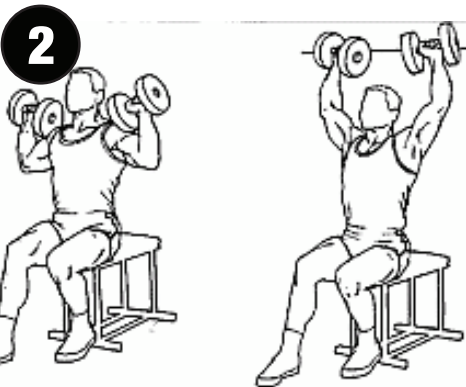


1 **Bar Bell Shrug**

(can use dumb bells as well)

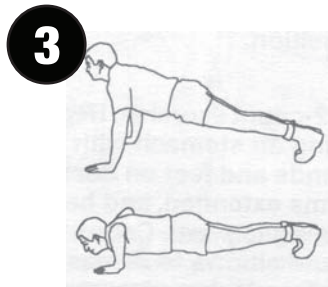
- Feet shoulder width apart
- Hold bar bell comfortably, and shrug shoulders, like saying 'I don't know'



2 **Shoulder Press**

(can use machine as well)

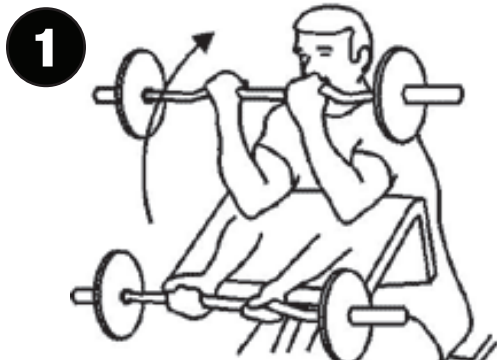
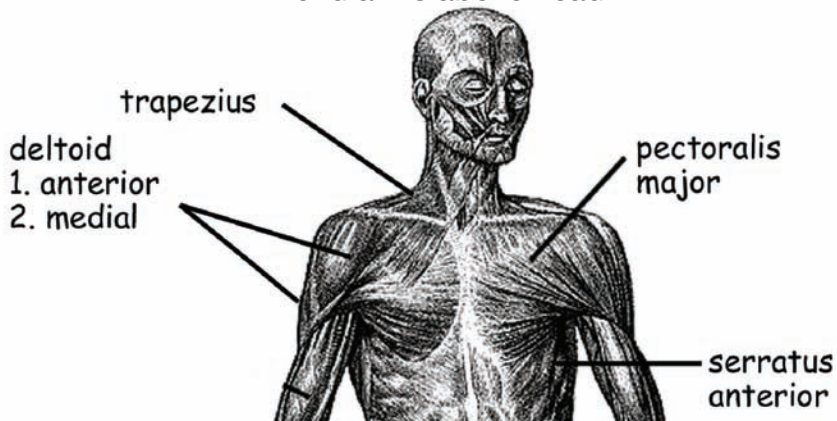
- Feet flat on floor, back straight
- with palms facing forward extend arms above head



3 **Push Ups**

(can do modified)

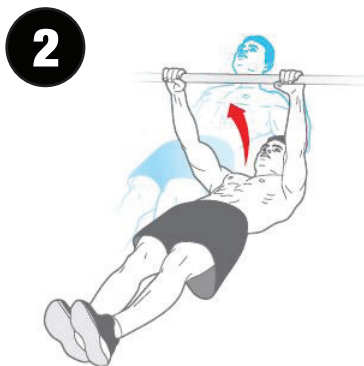
- back flat
- bend arms to 90 degrees
- elbows out to side



1 **Bicep Curls**

(can use dumb bells as well)

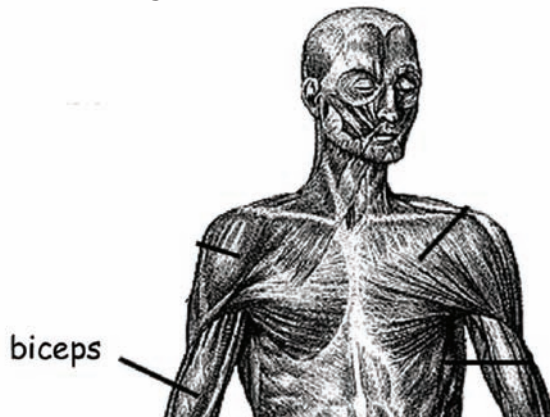
- sit comfortably with feet on ground
- with palms up, bend arms to 90 degrees
- keep elbows on padding



2 **Underhand Inverted Row**

(can also do chin-ups)

- hands shoulder width apart
- keep body flat
- pull body up to bar





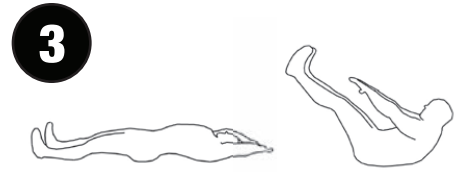
Crunch

- Feet flat on ground
- crunch up raising shoulder blades off ground



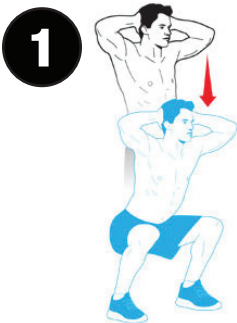
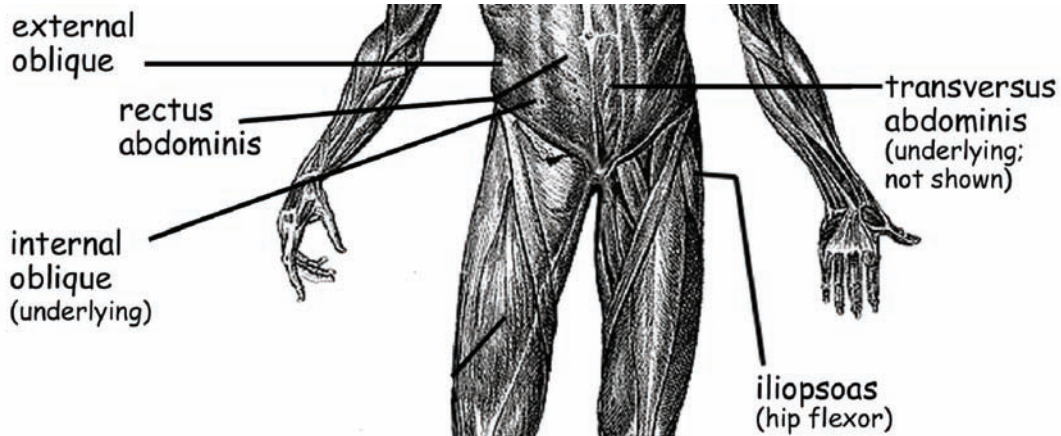
Twist Crunch

- Feet flat on ground
- crunch and point (or touch) elbow to opposite knee



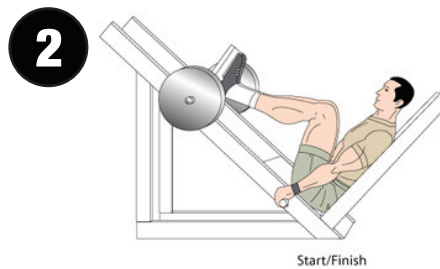
Jack-Knife Sit-up

- lie flat with arms extended
- lift legs/knees up while crunching up with arms to try and touch shins



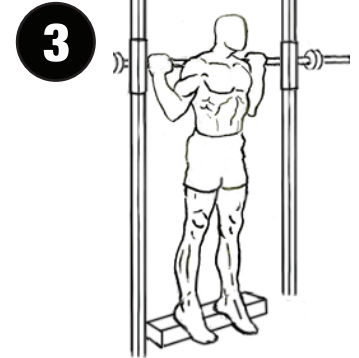
Squats

- stand with feet shoulder width apart
- keeping back straight bend knees
- knees do not go in front of toes
- knees bend to 90 degrees



Leg Press

- keep back flat against pad
- bend legs to 90 degrees
- do not put too much weight on
- keep hands on lock levers

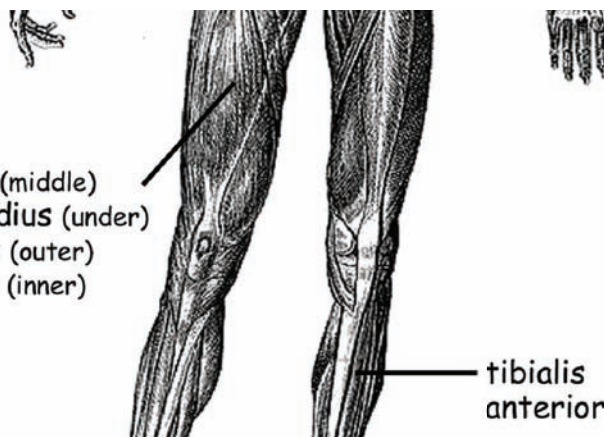


Reverse Calf Raise

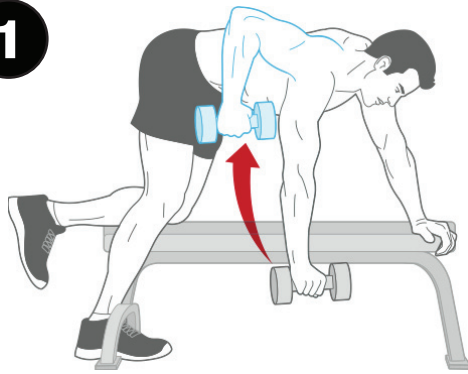
- stand with heels on raised platform and toes pointing down
- can use barbell, or body weight
- raise toes up as far as possible

quadriceps:

1. rectus femoris (middle)
2. vastus intermedius (under)
3. vastus lateralis (outer)
4. vastus medialis (inner)



1



Dumbbell Row

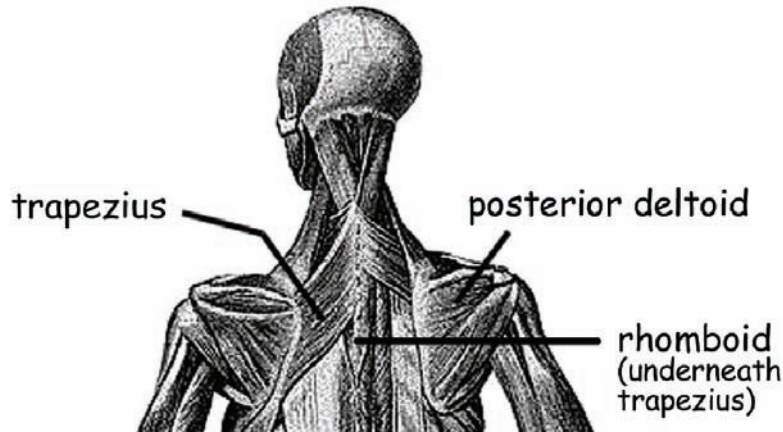
- knee on bench
- back flat
- raise elbow to just above back

2



Inverted Row

- (can also do chin-ups)
- hands shoulder width apart
 - keep body flat
 - pull body up to bar



1

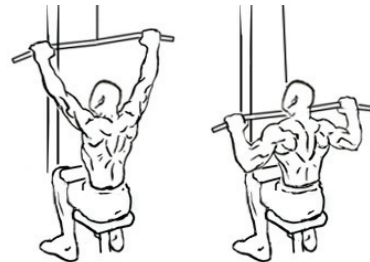


Twist Crunch

- Feet flat on ground
- crunch and point (or touch) elbow to opposite knee



2



Lat Pull Down

- hands comfortably wider than shoulders
- feet flat on ground
- pull bar down to chest
- do not bend back or lean backwards

3



Superman

- lie flat on floor face down
- raise arms and legs as high as possible



1



Lateral Step Up (with or without dumb bell)

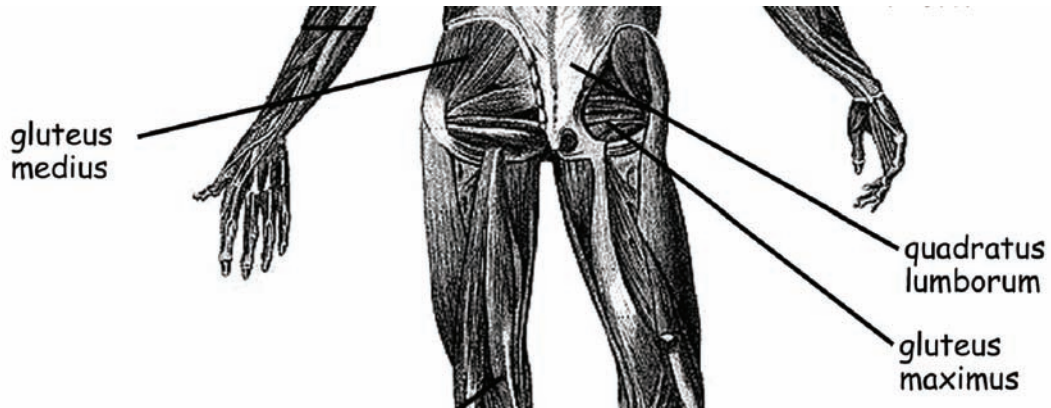
- standing beside a bench, step sideways onto bench and back down
- keep back straight

2

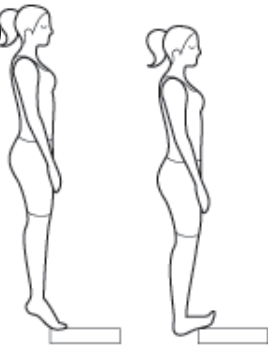


Lunge

- (with or without dumb bell)
- step forward with one leg
 - bend front leg to 90 degrees
 - touch back knee to ground



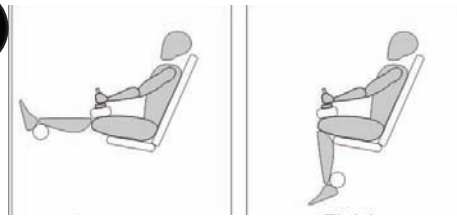
1



Calf Raise

- stand with feet shoulder width apart
- start with heels over edge of raised platform
- raise heels to be high on toes

2



Leg Curl

- keep back against pad
- bend legs to 90 degrees

