




**Summary of exercises included on last page**


**Anterior Delts**

**Shoulders Anterior Deltoids (Front Delts)** *Help to raise upper arm forward*

<p><b>Arnold Press</b></p> <p>■</p> <p>optional, compound, free weights</p> <p><b>Anterior Deltoids, Triceps, Trapezius, Lateral Deltoid</b></p>		<ul style="list-style-type: none"> <li>● Take two dumbbells and seat on a flat bench.</li> <li>● Lift the dumbbells to your shoulders. Your palms are facing each other, your elbows point to the sides, not forward.</li> <li>● Press the dumbbells directly upward, at the same time rotating your hands so your palms face forward at the top. Also pull the dumbbells towards each other as you press them. Do not lock your elbows.</li> <li>● Lower the dumbbells to the starting position near your shoulders.</li> </ul>
<p><b>Front Raises (Cable)</b></p> <p>■ ■</p> <p>optional, isolation, pulleys</p> <p><b>Anterior Deltoids, Trapezius, Pectoralis, Lateral Deltoid, Forearm muscles</b></p>		<ul style="list-style-type: none"> <li>● Grasp the handle of a floor pulley with your left hand. Stand with your feet about shoulder wide, close to the pulley, with your back toward it.</li> <li>● Bend your left arm slightly and keep it fixed at the elbow throughout the exercise. Allow the cable to pull your arm down.</li> <li>● Keeping your torso still, raise your left arm forward to shoulder level or slightly higher. Your palm should be facing the floor.</li> <li>● Hold this position for a moment and slowly lower your arm back.</li> <li>● You can also do this exercise facing the pulley.</li> </ul>
<p><b>Front Raises (Dumbbell)</b></p> <p>■ ■</p> <p>optional, isolation, free weights</p> <p><b>Anterior Deltoids, Trapezius, Pectoralis, Lateral Deltoid, Forearm muscles</b></p>		<ul style="list-style-type: none"> <li>● Grasp two dumbbells. Stand with your feet about shoulder wide and your knees slightly bent.</li> <li>● Bend your arms slightly and keep them fixed at the elbows throughout the exercise.</li> <li>● Keeping your torso still, raise your left arm forward to shoulder level. Your palm should be facing the floor.</li> <li>● Hold this position for a moment and slowly lower your arm back. Repeat the movement with your right arm.</li> <li>● You can also do this exercise turning your thumbs downward as you raise your arm.</li> </ul>




## Medial Deltoids

### Shoulders Lateral Deltoid (Side Delts) *Help to raise upper arm out to the side*

<p><b>Lateral Raises (Cable)</b></p> <p>optional, isolation, pulleys</p> <p><b>Lateral Deltoid,</b> Trapezius, Anterior Deltoids, <i>Forearm muscles</i></p>		<ul style="list-style-type: none"> <li>● Grasp the handle of a floor pulley with your left hand. Stand with your feet about shoulder wide, with your right side toward the pulley. Rest your right hand on your right hip.</li> <li>● Bend your left arm slightly and keep it fixed at the elbow throughout the exercise. Allow the cable to pull your arm across your body.</li> <li>● Keeping your torso still, raise your left arm to the side and slightly forward to shoulder level. Your palm should be facing the floor.</li> <li>● Hold this position for a moment and slowly lower your arm back.</li> <li>● You can also do this exercise with the cable running behind you.</li> </ul>
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**Posterior Deltoids**

**Shoulders Posterior Deltoids (Rear Delts)** *Help to raise upper arm toward the rear*

<p><b>Bent Over Raises (Cable)</b></p> <p>■■■</p> <p>optional, isolation, pull eyes</p> <p><b>Posterior Deltoids, Trapezius, Lateral Deltoid, Forearm muscles</b></p>		<ul style="list-style-type: none"> <li>● Use two facing each other floor pulleys with loop handles. Grasp the left handle with your right hand and the right handle with your left hand.</li> <li>● Stand with your feet about shoulder wide between the pulleys, bend your knees slightly. Bend forward at the waist until your torso is parallel with the floor. Cross your arms as far as you can.</li> <li>● Keeping your torso still, raise your arms to the sides until your hands are slightly above your shoulders. Your palms should be facing the floor. Keep your arms perpendicular to your torso and a fixed elbow position (10° to 30° angle) throughout the exercise.</li> <li>● Hold this position for a moment and slowly lower your arms back.</li> <li>● When you raise your arms, do not move them to the rear, it will transfer the stress from your rear deltoids to your lats.</li> <li>▣ You can do a similar exercise while lying facedown on a 30-45-degree incline bench.</li> </ul>
<p><b>Bent Over Raises (Dumbbell)</b></p> <p>■■■</p> <p>optional, isolation, fr ee weights</p> <p><b>Posterior Deltoids, Trapezius, Lateral Deltoid, Forearm muscles</b></p>		<ul style="list-style-type: none"> <li>● Grasp two dumbbells, stand with your feet about shoulder wide, bending your knees slightly. Bend forward at the waist until your torso is parallel with the floor.</li> <li>● Keeping your torso still, raise your arms to the sides until your hands are slightly above your shoulders. Your palms should be facing the floor. Keep your arms perpendicular to your torso and a fixed elbow position (10° to 30° angle) throughout the exercise.</li> <li>● Hold this position for a moment and slowly lower your arms back.</li> <li>● When you raise your arms, do not move them to the rear, it will transfer the stress from your rear deltoids to your lats.</li> </ul>
<p><b>Bent Over Raises (Dumbbell, Seated)</b></p> <p>■■■</p> <p>optional, isolation, fr ee weights</p> <p><b>Posterior Deltoids, Trapezius, Lateral Deltoid, Forearm muscles</b></p>		<p>Grasp two dumbbells, sit at the end of a flat bench with your legs pressed together. Bend forward and rest your torso on your thighs. Let your arms to hang down with your palms facing each other.</p> <p>Keeping your torso on your thighs, raise your arms to the sides until your hands are slightly above your shoulders. Your palms should be facing the floor. Keep your arms perpendicular to your torso and a fixed elbow position (10° to 30° angle) throughout the exercise.</p> <p>Hold this position for a moment and slowly lower your arms back.</p> <p>When you raise your arms, do not move them to the rear, it will transfer the stress from your rear deltoids to your lats.</p>



**Pecs**

**Chest Pectoralis (Pecs)** *Help to move upper arm forward and across each other in front of the body*

<p><b>Bench Press (Barbell)</b></p> <p>■ ■</p> <p>basic, compound, free weights</p> <p><b>Pectoralis, Triceps, Anterior Deltoids</b></p>		<ul style="list-style-type: none"> <li>• Lie on a flat bench face up with your feet on the ground. Grasp the bar with your hands 3-4 inches wider than your shoulders on each side. Lift the barbell off the rack.</li> <li>• Slowly lower the bar to your mid-chest with your elbows moving to the sides.</li> <li>• Without bouncing the bar, slowly press it to the starting position. Do not lock your elbows at the top.</li> <li>• Keep your buttocks, back, rear deltoids and head on the bench throughout the exercise.</li> <li>• To put more stress on your chest and to avoid injuries, keep your shoulders on the bench, especially at the top position, and do not arch your back.</li> <li>• Narrower grip involves more triceps and inner chest, wider grip puts more stress on the outer chest.</li> </ul>
<p><b>Bench Press (Dumbbell)</b></p> <p>■ ■</p> <p>basic, compound, free weights</p> <p><b>Pectoralis, Triceps, Anterior Deltoids</b></p>		<ul style="list-style-type: none"> <li>• Grasp two dumbbells and lie on a flat bench face up. Extend your arms up with your palms facing your feet.</li> <li>• Slowly lower the dumbbells as low as possible, with your shoulders moving to the sides. Your upper arms should be perpendicular to the floor in this position.</li> <li>• Slowly press the dumbbells up to the starting position.</li> <li>• It is important to lower the dumbbells as far as you can to stretch your pecs before contracting them.</li> <li>• You can also do this exercise with your palms facing each other.</li> <li>• To put more stress on your chest and to avoid injuries, keep your shoulders on the bench, especially at the top position, and do not arch your back.</li> </ul>
<p><b>Push-Ups (Easy)</b></p> <p>■</p> <p>optional, compound, no weight</p> <p><b>Triceps, Pectoralis, Abdominals, Anterior Deltoids</b></p>		<ul style="list-style-type: none"> <li>• Assume a prone position on the floor with your body weight supported by your hands and knees.</li> <li>• Your hands should be placed directly beneath your shoulders.</li> <li>• Lower your body until your chest nearly touches the floor. Keep your elbows close to your body and your trunk motionless throughout the exercise.</li> <li>• Raise yourself to the starting position by extending your arms.</li> </ul>


**Lats**

**Back Latissimus dorsi (Lats)** *Pulls upper arm's bones downward and backward; helps to arch upper back*

<p><b>Bent Over Row (Barbell)</b></p> <p>■ ■</p> <p>basic, compound, free weights</p> <p><b>Latissimus dorsi,</b> Trapezius, Posterior Deltoids, Biceps, <i>Erector spinae,</i> <i>Hamstrings,</i> <i>Gluteus maximus</i></p>		<ul style="list-style-type: none"> <li>• Stand with your feet shoulder width apart and bend your knees slightly. Bend forward arching your back and grasp a barbell with a shoulder width overhand grip.</li> <li>• Slowly pull the barbell to the center of your abdomen. Keep your shoulders close to your torso. Do not bend or straighten your legs and keep your torso almost in parallel with the floor.</li> <li>• Hold this position for a moment and slowly lower the barbell.</li> <li>• You can stand on a platform to obtain full range of motion.</li> <li>• You can also do this exercise with an underhand grip.</li> </ul>
<p><b>Bent Over Row (Dumbbell, One-Arm)</b></p> <p>■ ■</p> <p>basic, compound, free weights</p> <p><b>Latissimus dorsi,</b> Trapezius, Posterior Deltoids, Biceps</p>		<ul style="list-style-type: none"> <li>• Put your right knee and hand on a flat bench, keep your right arm straight and your torso parallel to the ground.</li> <li>• Grasp a dumbbell from the floor with your left hand and pull it up to your side, near the end of your ribcage. Your shoulder should be close to your torso and your back should remain parallel with the floor.</li> <li>• Slowly lower the dumbbell.</li> </ul>

**Hip Adductors**

**Hips Hip Adductors (Inner Thigh)** *Help to flex upper leg in relation to hip*

<p><b>Hip Adductions (Cable)</b></p> <p>■ ■</p> <p>optional, isolation, pulleys</p> <p><b>Hip Adductors,</b> Gluteus maximus</p>		<ul style="list-style-type: none"> <li>• Stand with your right side toward the pulley. Attach the cable cuff to your right ankle. Step away from the stack and grasp the ballet bar. Stand on your left foot and allow the cable to pull your right leg to the side.</li> <li>• Slowly pull your right leg in until it crosses in front of your left leg.</li> <li>• Hold this position for a moment and slowly return to the starting position.</li> </ul>
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## Summary of Exercises included in Manual:

45 Side Bend.....	47	Flyes (Dumbbell, Flat Bench) .....	15
Ab Bench Sit-Ups.....	41	Flyes (Dumbbell, Incline) .....	16
Angled Calf Presses.....	79	Flyes (Machine, Seated).....	16
Angled Reverse Calf Press .....	81	Front Raises (Barbell).....	2
Arm Curls (Barbell).....	18	Front Raises (Cable).....	3
Arm Curls (Cable).....	18	Front Raises (Dumbbell).....	3
Arm Curls (Cable, One Arm) .....	18	Front Squats .....	52, 61
Arm Curls (Dumbbell, Incline) .....	18	Front Squats (Smith Machine) .....	52, 62
Arm Curls (Dumbbell, Seated) .....	19	Full Squats.....	53, 62
Arm Curls (Dumbbell, Standing).....	19	Glute-Ham Raise (Plate).....	75
Arm Curls (Machine) .....	19	Glute-Ham Raises (Barbell).....	75
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Behind-The-Neck Press (Barbell).....	2	Hack Squats (Barbell).....	53, 63
Behind-The-Neck Press (Smith Machine) .....	2	Hack Squats (Machine) .....	53, 63
Bench Dips.....	21	Hack Squats (Smith Machine) .....	54, 64
Bench Press (Barbell) .....	11	Hammer Curls (Cable).....	27
Bench Press (Barbell, Decline) .....	11	Hammer Curls (Dumbbell) .....	27
Bench Press (Barbell, Incline) .....	11	Hamstring Raises (Barbell).....	75
Bench Press (Dumbbell) .....	12	Hamstring Raises (Plate).....	76
Bench Press (Dumbbell, Decline) .....	12	Hip Abductions (Cable).....	50
Bench Press (Dumbbell, Incline).....	12	Hip Abductions (Machine, Seated) .....	50
Bench Press (Machine).....	12	Hip Abductions (Machine, Standing) .....	50
Bench Press (Smith Machine).....	13	Hip Adductions (Cable).....	50
Bench Press (Smith Machine, Decline).....	13	Hip Adductions (Machine, Seated) .....	51
Bench Press (Smith Machine, Incline) .....	13	Hip Adductions (Machine, Standing) .....	51
Bent Over Raises (Cable) .....	6	Hip Extensions (Bent Over) .....	64
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Bent Over Raises (Dumbbell).....	7	Kneeling Leg Curls .....	76
Bent Over Raises (Dumbbell, Seated) .....	7	Lateral Raises (Cable) .....	5
Bent Over Row (Barbell) .....	30	Lateral Raises (Dumbbell) .....	5
Bent Over Row (Dumbbell, One-Arm).....	30	Lateral Raises (Machine).....	5
Bent Over Row (Smith Machine).....	30	Leg Extensions .....	54
Bicycle Crunches.....	40, 47	Leg Extensions (Single Leg).....	54
Cable Crunches (Kneeling) .....	40	Leg Press (45 degree) .....	54
Cable Pushdowns .....	21	Leg Press (45°).....	64
Cable Pushdowns (Heavy).....	21	Leg Press (Lying).....	55, 65
Cable Pushdowns (One Arm).....	21	Leg Press (Seated).....	55, 65
Cable Pushdowns (Rope) .....	21	Leg Press (Vertical) .....	55, 65
Chest Dips (Machine).....	13	Leg Raises (Flat) .....	42
Chest Dips (Parallel Bars).....	14	Leg Raises (Hanging) .....	42
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Chin-ups (Front, Underhand) .....	31	Leg Raises (Parallel Bar).....	42
Chin-ups (Front, Wide-Grip).....	31	Leg-Hip Raises (Hanging) .....	43
Chin-ups (Machine) .....	31	Leg-Hip Raises (Hanging, Straight Legs) .....	43
Chin-ups (Rear, Wide Grip).....	31	Leg-Hip Raises (Incline) .....	43
Close-Grip Bench Press (Barbell) .....	22	Leg-Hip Raises (Parallel Bar) .....	43
Close-Grip Bench Press (Barbell, Incline).....	22	Lunges .....	56, 65
Close-Grip Bench Press (Smith Machine).....	22	Lunges (Barbell) .....	56, 66
Concentration Curls.....	19	Lunges (Dumbbell) .....	56, 66, 67
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Cross-Bench Pullovers (Dumbbell) .....	14, 32	Lying Calf Press.....	79
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Deadlifts (Smith Machine) .....	37, 60	Machine Chest Press (Decline) .....	16
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Flyes (Cable, Decline).....	14	Machine Crunches.....	44
Flyes (Cable, Flat Bench).....	15	Machine Low Back Extensions .....	37
Flyes (Cable, Incline).....	15	Machine Pullovers .....	32
Flyes (Cable, Upright) .....	15	Machine Seated Rear Raises .....	8
Flyes (Dumbbell, Decline).....	15	Machine Side Twists.....	47

Pec Deck Flies .....	17	Standing Calf Raises (Dumbbell).....	79
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Preacher Curls (Cable).....	20	Standing Calf Raises (Smith Machine) .....	80
Preacher Curls (Dumbbell).....	20	Standing Leg Curls .....	77
Preacher Curls (Machine) .....	20	Step-up (Barbell).....	60, 69
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Pulldowns (Front, Underhand) .....	33	Stiff Leg Deadlifts.....	38, 70
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Pulldowns (Machine, Close Grip).....	33	Stiff Leg Straight Back Deadlifts .....	71
Pulldowns (Machine, Wide Grip).....	33	Stiff Leg Straight Back Deadlifts (Smith Machine) .....	71
Pulldowns (Rear).....	33	Straight Leg Deadlifts .....	39, 72, 77
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Rear Delt Row (Cable) .....	8	Straight Leg Straight Back Deadlifts (Dumbbells)..	74, 78
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Rear Delt Row (Smith Machine).....	9	T-Bar Row (Barbell, V-Grip).....	35
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Reverse Arm Curls (Barbell) .....	28	Triceps Dips (Machine).....	23
Reverse Arm Curls (Cable) .....	28	Triceps Dips (Parallel Bars) .....	23
Reverse Arm Curls (Dumbbell, Standing) .....	28	Triceps Extensions (Barbell).....	24
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Reverse Preacher Curls (Barbell) .....	28	Triceps Extensions (Cable).....	24
Reverse Preacher Curls (Cable) .....	28	Triceps Extensions (Cable, Bent-over) .....	24
Reverse Wrist Curls (Barbell).....	29	Triceps Extensions (Cable, Incline) .....	25
Reverse Wrist Curls (Dumbbell).....	29	Triceps Extensions (Cable, Kneeling).....	25
Roman Chair Sit-Ups .....	44	Triceps Extensions (Cable, Lying) .....	25
Row (Cable) .....	34	Triceps Extensions (Dumbbell) .....	25
Row (Cable, High) .....	34	Triceps Extensions (Dumbbell, Incline).....	26
Row (Cable, One Arm).....	34	Triceps Extensions (Dumbbell, Lying) .....	26
Row (Cable, Wide Grip) .....	35	Triceps Extensions (Dumbbell, One-Arm) .....	26
Row (Machine) .....	35	Triceps Extensions (Machine).....	26
Row (Machine, High).....	35	Triceps Kickbacks (Dumbbell) .....	26
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Seated Calf Raises (Machine).....	80	Underhand Press (Barbell) .....	27
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