

# BASIC EXERCISES

Give these beginner exercises a try to get you going in the weight room!

## UPPER BODY EXERCISES

### CHEST



#### CHEST PRESS

**FOCUS:** Chest & Front Deltoid  
**EQUIPMENT:** Chest Press Machine

Tighten your core, keep your hands on the handles, and focus on your chest muscles to push.



#### INCLINE DB PRESS

**FOCUS:** Upper Chest & Front Deltoid.  
**EQUIPMENT:** Incline Bench & Dumbbells

Set a free bench to a slight incline & grab a pair of dumbbells. Keep your elbows in, and connect the dumbbells at the top.



#### BENCH PRESS

**FOCUS:** Chest  
**EQUIPMENT:** Flat Bench & DB/BB

Start with dumbbells and work up to a barbell. Keep your elbows tucked in and feet on the ground. *Don't be afraid to ask for a spotter!*



#### MACHINE FLY (AKA PEC DECK)

**FOCUS:** Inner Chest  
**EQUIPMENT:** Chest Fly Machine

Start with hands slightly behind shoulders. Bring hands together & hold hands together for 1-second.



#### CABLE FLY

**FOCUS:** Upper or Lower Chest  
**EQUIPMENT:** Cable Weight Stack (2)

Set cables high or low. Start with hands slightly behind shoulders. Lean forward and bring hands together in front of chest.

### BICEP



#### DUMBBELL CURL

**FOCUS:** Bicep (long head)  
**EQUIPMENT:** Dumbbells

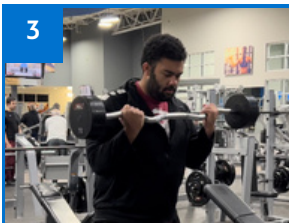
Perform standing. Raise dumbbells while keeping your elbows and shoulders stationary.



#### HAMMER CURLS

**FOCUS:** Bicep  
**EQUIPMENT:** Dumbbells

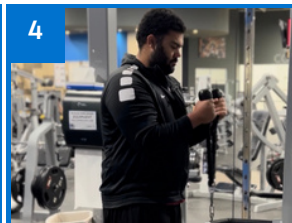
Turn the dumbbells vertical to isolate a different portion of your bicep. Lift both sides together or alternating.



#### EZ BAR CURL

**FOCUS:** Bicep  
**EQUIPMENT:** EZ Bar

An EZ Bar can be easier on your wrists, putting more focus on the bicep. Keep your back straight and elbows stationary to isolate the bicep.



#### CABLE CURL

**FOCUS:** Bicep  
**EQUIPMENT:** Cable Weight Stack (1)

Set the cable at the bottom setting with a rope or handle attachment. Keep your back straight and elbows stationary to isolate the biceps.



#### BACK EXERCISES

Back exercises like a pull-downs, pull-ups, or rows will also use your biceps. Bicep lifts are great support exercises for back day!

### TRICEP



#### TRICEP PUSHDOWN

**FOCUS:** Triceps  
**EQUIPMENT:** Cable Weight Stack

Perform one or two handed. Keep upper arm, elbows, and back stationary. Push hands down, pause at the bottom, control back up.



#### TRICEP KICKBACK

**FOCUS:** Triceps  
**EQUIPMENT:** Light Dumbbells

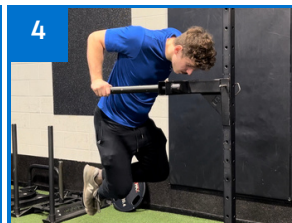
Perform kneeling over a bench (as shown). Keep your upper arm parallel to the ground & control the weight in both directions.



#### OVERHEAD FRENCH PRESS

**FOCUS:** Triceps  
**EQUIPMENT:** Light Dumbbells

Use a dumbbell and a back-supported bench to get acclimated. Start light.



#### TRICEP DIPS

**FOCUS:** Triceps & Chest  
**EQUIPMENT:** Dip Bar or Bench

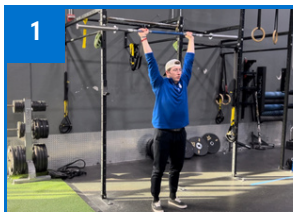
Control the movement in both directions. *Can also set up with a bench behind you and feet on the floor.*



#### CHEST EXERCISES

Chest exercises are push-centric, so you'll target your triceps with those as well!

### SHOULDERS



#### OVERHEAD PRESS

**FOCUS:** Shoulders, Traps, Triceps  
**EQUIPMENT:** Barbell or EZ Bar

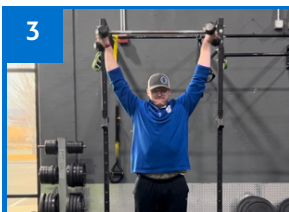
Engage your core, push your hands upward with the bar. Push your head through as you lock out the motion. *Try with a machine first!*



#### BANDED REAR FLY

**FOCUS:** Rear Shoulder  
**EQUIPMENT:** Bench/Box & a Resistance Band

Set up with the band below your feet, bend over your knees and bring your hands up to just below shoulder level. Advance it with dumbbells.



#### LU RAISES

**FOCUS:** Shoulders & Traps  
**EQUIPMENT:** Light Dumbbells  
(no more than 8 lbs)

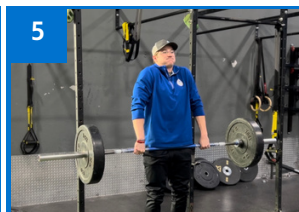
Start with hands at your side, slowly drive hands up (think a snow angel motion) and touch the back of your hands at the top.



#### FRONT RAISES

**FOCUS:** Front Shoulder, Chest  
**EQUIPMENT:** Light Dumbbells

Start with hands at your side, thumbs facing forward. Control the weight up to shoulder height, be sure not to swing the weight down.



#### SHOULDER SHRUG

**FOCUS:** Trapezius (aka Traps)  
**EQUIPMENT:** Barbell, Smith Machine, or Dumbbells

Keep your arms long, shrug your shoulders to your ears. Can also be performed on a Smith Machine or with dumbbells.

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## BACK EXERCISES



### PULLDOWN

**FOCUS:** Lats

**EQUIPMENT:** Cable or Machine Pulldown

Pull the bar to your upper chest. The bar should stop at your chest, don't round your shoulders over the bar. A small lean back is fine (the photo demonstrates perfect lean).



### SEATED ROW

**FOCUS:** Lower Back

**EQUIPMENT:** Seated Row or Machine Row

Use your legs to bring your body back. Bring your hands to your belly button. Choose a close or wide grip to surprise the muscles.



### BACK EXTENSION

**FOCUS:** Lower Back

**EQUIPMENT:** Back Extension Machine

Place pads just below the hip bones, drive with your glutes and lower back. Be sure to keep your back straight. **ALSO TRY** the weight machine version.



### BARBELL ROW

**FOCUS:** Upper back, Lats, Traps

**EQUIPMENT:** Barbell or Smith Machine

Bend at the hips with a slight knee bend. Keep your back straight. Pull the bar toward your belly button & squeeze your shoulder blades together.



### PULL-UP

**FOCUS:** Lats, Biceps

**EQUIPMENT:** Pull Up Station

Imagine pulling your elbows to your torso. Engage your scapula (between your shoulder blades) and your core. Pull toward your upper chest.



### FACE PULL

**FOCUS:** Upper back, rear deltoid

**EQUIPMENT:** Cable Weight Stack & Rope Attachment

Set cable to eye height. Drive elbows back with hands & don't overutilize your bicep. Hands should finish at your ears.

## CORE EXERCISES



### PLANK

**FOCUS:** Core

**EQUIPMENT:** None

Start with elbows and toes on the ground. Hold the position while maintaining a flat back. Don't dip or raise your hips.



### DEAD BUG

**FOCUS:** Core

**EQUIPMENT:** None

Start with your back flat on the floor. Alternate reaching with opposite foot/hand and engage your core. Do not touch your feet to the ground.



### BICYCLE CRUNCH

**FOCUS:** Core

**EQUIPMENT:** None

Start with your back flat on the floor. Alternate tapping your knees and elbows, engaging your core throughout. Do not touch your feet to the ground.



### MOUNTAIN CLIMBER

**FOCUS:** Core

**EQUIPMENT:** None

Start in a high-plank or push-up position and then alternate your legs in a running/climbing motion. Maintain a flat back. *Do this exercise slower for increased core engagement.*



### SUITCASE CARRY

**FOCUS:** Core, Obliques

**EQUIPMENT:** Kettlebell / Dumbbell

Maintain an upright posture throughout. Walk with a single kettlebell down and back, then switch hands. *Keep a slow pace, this isn't a race.*

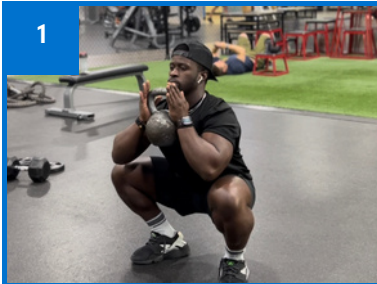
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## LEG EXERCISES



### GOBLET SQUAT

*FOCUS: Quads, Glutes, Core*  
*EQUIPMENT: Kettlebell/Dumbbell*

Hold kettlebell at shoulder height, feet shoulder-width apart. Squat to have quads parallel with the ground.



### LUNGES

*FOCUS: Quads, Glutes, Balance*  
*EQUIPMENT: Light Dumbbells*

Step forward into a lunging motion while keeping your torso upright. Be sure not to bounce your knee. Drive back up through the front foot's heel.



### DUMBBELL RDL

*FOCUS: Hamstrings, Glutes*  
*EQUIPMENT: Light Dumbbells*

Start standing with hands on your quads & a slight bend in the knee. Bend over at the hip, using your hamstrings and glutes to stand up.



### LEG PRESS

*FOCUS: Quads, Glutes*  
*EQUIPMENT: Light Dumbbells*

Start with legs extended. While keeping your back flat in the seat, slowly bring your knees to your chest. Be careful when locking your knees at the top. **START LIGHT!**



### HIP THRUSTS

*FOCUS: Glutes, Hamstrings*  
*EQUIPMENT: Hip Thrust or Booty Builder Machine*

Add appropriate weight. Sit down with weight and use your glutes & hamstrings to drive hips upward.



### LEG EXTENSION

*FOCUS: Quads*  
*EQUIPMENT: Extension Machine*

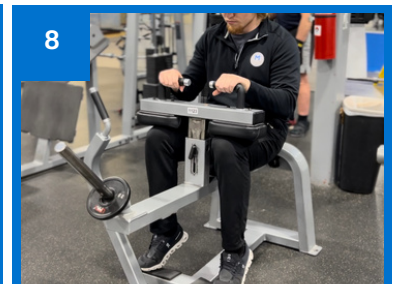
Extend your leg out for a full contraction of the quad muscle. Perform one or two legged. Focus on a slow and controlled motion.



### LEG CURLS

*FOCUS: Hamstrings*  
*EQUIPMENT: Curl Machine*

Lying or seated machines are available. Curl legs toward your glutes using your hamstrings. For seated option, place pad on your quads to prevent movement. **DON'T LOCK THE KNEES OUT!**



### CALF RAISES

*FOCUS: Calves*  
*EQUIPMENT: Calf Raise Seat*

Start in seat with the machine before adding weight. Place pads on top of knee/quad. Raise and lower heels in a slow, controlled motion.



### GLUTE BRIDGE

*FOCUS: Glutes, Hamstrings*  
*EQUIPMENT: Bench or None*

Place your feet slightly ahead of knees & place your hands on the ground at your side. Drive your hips upward using your glutes. Keep your core tight.



### STEP UPS

*FOCUS: Quads, Glutes*  
*EQUIPMENT: Box/Bench, Dumbbells*

Step up with one foot and drive upward through your whole foot. Step down using opposite leg. Start with a box below knee height and bodyweight.



### GLUTE/HAM DEVELOPER

*FOCUS: Hamstrings, Glutes*  
*EQUIPMENT: GHD Machine*

Set your knees to the base of the pads (see photo). Use your hamstrings and glutes to curl your body back up to vertical position. *See the video on our YouTube!*

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