats

Other Muscles Worked: Biceps

Start

Finish



Description

Grasp a cable bar from a high pulley with an underhand grip.

Sit with thighs under supports.

Pull down cable bar to upper chest until elbows are to the sides.

Return until arms and shoulders are fully extended.

Repeat. Do not lean back!

Seated Cable Rows (Wide And Close Grip)

Exercise Table: 18

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps, Lower Back, Lats

Start

Finish



Description

Sit down at a low-pulley rowing machine with your feet flat against the footrests and your knees slightly bent.

Bending only at the waist, lean forward and grasp the pulley handle in front of you.

Your palms should be facing each other.

Keep your back FLAT and looking forward, slowly draw the handles back to your stomach while simultaneously leaning back at the waist until your torso is perpendicular to the floor.

The handles should reach your stomach just as your upper body reaches the upright position.

Safely return to the starting position by leaning forward from the waist while extending your arms in front of you.

TO ISOLATE YOUR LATS ONLY do not bend forward at all, just keep your back straight up and down and move only your arms and squeeze your back.

Bent Over Barbell Row

Exercise Table: 18

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps, Lats

Start



Finish



Description

Position your feet at about shoulder width.

Bend over so your back is as close to parallel to the floor as you can and hold bar with an overhand grip and with hands a little wider than shoulder width.

Keep legs slightly bent.

Hold bar at arm's length straight down.

Pull bar straight up to the lower part of your chest.

Slowly lower bar back to starting position.

Keep your head up and back straight at all times, and do NOT swing or use momentum to lift the weight!

Jockey Row

Exercise Table: 18

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps, Lats

Start

Finish



Description

Hold a close-grip cable preferably positioned at about groin height (or low position if not adjustable) while leaning body back in a “V” shape – legs straight, head down, and arms fully stretched to front so you get a good stretch in your lats.

Pull handle into chest while moving into a “horse jockey” position – head up, legs parallel to floor.

Squeeze shoulder blades together while contracting your lats and return to start.

Weighted Incline Push-Ups

Exercise Table: 19

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Start

Finish



Description

Kneel down on the floor and place your hands flat on the floor and slightly wider than shoulder width apart.

With your shoulders directly over your hands, straighten your arms.

Move your feet back, placing your toes on a stand that is 18 inches high.

The higher the stand the greater intensity of the exercise!

At this point, your body should form a straight line from your shoulders to your ankles.

Your body should remain straight throughout this exercise.

Keep your head and neck in line with your body so that you are looking down toward the floor. This is the starting position.

In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor.

Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position.

You can also do this with a weight plate on your back!

Smith Machine/Dumbbell Press To Neck

Exercise Table: 19

Main Muscle Worked: Chest

Other Muscles Worked: Triceps

Start

Finish



Description

Preparation:

Lie horizontal on flat bench in a Smith Machine station.

Position your body so that you're the bar is directly above your neck.

Execution:

Lower weight SLOWLY to neck with your upper arms perpendicular to the torso.

Press the bar up, keeping your elbows pointing out.

Don't lock arms out at the top.

Important: ALWAYS use Smith machine or dumbbells for safety...NEVER use a straight bench press!!!

Incline Dumbbell Press

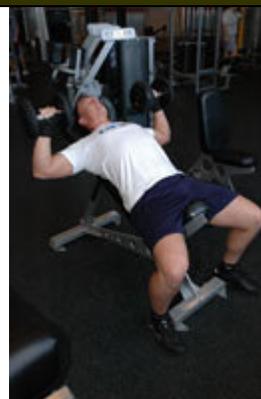
Exercise Table: 19

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Start

Finish



Description

Sit on the edge of an incline bench set at about a 45-degree angle.

Pick up a dumbbell in each hand and place them on your thighs.

Then, one at a time, raise them up to your shoulder level while you press your back and shoulders firmly against the bench.

Press the weights back up to a point over your upper chest, with your palms facing forward.

Lower the weights slowly.

Inhale as you lower the weights and exhale as you lift.

Dumbbell Pullover

Exercise Table: 19

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders, Lats

Start

Finish



Description

Lie on a bench, head over the end, with your feet flat on the floor.

Lower weights in a semicircular motion towards floor.

Go as low as you can without pain.

Go back up using the same path.

Keep your elbows in.

Bench Press

Exercise Table: 20

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Start

Finish



Description

Lie on a flat bench and firmly position your feet flat on the floor a little more than shoulder width apart.

Keep your back flat on the bench!

Using a grip broader 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.

Dumbbell Press

Exercise Table:	20
Main Muscle Worked:	Chest
Other Muscles Worked:	Triceps, Shoulders
Start	Finish



Description

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.

Dips - Chest Version

Exercise Table: 20

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Start

Finish



Description

Same as the Triceps Version, except you are leaning forward, which works more of the lower chest.

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.

You can add weight by using a dip belt or weight vest.

Decline Bench Press

Exercise Table: 20

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Start

Finish



Description

Lie on a decline bench, hold barbell about 6" wider than shoulder width.

Lower bar to about 3" below nipples.

Raise bar all the way up while keeping your elbows out and your chest high.

Lower weight with complete control.

Keep your head on the bench and do not arch your back.

Can also be done with a close or wide grip

Decline Dumbbell Press

Exercise Table: 20

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Start

Finish



Description

Lie on a decline bench, hold dumbbells above chest and lower to just below nipple line.

Raise dumbbells all the way up while keeping your elbows out and your chest high.

Lower weight with complete control.

Keep your head on the bench and do not arch your back.