

Barbell Incline Bench Press Medium-Grip Images



Lower the bar to the sternum by flexing the elbows. Maintain control and do not bounce the bar off of your chest. Your lats should stay tight and elbows slightly drawn in.

Wide-Grip Lat Pulldown Images



As you breathe out, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. The upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the bar; therefore do not try to pull down the bar using the forearms.

Seated Cable Rows Images



With your arms extended pull back until your torso is at a 90-degree angle from your legs. Your back should be slightly arched and your chest should be sticking out. You should be feeling a nice stretch on your lats as you hold the bar in front of you. This is the starting position of the exercise.

Keeping the torso stationary, pull the handles back towards your torso while keeping the arms close to it until you touch the abdominals. Breathe out as you perform that movement. At that point you should be squeezing your back muscles hard. Hold that contraction for a second and slowly go back to the original position while breathing in.

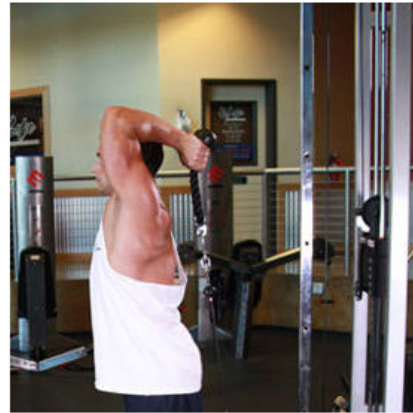
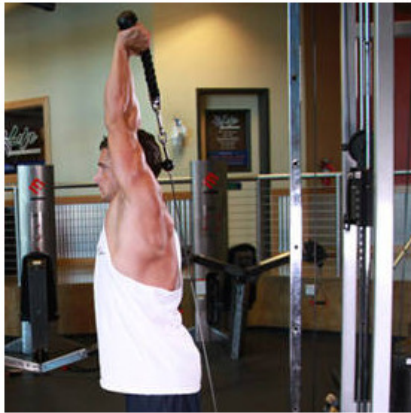
Straight-Arm Pulldown Images



Bend your torso forward at the waist by around 30-degrees with your arms fully extended in front of you and a slight bend at the elbows. If your arms are not fully extended then you need to step a bit more backwards until they are. Once your arms are fully extended and your torso is slightly bent at the waist, tighten the lats and then you are ready to begin.

While keeping the arms straight, pull the bar down by contracting the lats until your hands are next to the side of the thighs. Breathe out as you perform this step.

Cable Rope Overhead Triceps Extension Images



Grasping the rope with both hands, extend your arms with your hands directly above your head using a neutral grip (palms facing each other). Your elbows should be in close to your head and the arms should be perpendicular to the floor with the knuckles aimed at the ceiling. This will be your starting position.

Slowly lower the rope behind your head as you hold the upper arms stationary. Inhale as you perform this movement and pause when your triceps are fully stretched

Seated Dumbbell Curl Images



While holding the upper arm stationary, curl the weights and start twisting the wrists once the dumbbells pass your thighs so that the palms of your hands face forward at the end of the movement. Make sure that you contract the biceps as you breathe out and make sure that only the forearms move. Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a second as you squeeze the biceps.

Slowly begin to bring the dumbbells back to the starting position as you breathe in and as you rotate the wrists back to a neutral grip.

Standing Front Barbell Raise Over Head Images



Lift the barbell up until it is directly over your head while exhaling. Make sure to keep your elbows slightly bent when performing each repetition.

Once you feel the contraction, begin to lower the barbell back down to the starting position as you inhale.

Leg Extensions Images



For this exercise you will need to use a leg extension machine. First choose your weight and sit on the machine with your legs under the pad (feet pointed forward) and the hands holding the side bars. This will be your starting position. **Tip:** You will need to adjust the pad so that it falls on top of your lower leg (just above your feet). Also, make sure that your legs form a 90-degree angle between the lower and upper leg. If the angle is less than 90-degrees then that means the knee is over the toes which in turn creates undue stress at the knee joint. If the machine is designed that way, either look for another machine or just make sure that when you start executing the exercise you stop going down once you hit the 90-degree angle.

Lying Leg Curls Images

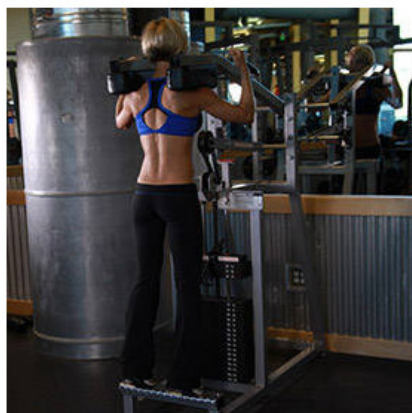
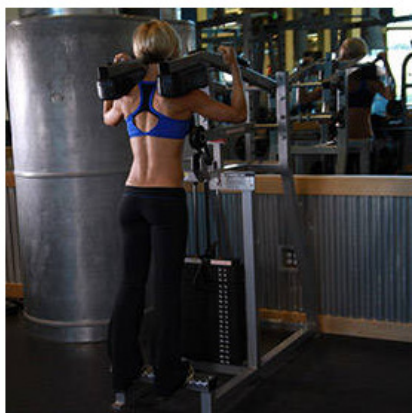


Adjust the machine lever to fit your height and lie face down on the leg curl machine with the pad of the lever on the back of your legs (just a few inches under the calves). Tip: Preferably use a leg curl machine that is angled as opposed to flat since an angled position is more favorable for hamstrings recruitment.

Keeping the torso flat on the bench, ensure your legs are fully stretched and grab the side handles of the machine. Position your toes straight (or you can also use any of the other two stances described on the foot positioning section). This will be your starting position.

As you exhale, curl your legs up as far as possible without lifting the upper legs from the pad. Once you hit the fully contracted position, hold it for a second.

Standing Calf Raises Images



Raise your heels as you breathe out by extending your ankles as high as possible and flexing your calf. Ensure that the knee is kept stationary at all times. There should be no bending at any time. Hold the contracted position by a second before you start to go back down. Variations: There are several other ways to perform a standing calf raise. A barbell instead of a machine can be used instead as well as dumbbells, one leg or two legs at a time.

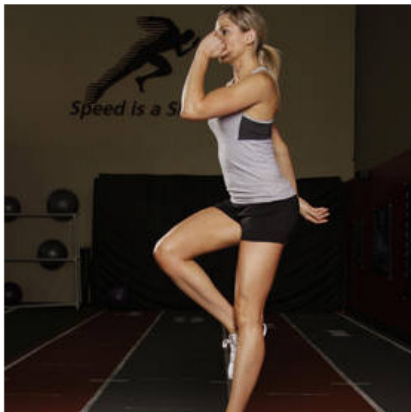
Leg Press Images



As you inhale, slowly lower the platform until your upper and lower legs make a 90-degree angle.

Pushing mainly with the heels of your feet and using the quadriceps go back to the starting position as you exhale.

Single Leg Push-off Images



Stand on the ground with one foot resting on the box, heel close to the edge.

Push off with your foot on top of the box, trying to gain as much height as possible by extending through the hip and knee.

Land with the same foot on top of the box, returning your other foot back to the start position.