

## Barbell Curl



1. Identical as the DB Curl, except you are using a barbell

## Bench Press



1. Take a grip no wider than shoulder width. For most individuals this will be about a 14" width
2. Pull your shoulder blades back and down
3. Drive your upper back into the bench through leg drive
4. Get a big chest
5. Tighten up your entire body
6. Unrack the weight, and descend in a controlled matter and bring the barbell to the bottom of the chest.
7. Accelerate the bar in a straight line on the way up

## Bent over rows



1. Setup like you would a RDL.
2. Bend over to 45-60'
3. Chest up
4. Shoulders contracted back and down
5. Arched lower back
6. Row the barbell directly above your bellybutton
7. Return back to starting position while keeping your shoulder blades contracted back and down

## Blast Strap Inverted Rows



1. Refer to the Inverted Row description

## Blast Strap Push-Up



1. Setup the bench so you can have your toes on the bench. The taller you are, the further away the bench will be from the blast straps
2. Grab the blast strap handles with your palms facing each other, then position your feet next to each other on the bench
3. Ensure your body is in a straight line, then descend down controlled, as you would in a regular pushup, while maintaining your body stiffness and hand positioning. Then return back to the top

## Blast Strap Reverse Flys



1. Grab onto the blast strap handles with your palms facing each other.
2. Lean back until there is no slack in the blast straps, then walk your feet forward. This will drop your upper body towards the floor. The farther you walk your feet forward, the harder the exercise will be
3. While keeping your arms straight, horizontally abduct both of your arms as shown in the picture. Then return back to the starting position in a controlled manner

## Chest-Supported Row



1. First, setup an incline bench to 25-35 degrees.
2. Place dumbbells to the side of the bench
3. Lay on your stomach with your feet secured on the ground
4. Adjust the bench up or down depending on how tall you are
5. Pick up the dumbbells, then retract and depress your shoulder blades so you're locked into place
6. Row up as high as you can, then return back in a controlled manner without unlocking your shoulder blades

## Chin-ups



1. Palms facing you
2. Shoulder width grip
3. Pull to the upper part of your chest
4. Descend controlled
5. Don't completely relax at the bottom. Keep tension in your back

## DB Curl



1. Begin with the dumbbells in each hand with your palms facing your body
2. Initiate the movement by bending your elbows and turning your wrists so your palms are facing the ceiling
3. Bring the dumbbells up to your shoulder area
4. Return back to the original position
5. Do not allow any rocking or jerking movements

## DB Extensions



1. Lay on a bench with the dumbbells in your hands
2. Elevate the dumbbells above your chest while keeping your palms facing each other
3. Bring the dumbbells down to the top of your shoulder area.
4. Ensure your upper arm is vertical at all times
5. Return to the starting position

## DB Neutral Grip Floor Press



1. Refer to Floor Press

## DB Row



1. Place the opposite hand on a bench for support
2. Back flat
3. Head up
4. Pull back shoulder of working arm
5. Pull weight to the chest while squeezing the shoulder blades together
6. Attempt to pull the elbows behind the body

## Face Pulls



1. Using a high pulley system, such as a lat pulldown and a tricep rope or something similar
2. Pull the attachment to the top of your nose while keeping your elbows flared outwards
3. If you are utilizing a band, place the band high to a stationary object, and orient yourself so you are lower than the attachment placement

## Floor Press



1. Refer to the Bench Press for grip and bar path
2. Perform movement while laying on back on the floor
3. Lower the bar until the elbows are touching the floor
4. After a short pause, drive the bar up as fast as possible

## Hammer Curl



1. Identical as the DB Curl, but keep your palms facing each other throughout the movement

## Hammer Press



1. Position seat height so that the edge of the handle is in line with the middle of the chest
2. Grab the handles in a comfortable position and press the weight up as fast as possible
3. Lower the weight in a controlled manner

## Hammer Row



1. Position seat height so that the top edge of the chest pad is in line with the top of the chest
2. Pull shoulder blades together and pull them down
3. While maintaining the above noted posture, pull the handles toward you as far as you can before returning to the starting position
4. Shoulder blades should remain pulled together for the duration of the movement

## Incline Neutral Grip DB Press



1. Identical as the flat bench dumbbell press, but elevate the bench to a 30' angle

## Incline Press



1. Refer to Bench Press for grip and elbow angles during movement
2. Set the bench on an incline no greater than 45 degrees
3. Lower the bar to the top of the chest, then drive the bar up as fast as possible

## Inverted Rows



1. Lay on back while placing your feet on an elevated platform or bench
2. Keep your body straight, pull the bar to your chest, then lower yourself slowly to the starting position
3. Keep your feet, hips, and shoulders in a straight line at all times

## Lat Pulldown



1. Grab the handles/bar with a grip that is slightly wider than shoulder width (various grips may be used for this exercise)
2. Pull the shoulder blades together and down
3. Pull the bar down to the top of the chest before returning to the starting position
4. Keep the shoulder blades pulled together and down for the duration of the movement

## Low Row



1. Refer to Hammer Row

## Neck (Forward/Rear/Left/Right)



1. Setup the seat, so your head is completely supported by the pad
2. Grab onto the appropriate handles, and make sure to secure your feet
3. Press into the pad with your head so your neck is straight. Then perform the exercise, always returning to a straight neck positioning

## Neutral Grip DB Press



1. Sit down on the bench with dumbbells resting on your lower thigh
2. Lay down onto the bench while hoisting the dumbbells to your side with your palms facing each other
3. Press the dumbbells in a straight line and then return them down to your chest in a controlled fashion

## Plyo Pushup



1. Setup in a push-up position
2. Explode upwards so your hands leave the floor
3. Drop down into a deep push-up position so your upper arms are parallel with the floor, and pause momentarily before performing the next repetition

## Pull-ups



1. Palms facing away
2. Shoulder width grip
3. Pull to the upper part of your chest
4. Descend controlled
5. Don't completely relax at the bottom. Keep tension in your back

## Pushdowns



1. Face towards a high pulley system or a band
2. Position your hands shoulders width on the attachment
3. Extend the arm down while keeping the elbows tight to your side

## Rear Delt Raises



1. Hips back, bend at the waist, slightly bend your knees, and keep your chest up
2. Your back should be parallel with the ground
3. Slightly bend your elbows at the bottom and keep that bend while raising your arms to the side of your body

### Speed Bench-Chain



1. Refer to Bench Press for grip and bar path
2. Lower the bar in a controlled but fast manner
3. Raise the bar as fast as possible
4. Set the chain up so at the bottom position the weight of the chain is fully resting on the floor

### Speed Bench-Band



1. Refer to Speed Bench-Chain
2. Set up the mini-band so that it is doubled up before being placed around the bar

## Supine Inverted Row



1. Refer to Inverted Row
2. Palms face towards you