Safety Guide:

 Moves are in alphabetical order.

Feel free to contact Eric with any questions

**B**

Burpees:

Jump in the air, after you land get into a pushup position, perform a pushup (optional) and then stand back up. That is one rep

Bent over rows:

Using a barbell (long bar with weights on the ends) bend over keeping your back FLAT and hang the weight below you. Proceed to pull the bar into your chest and pulling your shoulder blades back simultaneously.

**C**

Curl:

The most basic of bicep moves. Can be done sitting or standing. For preacher curls, have the back of your arm(s) resting on a slanted surface when the curl is performed.

Chest press:

Otherwise known as a dumbbell press, this move is performed supine on a bench while you push both arms up away from you.

**D**

Dip

With two parallel bars or platforms support your body with a hand on each bar or surface. Lower your body until your elbows hit a 90-degree angle and you feel a slight stretch in the front of your shoulders. Then reverse the motion and bring yourself back to where to started.

Dumbbell fly

In the same position as chest press, start with the weight out in front of you and spread your arms apart keeping a slight bend in your elbows. Bring the weights down until you feel the strain on your pectorals and then bring them back to the start.

Deadlift

Be aware this move is very tedious and should be rehearsed with 0 weight added until your form is perfect. There are various variations of a dead lift however the programs all incorporate the “conventional deadlift”

1. Setup with your feet shoulder width or slightly wider than shoulder width apart

 2. Toes can be straight ahead or turned outward

3. Shins should be approximately 4-6″ AWAY from the bar

4. Grab the bar with a double overhand grip (until the weight gets too heavy) 5. Legs will be straight 6. Take a big breath and force your abdominals outward and hold 7. Drop your hips as your knees shift forward toward the bar

8. Create tension in your upper back and lats by squeezing your armpits and pulling your arms downward

9. Drive the floor away, keeping the bar against your body all the way to lockout

10. Once bar gets to your knees finish the lockout with a powerful glute contraction, finish in a straight line

11. Move hips backward, keeping the glutes and hamstrings on tension

12. The bar will move downward and once the bar reaches the knees, drop straight downward back to the floor

13. REPEAT

**J**

Jump squats:

With your hands behind your head squat down (keeping your knees behind your toes) and pop up throwing your body into the air continually applying pressure through your toes until you leave the ground.

**L**

Lunge:
Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position.

Leg curl:

There are sitting and lying machines for hamstring curls.

Lat pull down

On the machine, choose a light weight first to get the form down, grab the bar and bring it down until it touches your chest.

Lat push down

Standing facing the lat pull down machines, reach out and place your hands on the bar used for lat pull downs. Keeping your arms starting push the bar down until your arms re by your sides.

**M**

Mountain climbers

From the pushup position, rapidly bring your knees up to your chest rapidly (within your comfort zone). This will target your lower abdominals

**P**

Plank:

Support your body on your forearms and toes. Keep your but down and your body flat like a board. To modify the movement try going onto your knees

Pushup:

Get into a plank position with your arms extended and palms on the ground. Lower your body to the ground until your chest touches the ground then push your self back up.

Pushup variations:

-Diamond; make a diamond shape with your hand on the floor

-Wide; place your arms on the floor wider that your shoulder width

-Triceps’ (military); keep your arms touching your side while you go through the motion

Posterior deltoid rotations

Hold a very light weight (if at all) in your hand and pose as if your trying to make a muscle. You know, when you bring your arm up at 90-degree angles up near your ear. Once hear rotate your arm forward from your shoulder keeping that 90-degree angle in your elbow. Then once you’ve rotated so your knuckles are facing the wall in front of you bring the weight back to the starting position.

**S**

Squat:

•Stand with your legs straight and feet hip-width apart.

*•*Extend your arms straight out in front of your body and look forward, toward your fingertips.

*•*Bend at your knees and lower your body down as though you are sitting back into a chair.

•Do not allow your knees to bend over your toes. **Keep your back straight. Squat down until your knees are at a 90-degree angle**.

•Hold this squatted position for a count of two seconds to intensify the exercise.

•Stand back up to starting position to complete one repetition of the squat exercise.

Superman hold:

From lying on your stomach with your hands over your head, lift up your arms and legs so that only your torso is touching the ground

Shoulder press:

Sit upright on a bench and press both arms up vertically keeping them parallel to each other. Do not let your elbows bent past 90 degrees on when you bring them down

Shrugs

While standing upright, with your shoulders back bring your shoulders up without letting your upper body hunch over.

Skull crushers

While lying supine on a bench hold your barbell out in front of you as if you were to bench press. While keeping your elbows inward and parallel to each other (very crucial to avoiding injury) let your forearms fall back so the bar is over your forehead. Then raise the bar back up to the starting position keeping your elbows in place. WARNING. Do no perform this exercise if you feel a tight soreness in your elbows. This is to prevent tendon damage that will occur if perfect form is not executed.

Shoulder fly’s

Standing upright. Use a LIGHT dumbbell and raise your extended arm horizontally or vertically to your body. Be sure to stand up straight!

**T**

Triceps extensions

Can be done horizontally or vertically (overhead). The act of straitening your arm or arms while resistance is applied

**#**

21’s

Generally done with curls, this is the process of performing 7 reps at the bottom half of a curl, 7 at the top and 7 of the full motion.

Tips & Warnings

 While squatting, if you have trouble maintaining your balance, sit back into a chair until your thighs are strong enough to support you otherwise.

Push through discomfort not pain.