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

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

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.

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.
Dumbbell French Press

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.