

Resistance Training Workouts

These exercises are for your major muscle groups. Before you try these exercises, check with your coach, trainer or fitness specialist to make sure you know how to execute the exercises correctly. Don't rely on your friends or others in the gym to teach you. You would be surprised how many athletes do not know how to workout with weights correctly.

45 Degree Lat Pulldown with bands



- 1) Secure door strap overhead at top of door.
- 2) Start position: Position hands overhead and shoulder width apart. Grasp handles with a neutral grip (palms facing each other) and lean trunk forward in alignment with the angle of the tubing from the point of attachment.

- 3) Pull handles down to approximately ear level, making sure you lead with the elbows and squeeze the shoulder blades together at the end of the pulldown.
- 4) Return to start position.

Comment:

Attach to a door or hook. Great quick exercise. Total resistance

Basic Lat Pulldown with band



- 1) Secure door strap overhead.
- 2) Kneel on one knee with opposite foot flat on floor with knee bent at 90°.
- 3) Start position: Position hands overhead and shoulder width apart. Grasp handles with a neutral grip (palms facing each other).
- 4) Pull handles down to approximately ear level, making sure you lead with the elbows and squeeze the shoulder blades together at the end of the pulldown.
- 5) Return to start position.

Comments:

Another very good quick exercise. Total resistance down and back up.

Bentover Band Row



1. Start by standing on the band with both feet and grabbing each end with your hands.
2. Bend forward to about a 45 degree angle keeping your back flat.
3. Row the bands up towards your waist and let your elbows point towards the ceiling.
4. Return to the starting position and repeat.

Close Grip Chinup



- 1) Position hands shoulder width to slightly narrower than shoulder width apart with underhand grip (palms facing towards body).
- 2) Start position: Hang with arms fully extended and elbows forward. Feet may be crossed with knees bent.
- 3) Pull body up until bar is below chin level.
- 4) Return to start position.
- 5) Remember to keep the movement controlled with the body stable to minimize momentum and body sway. If the bar is too

high, it is advisable to use a step to ensure proper hand placement as well as safety.

Comments:

Use bodyweight only. Can attach weights when you get better.

Dumbbell Bent Over Row



- 1) Stand with feet hip width and knees slightly bent.
- 2) Start position: Bend at hips with back straight and knees bent. Take one hand and place on stationary object that is approximately waist height to support upper body. Hold DB in other hand with a neutral grip and

- let arm hang straight down (perpendicular to floor).
- 3) Keeping elbows close to body, pull DB up to body and squeeze shoulder blades together at top of movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight - hyperextension, flexion, or trunk rotation may cause injury.

Seated Row with Bands



1. Start by attaching a band to the top of a door or fixed object.
2. Sit on the ground with your knees bent and your arms extended up and out.
3. Pull the handles towards your chest keeping your elbows close to your body.
4. Pinch your shoulder blades

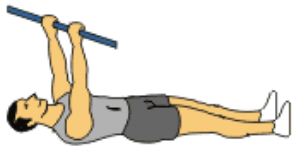
together while performing this movement.

5. Repeat for the prescribed number of repetitions.

Trainer Comments:

Lean back, but keep your back straight.

Modified Pullup



- 1) Adjust bar at waist height on power rack. Lie on back and position body under bar so that bar is directly over chest region.
- 2) Start position: Grasp

bar with overhand grip (palms facing forward) and shoulder width apart. Elbows should be facing forward with the backside of body off the floor. Only the heels are together in contact with ground.

- 3) Pull body up towards bar until bar touches chest.
- 4) Return to start position.

Standing Bent Over Row (barbell)



- 1) Stand with feet hip width and knees slightly bent.
- 2) Start position: Bend at hips with back straight. Hold BB shoulder width apart with overhand grip (palms toward body) and let arms straight down (perpendicular to floor).
- 3) Pull BB up to chest region squeeze shoulder blades together

at top of movement.

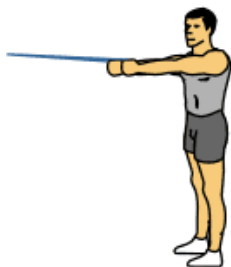
- 4) Return to start position. Keep elbows close to body from start to finish.

Remember to keep back and head straight - hyperextension or flexion may cause injury.

Comments:

Keep back parallel and bring to the chest.

Standing Row with bands



1. Anchor tubing at around belly button or chest level.
2. Grab the ends of the band in each hand with arms at full extension.
3. Pull your hands back towards your navel and pinch your shoulder blades together as you pull.
4. Keep your elbows close to the body and return to the starting position and repeat.

Comments:

Keep your back straight.

Biceps Exercises

Standing Row with bands

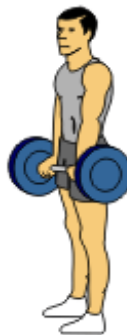


1. Anchor tubing with your feet.
2. Grab the ends of the band in each hand with arms at full extension.
3. Pull your hands back towards your navel and pinch your shoulder blades together as you pull.
4. Keep your elbows close to the body and return to the starting position and repeat.

Comments:

Keep your back straight.

Barbell Curl



- 1) Stand with feet shoulder width apart and knees slightly bent.
- 2) Start position: Grasp bar with underhand grip (palms facing forward) approximately hip width apart and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl bar up to approximately shoulder level. Keep elbows close to sides throughout movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position throughout

movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.

Comments:

Keep back straight. No winging up, come to a complete stop at the bottom. lean against a wall to start so you practice perfect form.

Barbell Preacher Curl



- 1) Adjust seat or arm support height so that, while seated, top of arm support pad is at chest level.
- 2) Position arms shoulder width apart with elbows and upper arm supported on pad.
- 3) Start position: Grasp bar with underhand grip (palms facing up) with elbows slightly bent.
- 4) Flex at elbows and curl bar up until forearms are perpendicular

to floor. Contract biceps at top of movement.

- 5) Return to start position.

6) Remember to keep shoulders stabilized - do not shrug shoulders forward on down (eccentric) phase of movement. Do not fully extend elbows at bottom of movement.

Cable Curl



- 1) Stand approximately 2 feet away from cable pulley with feet shoulder width apart and knees slightly bent.
- 2) Start position: Grasp bar with underhand grip (palms facing forward) approximately hip width apart and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl bar up to approximately shoulder level. Keep elbows close to sides throughout movement.
- 4) Return to start position.
- 5) Remember to keep back and head

straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.

Comments:
Straight back.

Concentration Curl



1. Start position: Grasp dumbbell underhand grip (palm facing forward) allow arm to hang down at side. Elbow should be on inside of knee.
2. Flex at the elbow and dumbbell handle up to approximately shoulder level. Keep elbow touching leg throughout movement.
3. Return to start position.

Comments:
Sculping movement for shaping your bicep.

Dumbbell Curl (one arm)



- 1) Stand with feet shoulder width apart and knees slightly bent or sit in upright position.
- 2) Start position: Grasp DB's with underhand grip (palms facing forward) and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl DB's one at a time up to approximately shoulder level. Keep elbows close to sides throughout movement. Return to start position.
- 4) Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades

together slightly - only the elbow joint should be moving.

Comments:
Stay straight. Lean against a wall

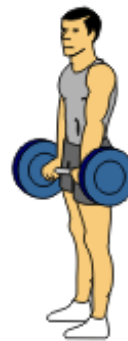
Incline Hammer Curls



1. Start by lying on an incline bench with your arms at your side holding dumbbells and palms facing in.
2. Slowly curl the dumbbells up keeping your palms facing in and your elbows at your side.
3. Return to the starting

position and repeat for the required number of repetitions.

Reverse barbell curls



1. Hold a barbell with an overhand grip and your palms facing your body.
2. Keeping your elbows at your side curl the barbell up to chest level.
3. Return to the starting position and repeat according to the required repetitions.

Comments:
Watch your wrists. If you have any pain stop.

Chest Exercises

Barbell Incline Chest Press



- 1) Lie back onto incline bench (45° or less) with feet flat on floor.
- 2) Position hands on bar wider than shoulder width or lower the unloaded bar to upper chest (where collar bone and sternum joins) and position grip to where forearms are perpendicular to the floor.

- 3) Start position: Lift bar off rack with bar directly over head.
- 4) Lower bar to upper chest (where collarbone and sternum joins)
- 5) Press bar up to starting position.

Comments:

Always have a spotter. never do on your own.

Bench Press (smith)



- 1) Lie on back with head underneath bar, eyes aligned with bar, and feet flat on floor.
- 2) Position hands on bar wider than shoulder width or lower the unloaded bar to chest and position grip to where forearms are perpendicular to the floor.
- 3) Start position: Lift bar and

- release from hooks with bar directly over head.
- 4) Lower bar to chest at the nipple-line.
 - 5) Press bar up to starting position.
 - 6) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. Hyperextension or arching of the back may cause injury. Never lock out elbows. Do not allow bar to bounce off chest.

Comments:

Not to do without a spotter.

Dumbbell Fly



- 1) Sit in an upright position on a flat bench with a DB in each hand. (You may rest each DB on the corresponding thigh.)
- 2) Start position: Lie onto your back and bring the DB's to your shoulders. Press the DB's up directly above the chest with the DB's almost touching and palms facing each other (neutral grip).
- 3) Keeping the elbows slightly bent, lower the DB's out and away from each other in an arcing motion with hands aligned with the nipple-line.
- 4) Let your upper arm go parallel to slightly past parallel to the ground before

returning to the start position.

- 5) To end the exercise, place the DB's on shoulders and return to the seated upright position.

Bench Press (dumbbell)



- 1) Sit in an upright position on a flat bench with a DB in each hand. (You may rest each DB on the corresponding thigh.)
- 2) Start position: Lie onto your back and bring the DB's to your shoulders.

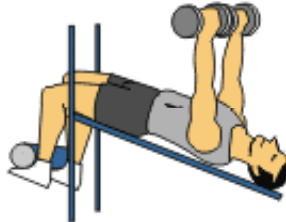
Press the DB's up directly above the chest with palms facing forward.

- 3) Lower the DB's keeping your forearms perpendicular to the floor and your hands aligned at the mid chest area.
- 4) Let your upper arms go slightly past parallel to the floor and press the DB's up to the start position.
- 5) To end the exercise, place the DB's on shoulders and return to the seated upright position.

Comments:

keep your arms at a 45 degree angle. bring weights together at the top of the move.

Decline Dumbbell Bench Press



Position yourself on the decline bench by securing your feet on the provided pads (if available). Rest each DB on the corresponding thigh. Start position: Lie onto your back and bring the DB's to your shoulders. Press the DB's up directly over chest with palms

facing forward.

Lower the DB's keeping your forearms perpendicular to the floor and your hands aligned approximately at the upper chest level.

Let your upper arms go slightly past parallel to the floor and press the DB's up to the start position.

To end the exercise, place the DB's on the corresponding thigh and sit back up to an upright position.

Dumbbell Fly



- 1) Sit in an upright position on a flat bench with a DB in each hand. (You may rest each DB on the corresponding thigh.)
- 2) Start position: Lie onto your back and bring the

DB's to your shoulders. Press the DB's up directly above the chest with the DB's almost touching and palms facing each other (neutral grip).

- 3) Keeping the elbows slightly bent, lower the DB's out and away from each other in an arcing motion with hands aligned with the nipple-line.
- 4) Let your upper arm go parallel to slightly past parallel to the ground before returning to the start position.
- 5) To end the exercise, place the DB's on shoulders and return to the seated upright position.

Comments:

watch your arms so they don't move away from your body when in the down position. Keep at a 45 degree angle.

Incline Dumbbell Chest Fly



- Lie back onto an incline bench (45° or less) with a DB in each hand. (You may rest each DB on the corresponding thigh.)
- Start position: Bring the DB's to your shoulders. Press the DB's up directly above the head with palms facing each other.

Lower the DB's out and away so that your forearms

are almost parallel to the floor and your hands aligned approximately at the upper chest level.

Let your upper arms go slightly past parallel to the floor and pull the DB's up to the start position as if you were wrapping your arms around a tree. Some may say act like you are hugging someone.

To end the exercise, lower the DB's at your side or on the corresponding thigh.

Comments:

watch arms as you go to down position. Don't let arms go past 45 degree with elbow.

Pec Dec



- Sit with back flat against pad. Adjust seat height so that upper arms are parallel to the ground when positioned in the arm pads. Adjust seat-back (if applicable) so upper arms are perpendicular to slightly forward of the body
- Start position: Place arms in pads so that forearms and elbows are in contact.
- Begin movement by contracting chest muscles and joining elbows together.

Return to start position.

Remember to guide the movement with the elbows and not the forearm or hands.

Comments:

great machine exercise for upper chest.

Vertical Bench Press



- 1) Sit in upright or "bench press" position with back flat against bench and feet flat on floor.
- 2) Bottom grip position of lever arm should be aligned at the nipple-line (adjust accordingly either seat back and height adjustment, and/ or lever arm). Elbows should be flexed at 90°

- 3) Start position: Press weight forward (use foot-assist if available).

- 4) Lower weight until upper arm is perpendicular to slightly past perpendicular to body. Return to start position by pressing weight forward.

Comments:

For full chest.

Kneeling pushup with hands on ball



- 1) Get on your knees and place hands 6-8 inches apart onto the flexball.
- 2) Start position: Align hands at nipple line and extend the arms to raise body up. Trunk and hips should be in a straight line.

3) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the flexball.

- 4) Return to the start position by extending at the elbows and pushing the body up.

Comments:

For beginners. be careful not to fall off or hand slip.

Leg Exercises

Bodyweight Forward Lunge



1. Start by standing with your feet shoulder width apart.
2. Step forward with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee.
3. Maintain your upright posture throughout the movement.
4. Return to the starting position and repeat. Once repetitions are completed then repeat with the other leg.

Bodyweight Squats



1. Start by placing feet shoulder width apart and holding your arms out in front of you.
2. Proceed to squat down like you are going to sit in a chair. Your upper body will lean forward slightly and your hips will shift backwards while going down.
3. Remember to keep your knees from going out in front of your toes while squatting.
4. Repeat according to your required repetitions. If you want to make the exercise more challenging hold your

arms at your sides or behind your head.

Comments:

Straight back. great for beginners. keep head up, your back follows your head.

Cable Leg Curls



1. Start by standing in front of the machine with one cable strap around 1 leg.
2. Maintaining your balance curl that leg up and back until your foot almost touches your butt.
3. Return to the starting position and repeat for the prescribed repetitions.
4. Repeat with the other leg.

Comments:

Stay very straight with whole body. don't move hips. Knee as a hinge.

DB Squat



- 1) Grasp DB's and let arms hang down at sides.
- 2) Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to "sit back" so that knees stay over the feet.
- 4) Once thighs are parallel to floor, return to start position.
- 5) Remember to keep head and back straight

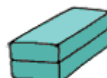
in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.

6) DO NOT allow knees to go past the big toe or deviate laterally or medially throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Comments:

Keep back straight. Legs apart near shoulder length.

Lateral Lunge on Box



Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability. Step laterally 2-3 feet and place foot onto a box 12-24" high. Bend knee into a lunge. Pushing off foot, return to start position. Continue with same leg or alternate as prescribed. Remember to keep head and back upright in a neutral position.

Shoulders and hips should remain squared at all times.

Comments:

This can be done with or without a box. Stretch so back leg is straight.

Lying Hamstring Curl



- 1) Lie face down on bench with pad adjusted to fit behind ankles. If machine does not angle upper torso downward, it is recommended that a pillow be placed underneath stomach.
- 2) Start position: Position

knees below bottom edge of bench or pad. Legs should be straight with knees aligned to the lever arm axis of motion and hands grasping handles or side of bench (if applicable).

3) Raise lever arm by flexing at the knees past 90°.

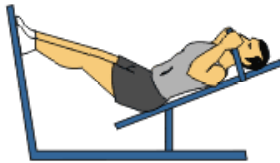
4) Return to start position.

5) Remember to keep hips in contact with bench at all times. Do not hyperextend the low back during movement.

Comments:

Bring up to butt. Squeeze butt as you curl.

Lying Leg Press



Starting Position: Place your shoulders under the pads and your feet should be about shoulder width apart on the platform. Release the safety bars and bend your knees into a squatted position.

Once your thighs break parallel then extend your legs to a soft bend in your knees.

Repeat for the prescribed number of reps.

Keep your abs tight throughout the movement to minimize low back injury or strain.

Comments:

Be careful so you don't get stuck in the bent leg position.

Seated Calf Raise with DBs



- 1) Sit in an upright position with the knees placed at 90 degrees. Position balls of feet on step or any ledge (heels should be off of step). Knees should be directly over the ankles (knees bent at 90°). Place a dumbbell on top of each thigh just behind your knees.
- 2) Start position: Raise heels up by pushing off the balls of feet.

3) Lower heels to below level of step.

4) Raise weight by pushing off balls of feet so that heels are above level of step.

5) Remember to sit upright with back and head straight in a neutral position.

Squat (machine)



- 1) Step under machine arms and position bar across posterior deltoids at middle of trapezius (as shown). Lift elbows up, pull shoulder blades together, and lift chest up to create a "shelf" for the bar.
- 2) Start position: Using the legs, press up and unhook bar from rack. Stand with feet slightly wider than hip width apart and directly under bar. Feet should be slightly turned out approximately 2 inches. Back should be straight in a neutral position.

approximately 2 inches. Back should be straight in a neutral position.

3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly during movement. Be sure to "sit back" so that knees stay over the feet.

4) Once thighs are parallel to floor, return to start position.

5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.

Standing Dumbbell Front Lunge



Position: Stand with feet hip width apart. Grasp arms down at sides.

Stand 2-3 feet forming a 90° bend at the front knee. DO NOT allow front knee to extend past the toe. This may cause injury.

Push off front foot, return to start position. Continue with one leg or alternate as prescribed.

Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

For proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Comments:

Go down until your lead leg is parallel to the ground. Keep your back straight. Look up if you need to.

Standing Machine Calf Raise



- 1) Step into provided shoulder pads. Adjust lever arm so that plates do not touch when lowering the weight.
- 2) Stand with feet hip width apart or stand on the edge of a step on the balls of feet with heels hanging over edge. Toes should be pointing forward.

3) Contract calves by pushing off balls of feet to raise heels up in air (standing on toes)

4) Lower heels and repeat.

5) Remember to keep knees slightly bent throughout movement to prevent any knee strain. Adjust weight load accordingly.

Shoulder Exercises

Alternating Dumbbell Front Raise



1. Stand with feet shoulder width apart or sit on bench in upright position.
2. Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise DB to front of body at shoulder height keeping elbows only slightly bent.
4. Return to start position and repeat with other arm.

Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

Comments:

Works your deltoid muscles. Excellent exercise. raise to chin.

Barbell Upright Row



- 1) Stand with feet shoulder width apart
- 2) Start position: Grasp barbell with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise barbell by pulling elbows towards the ceiling and pull barbell to chest level.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause

injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

Comments:

Make sure elbows are out and raise to top of chest. Stop at bottom for a second. Can also use dumbbells.

DB shoulder press (palms in)



1. Starting position: Dumbbells are at shoulder level with your palms facing your head.
2. Press the dumbbells over your head keeping your palms facing each other.
3. Return to the starting position and repeat. Remember to not arch your lower back as you press the dumbbells over your head.

Comments:

Keep forearms vertical. Always at 45 degrees.

Dumbbell Lateral Raise



1. Stand with feet shoulder width apart or sit on bench in upright position.
2. Start position: Grasp DB's with an underhand grip (palms facing forward). Arms should hang down at sides with elbows slightly bent.
3. Raise DB's to side of body at shoulder height. Keep elbows only slightly bent with thumbs pointing up throughout movement.

4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

Comments:

Weights start in front of you. pretend like your pouring milk. keep weight lower than elbows.

Lying Dumbbell External Rotation



- 1) Lie on side opposite of working arm.
- 2) Start position: Grasp dumbbell and flex elbow at 90° keeping elbow in at

- side. Forearm should be slightly below parallel to floor.
- 3) Rotate arm outward keeping elbow at 90°.
- 4) Return to start position.
- 5) Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

Comments:

Movement for rotator cuff. Great for sports.

Standing Military Press



1. Sit in upright position or stand with feet shoulder width apart and knees slightly bent.
2. Start position: Position barbell to ear level with an overhand grip (palms facing forward).
3. Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Triceps Exercises

Bent Over Dumbbell Tricep Kickback



- 1) Stand with feet hip width and knees slightly bent.
- 2) Start position: Bend at hips with back straight and knees bent. Take one hand and place on stationary object that is approximately waist height to support upper body. Hold DB in other hand with a

neutral grip (palms facing each other). Bend elbow at 90° and raise upper arm so that it is higher than the level of your back (as shown)

3) Keeping elbows close to body and raised, extend forearm back.

4) Return to start position.

5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Stabilize shoulder throughout movement by squeezing shoulder blades together slightly.

Comments:

Keep your arm from shoulder to elbow parallel to the floor. Elbow is a hinge. squeeze at lockout.

Lying Barbell Extension



- 1) Sit in upright position on a flat bench. Grasp bar with shoulder or medium width with overhand grip and rest it on thighs.
- 2) Start position: Lie onto back and bring the barbell to your chest. Press bar up so

that bar is directly over upper chest.

3) Lower bar towards forehead by bending elbows to 90°. Elbows should remain pointing forward.

4) Return to start position.

5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

Comments:

Use ez curl bar or straight bar.

Seated Dip



Sit in an upright position and position hands on dip bars. Start position: Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent. Press the machine arms down until your arms are perpendicular to the floor.

Return to starting position by bending the elbows to a bent position. Remember to keep the trunk bent forward, head neutral, and chest up.

Comments:

Very good machine movement.

Close Grip Bench Press



1) Lie on back with head underneath bar, eyes aligned with bar, and feet flat on floor.

2) Position hands on bar shoulder width to slightly closer than shoulder width apart.

3) Start position: Lift bar off rack with bar directly over head.

4) Lower bar to chest

at the mid to lower chest level keeping elbows pointing forward throughout movement.

5) Press bar up to starting position.

6) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. Hyperextension or arching of the back may cause injury. Never lock out elbows. Do not allow bar to bounce off chest.

Comments:

keep hands almost together.