Barbell Squat

Select weight. The Olympic bar in the picture weighs 45 pounds. Use safety collars when adding additional plates. Place the bar on your upper back (not your neck). Stand with feet hip distance apart and knees straight but not locked. Lift your toes inside of your shoes to shift the weight back onto your heels.

Inhale and squat down as if you were sitting on a chair. Ideally, your thighs will be parallel to the floor and your knees will make a 90° angle. You should be able to lift your toes inside of your shoes throughout the motion. Do not let your knees move forward over your toes. Keep your chest up and look forward. Exhale and press through your heels to stand back up.
Dumbbell Reverse Lunge

Select dumbbells. Stand upright and hold the dumbbells by your sides. Draw your shoulder blades down and back to stabilize your shoulders.

(Similar variations include walking lunges, stationary lunges, and forward stepping lunges.)

Step back with your right foot. Lunge down so both knees form 90° angles. Keep your torso upright. Do not let your left knee move forward over your toes. Do not bang your back knee on the floor. Lift your toes inside of your left shoe. Press through your left heel to stand back up. After you have completed one set, repeat on the opposite leg.
Select a weighted barbell. Stand with your feet hip distance apart and your knees straight but not locked. Place hands shoulder width apart on the bar with an overhand grip. Draw your shoulders down and back to stabilize your shoulder blades. Inhale and hinge forward from your hips. Lower the bar toward the floor. Keep your knees slightly bent and your back flat throughout the motion. Beginners may want to stop when the back is parallel to the floor. At the bottom of the motion engage your hamstrings. Exhale and stand up with a flat back.
Bench Press

Pectoralis Major
(Chest)

Deltoids
(Shoulders)

Triceps

Lie on the bench and place your hands wider than shoulder width apart on the bar. The Olympic bar in the picture weighs 45 pounds unloaded. Notice the two line markers on the bar. Place your hands inside of these markers. Always use collars and a spotter when performing this exercise.

Carefully move the bar off of the safety rests. Place the bar directly over your shoulders. Keep your elbows straight but not locked. Inhale and slowly lower the weight to touch the midline of your chest. Exhale and press the weight up to the starting position. When you have completed your set, carefully return the bar to the safety rests.
Dumbbell One Arm Row

Latissimus Dorsi

Biceps

Select a dumbbell. Place your left hand and left knee on a flat bench as shown. Keep your left elbow straight but not locked and your back flat. Dangle your right arm down toward the floor.

Exhale and pull the dumbbell toward your abdomen. Keep your elbow close to your side. Inhale and slowly release the weight back to the starting position.
Dumbbell Shoulder Press

Deltoids (Shoulders)

Select dumbbells. Sit on the seat with your back against the back rest. Place the dumbbells in line with your chin and turn your palms to face forward. Tuck your tailbone under slightly to minimize the curve of your lower back.

Triceps

Exhale and press the dumbbells over your shoulders. Straighten but do not lock your elbows. Inhale and slowly return the dumbbells back to their starting position.
Preacher Curl

Load the EZ curl barbell and secure weights with collars. The unloaded barbell weighs 17 lbs. Alternatively, use a straight barbell or dumbbells for variation. Sit on the machine. Adjust the arm rest height so your arms are in alignment with the pads.

Grasp the inner handles of the EZ-curl bar. Exhale and lift the barbell. Inhale and slowly lower in back to the starting position.
Select dumbbell. Carefully lift the dumbbell overhead and hold the head of the dumbbell as shown above. Bent your knees and tuck your tail bone under slightly to minimize the curve in your lower back. Keep your elbows close to your ears.

Inhale and slowly lower the dumbbell until your forearms are parallel to the floor. Exhale and press the dumbbell back up to the starting position.
Weighted Stability Ball Crunch

Rectus Abdominus

The stability ball recruits more muscles than a basic crunch because it creates an unstable environment. The weighted medicine ball adds resistance. Sit on the ball as shown with the middle of your back on the ball. Keep your neck in alignment with your spine. Do not pull on your neck or dig your chin into your chest. Keep your back straight and feet flat on the floor.

Exhale and lift your shoulder blades off of the ball. Think about bringing your rib cage toward your pelvis. Pause briefly. Inhale and slowly return to the starting position.