

# BICEP WORKOUT



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## ① EZ BAR BICEP CURL

- Hold an EZ-bar in an underhand grip either, just inside shoulder width or just outside shoulder width, keeping elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back
- Curl up by flexing the elbow joint, while keeping your head up and wrists straight
- Return to the starting position under control



## ① CABLE BICEP CURL

- Grasp bar with an underhand grip, keeping elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back
- Curl up by flexing the elbow joint, while keeping your head up and wrists straight
- Return to starting position under control



## DUMBBELL BICEP CURL

- Grasp dumbbells with an underhand or neutral grip, keeping elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back
- Curl up by flexing the elbow joint, while keeping your head up and wrists straight
- Return to starting position under control



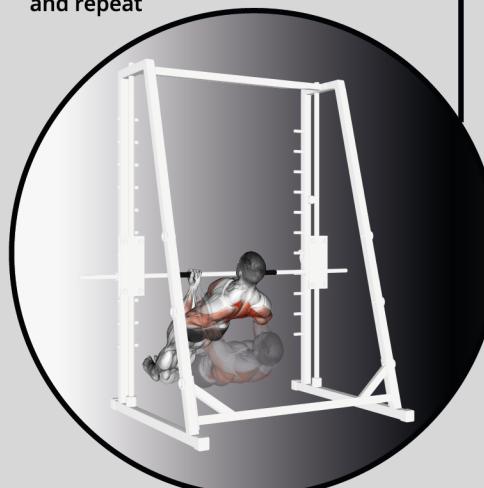
## ① MACHINE BICEP CURL

- From the seated position, grasp the handles with an underhand grip while placing triceps flat against the support pad
- Curl up by flexing the elbow joint, while keeping your head up and wrists straight
- Return to the starting position under control



## BICEP BODY ROW

- Grasp the bar with an underhand grip at shoulder level and lower yourself so that you are hanging underneath it, with feet extended out
- Now, with your core braced and your spine neutral, pull yourself up so that your chin and chest touch the bar
- Lower to full extension under control and repeat



# TRICEP WORKOUT



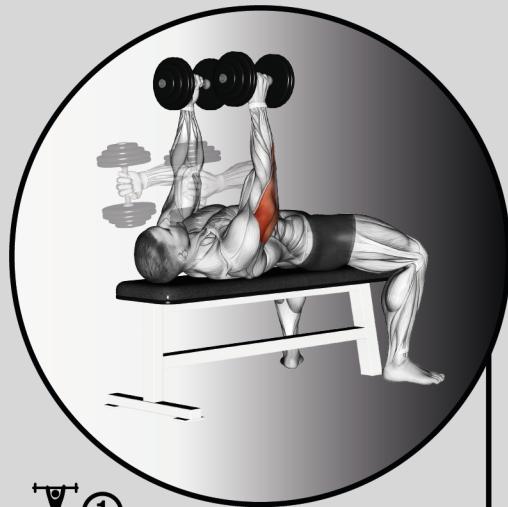
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## ② TRICEP DIPS

- Place your hands on the side of the bench and lift yourself up into position so that your arms are fully extended and your torso is straight up and down
  - Keeping your elbows from flaring out, and your body upright, lower down to fully bend the elbows
  - From the bottom position, focus on pushing through the triceps to push back to the start position.
- Remember to keep your elbows as close to your body throughout



## ① LYING TRICEP EXTENSIONS

- Whilst lying supine on a bench, hold dumbbells directly in line with shoulders
- With arms vertical and palms facing each other, lower dumbbells to the forehead by only bending at the elbow
- Extend arms fully but do not lock out elbows, use a spotter if you are performing this exercise with heavy weights or you are close to failure

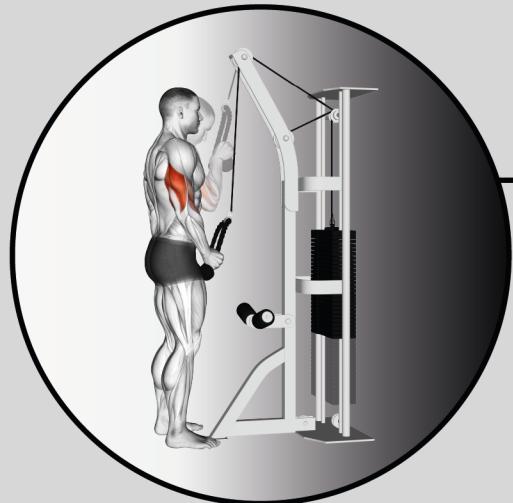


## ② CLOSE GRIP TRICEP PRESS

- Whilst lying supine on a bench, grasp the barbell with a shoulder width grip
- Lower the barbell under control while keeping elbows narrow and tucked to your sides
- Barbell should gently touch low on the chest before pressing back up

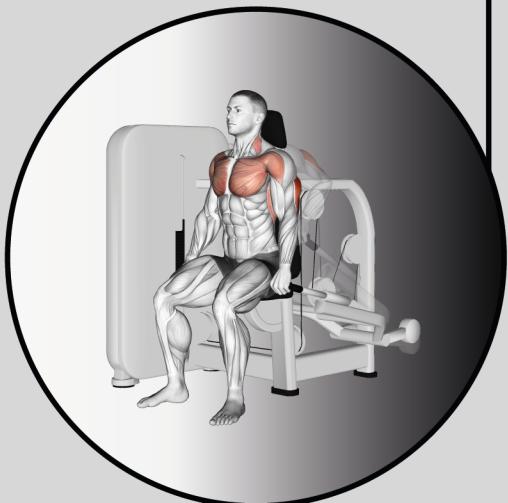
## ② SEATED TRICEP PUSHDOWN

- From the seated position, grasp the handles with wrists straight and elbows tucked to the rib cage
- Press down by extending the elbows and keep elbow tucked
- Return to the start position under control



## ① TRICEPS PUSHDOWN

- Grasp bar/rope with an overhand grip, keeping elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back
- Press straight down by fully extending the elbow joint, while keeping your head up and wrists straight
- Return to the start position under control

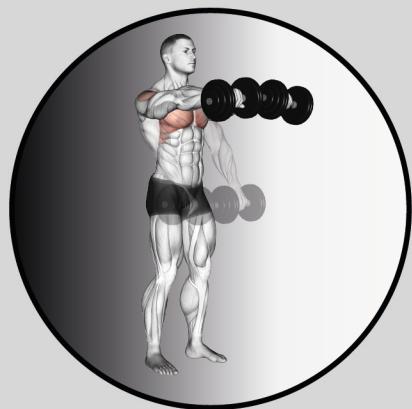


# DELTOIDS WORKOUT



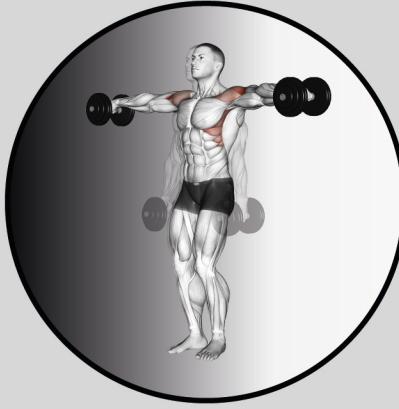
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## FRONTAL RAISE



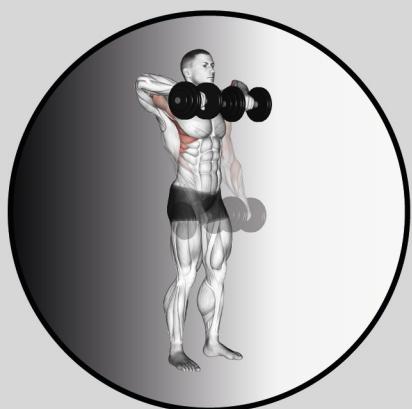
- Standing with feet shoulder width apart, slight bend in the knees, brace core & pull shoulder blades down & back
- Raise dumbbells straight up in front of body to shoulder height, while maintaining a slight bend in the elbow and palms in a prone or neutral position
- Return to the starting position under control while maintaining good posture throughout

## LATERAL RAISE



- Standing with feet shoulder width apart, slight bend in the knees, brace core & pull shoulder blades down & back
- Raise dumbbells out to the side up to shoulder height to form a T-shape with the upper body, while keeping a slight bend and ensuring elbows do not go above shoulder height
- Return to the starting position under control while maintaining good posture

## UPRIGHT ROW



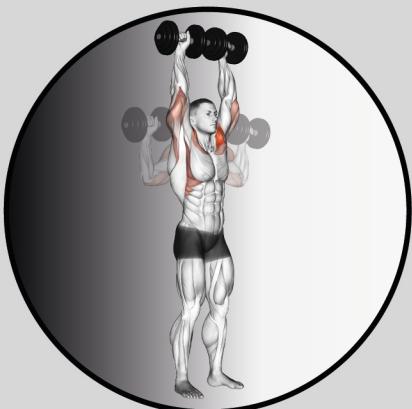
- From the standing position, grasp the bar/dumbbells with an overhand grip and keep core braced and shoulder blades down and back
- Row the bar/dumbbells up in a straight line to chest level ensuring that the elbows do not go above shoulder height

## SEATED SHOULDER PRESS



- From the seated position, grasp the grips at shoulder height with wrists and elbows directly under the grip in a vertical position
- From this position, press the weight up in a straight line without flaring elbows out or overarching the back
- Return to the starting position of shoulder height under control and ensure elbows and wrists stay in vertical position throughout

## STANDING OVERHEAD PRESS



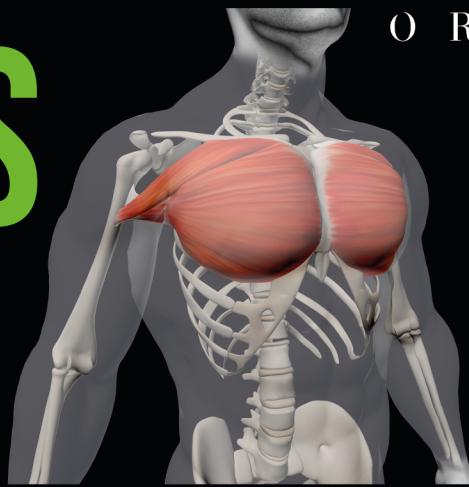
- From the standing position, grasp the bar/dumbbells at shoulder height with wrists and elbows directly under the weight in a vertical position for support
- From this position, press the weight up in a straight line without flaring elbows out or overarching the back
- Return to the starting position of shoulder height

## REAR DELTOID FLY



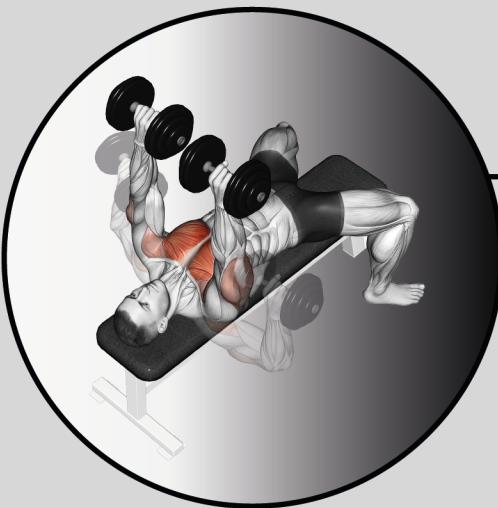
- Grab the horizontal grips with a pronated grip and push the chest into the padding on the seat, feet firmly on the floor
- With your elbows slightly bent, retract the shoulder blades and pull the arms backwards and in-line with the body
- Return under control to the start position

# PECTORALS WORKOUT



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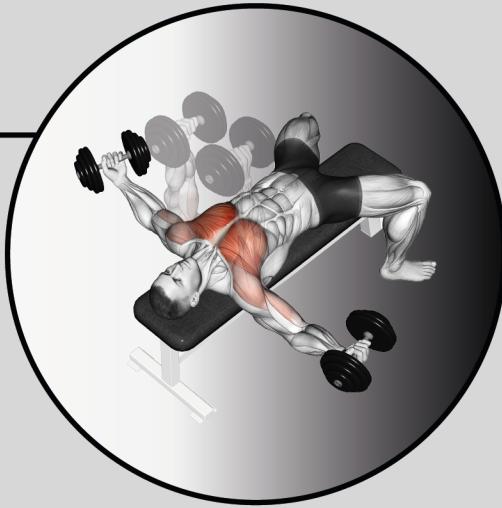
## DUMBBELL BENCH PRESS

- Whilst lying supine on a bench, grasp the barbell with a slightly wider than shoulder width grip, shoulders down and back
- Lower the barbell under control while keeping elbows tucked at approx 30 degree angle and supporting the wrists
- Barbell should gently touch low on the chest before pressing back up



## SEATED CHEST PRESS

- Adjust the seat so the middle of the chest is level with handles, keep the chest up and slight arch in lower back
- While keeping wrists straight, extend arms fully but do not lock elbows, look straight ahead
- Return to start position keeping shoulder blades retracted & chest muscles engaged



## CHEST FLY

- Whilst lying supine on a bench set up between 30-45 degrees or flat, hold dumbbells with a neutral grip and arms extended straight out with a slight bend in the elbow
- With shoulder blades down and back, arms out in front at shoulder height, control the dumbbells down to form a T-shape with the upper body
- Return to starting position while keeping shoulder blades retracted and chest muscles engaged



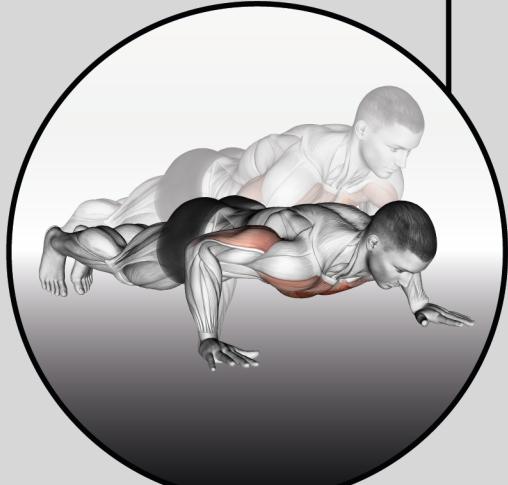
## PRESS UPS

- In a prone position with the hands flat on the floor, at shoulder width
- Brace abs, lower chest to within an inch of the floor
- Push back up, extending arms but not locking elbows



## PEC DECK FLY

- Adjust seat height so that when you grasp the handles with a neutral grip, wrists and elbows are in line with the centre of your chest
- With shoulder blades down and back, arms out to the sides in a T-shape and a slight bend in the elbow, bring your arms together in front of the body
- Return to starting position while keeping shoulder blades retracted and upright torso



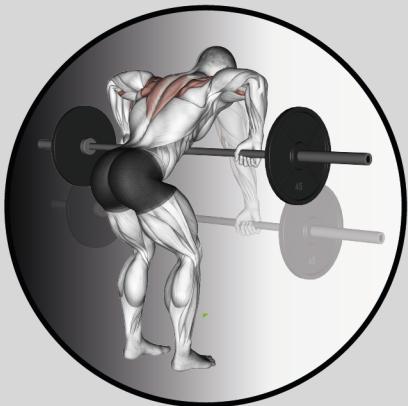
# TRAPEZIUS WORKOUT



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## BARBELL BENT OVER ROW



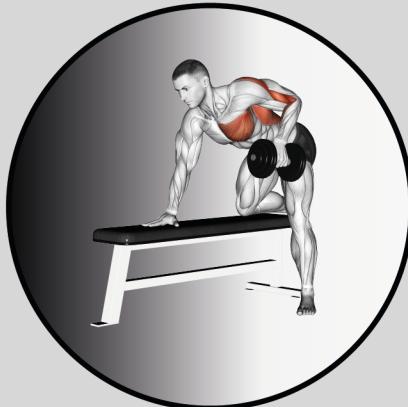
- Grab a barbell with an overhand grip, hands slightly wider than shoulder width apart, chest should be almost parallel to the floor
- With your knees slightly bent, hamstrings, glutes, core and lats all engaged, row the weight upwards into the lower part of your chest
- Return under control to the start position

## MACHINE SEATED ROW



- With chest flat against the support pad and torso upright, grasp handles with a pronated grip (**palms facing down**)
- Keep your shoulders down and back, pull the handles in and towards your midriff while keeping elbows in line with your wrists
- Return to starting position while keeping traps engaged and upright torso

## DUMBBELL SINGLE ARM ROW



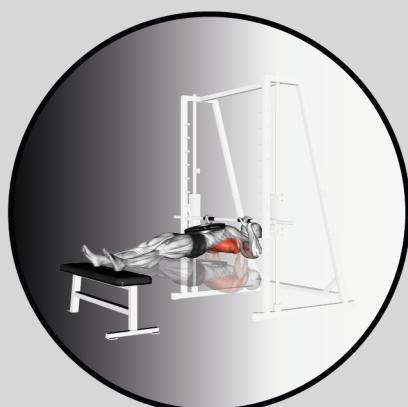
- Place one arm and one knee of the same side on a bench with the upper body parallel to the floor and head neutral
- While holding the dumbbell with a neutral grip, row the dumbbell up towards the hip by contracting the latissimus dorsi and keeping the elbow tucked to the ribcage
- Return to starting position under control, avoiding rotation of torso throughout

## MACHINE SEATED ROW



- With chest flat against support pad and torso upright, grasp handles with neutral grip (**palms facing each other**)
- Keep your elbows tucked, pull the handles in and towards your hips while keeping wrists straight
- Return to starting position while keeping traps engaged and upright torso

## INVERTED BODY ROW



- Grasp the bar with an overhand grip at shoulder level and lower yourself so that you are hanging underneath it with feet extended out
- Now, with your core braced and your spine neutral, pull yourself up so that your chest touches the bar
- Lower to full extension under control and repeat

## CABLE SEATED ROW



- With feet flat on the floor and torso upright, grasp bar with a supinated grip (**palms facing upwards**)
- Keep your elbows tucked, lean back slightly, pull the elbows in and towards your hips while keeping wrists straight
- Return to starting position while keeping traps engaged and upright torso

# RHOMBOIDS WORKOUT



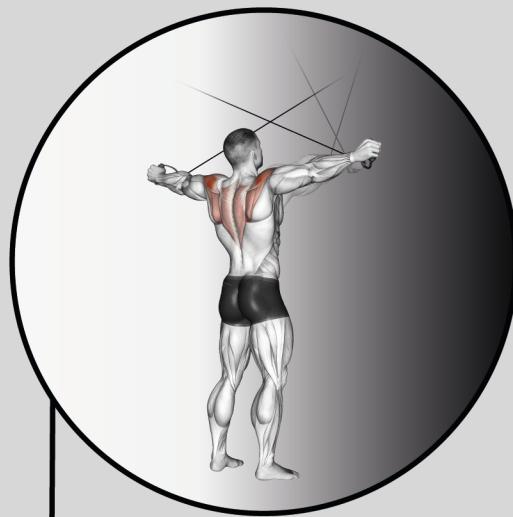
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## SEATED MACHINE REAR FLY

- Adjust seat height so that when you grasp the vertical handles with a neutral grip, wrists and elbows are in-line with the height of the shoulder
- With shoulder blades down and back, arms out in front at shoulder height and a slight bend in the elbow, horizontally extend the shoulder joint to form a T-shape with the upper body
- Return to starting position while keeping traps engaged & upright torso



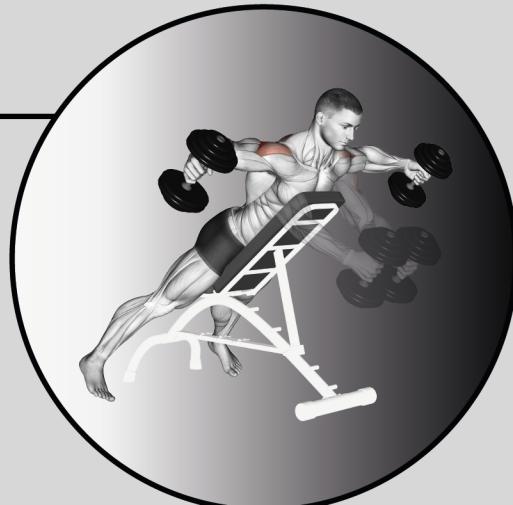
## STANDING CABLE REAR CROSS OVER

- Standing with feet shoulder width apart and a slight bend in the knees, grasp the left handle with your right hand and the right handle with your left hand so they cross over in front of you
- With shoulder blades down and back, arms out in front at shoulder height and a slight bend in the elbow, horizontally extend the shoulder joint to form a T-shape with the upper body
- Return to starting position while keeping traps engaged and upright torso



## DUMBBELL REVERSE FLY

- Whilst lying prone on a bench set up between 30-45 degrees, hold dumbbells in with a neutral grip and arms extended straight out with a slight bend in the elbow
- With shoulder blades down and back, arms out in front at shoulder height and a slight bend in the elbow, horizontally extend the shoulder joint to form a T-shape with the upper body
- Return to starting position while keeping traps engaged and upright torso

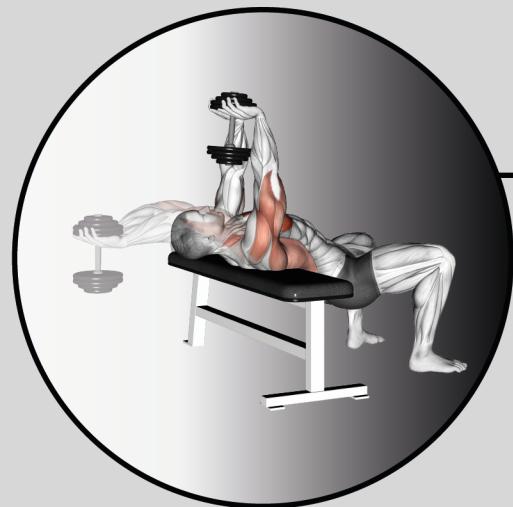


# LATISSIMUS DORSI WORKOUT



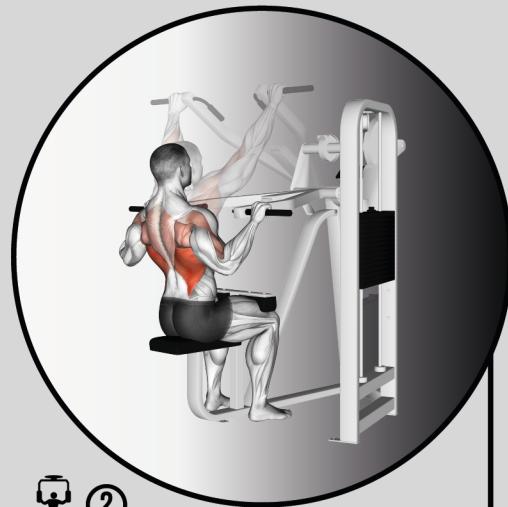
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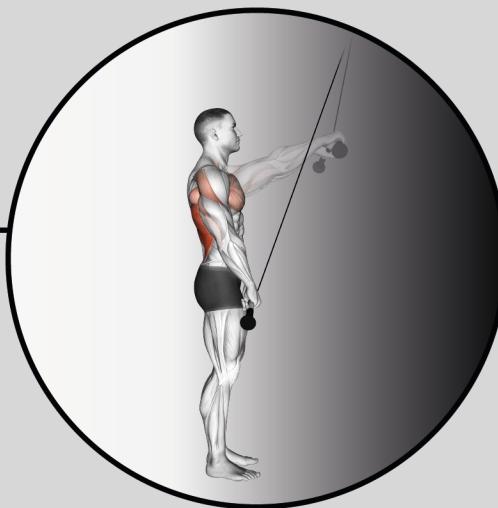
## DUMBBELL PULL OVER

- Lying supine on a bench, hold dumbbell in hands extended straight up with slight bend in the elbow
- Gently lower dumbbell behind the head maintaining a slight bend in elbows and not overarching the lower back
- Return to start position by contracting the latissimus dorsi muscles and ensuring the elbows do not flare out



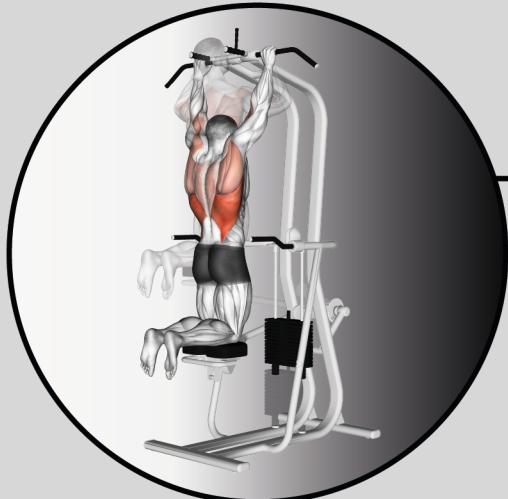
## LAT PULL DOWN

- Seated position with feet flat on floor, knees tucked under the support pad. Grasp the bar with an overhand grip
- Keep your chest up, lean back slightly, pull the elbows down and towards your hips while keeping wrists straight
- The bar should gently touch the upper chest before returning to the starting position under control



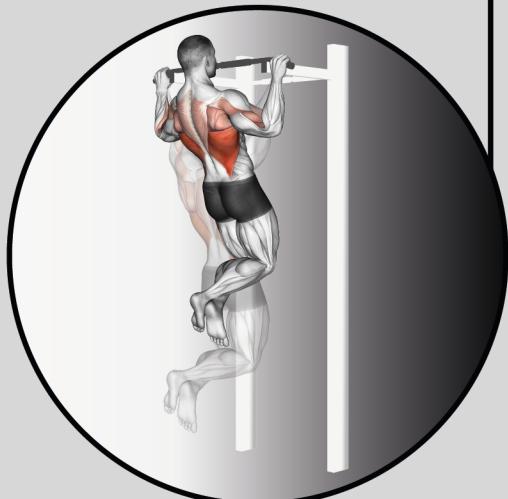
## CABLE PUSHDOWN

- Grasp bar/rope with an overhand grip, keeping elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back
- Press straight down by fully extending the elbow joint, while keeping your head up and wrists straight
- Return to starting position under control



## ASSISTED PULL UP

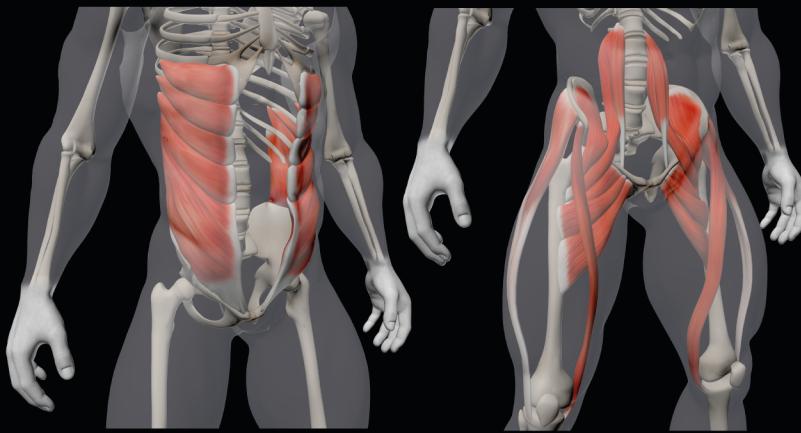
- Set weight to counterbalance the required amount of bodyweight, mount machine carefully, grasp bar with an overhand grip
- Keep your chest and hips lifted throughout the movement. Avoid sitting on heels
- Pull the body up so the chin is level with the hands, descend all the way back down



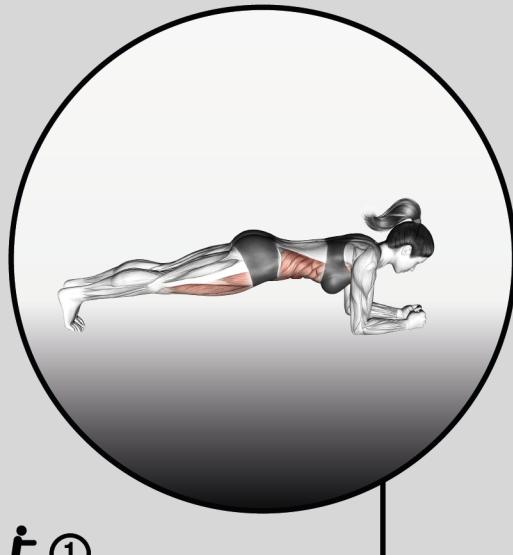
## CHIN UPS

- Grasp bar with an underhand, narrower than shoulder width grip
- Hang from the bar with arms straight, shoulders pulled down and back. Chest lifted, legs bent/crossed or straight
- Pull the chin up to bar and then descend all the way back down

# OBLIQUES & HIP FLEXORS



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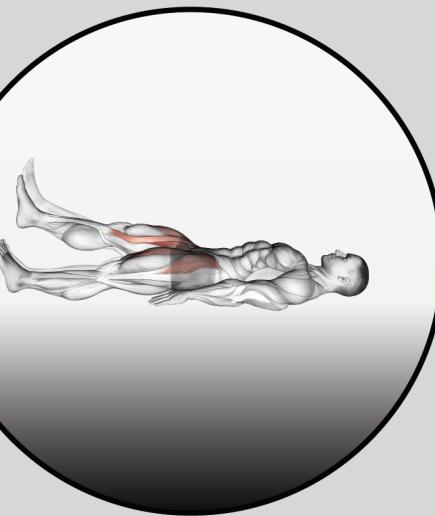


## ① PLANK

- Get in the prone position with your forearms on the ground instead of your hands, your elbows should line up directly underneath your shoulders and toes stay on the ground
- Squeeze your glutes and tighten your abdominals while keeping a neutral neck and spine
- Create a straight strong line from head to toes while holding this position, be sure to control breathing throughout

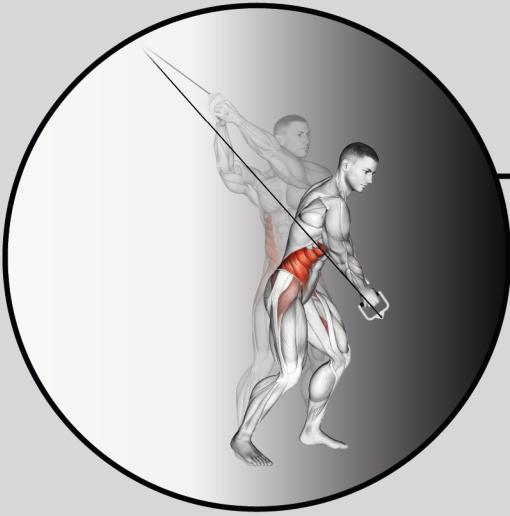
## ① FLUTTER KICKS

- Lie on your back, legs straight and together with arms either down by your sides or placed under your hips for support
- Keep your legs straight and lift one leg up to about a 15-45° angle while keeping the other in place
- Keep core engaged throughout, alternating legs up and down in a controlled manner



## ② BICYCLE CRUNCH

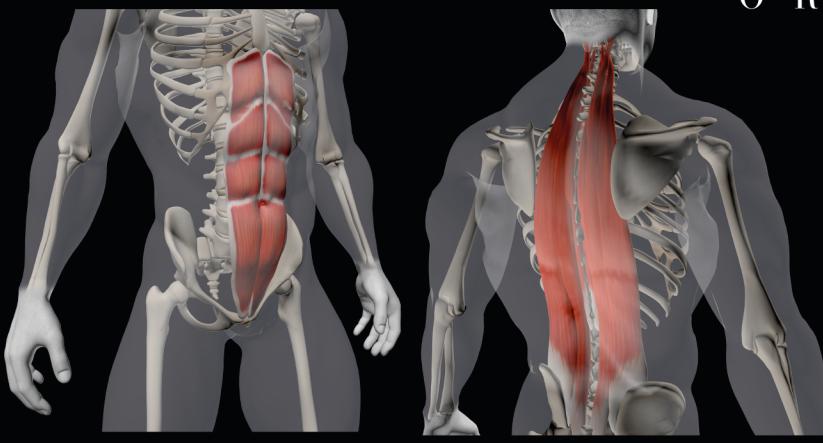
- Lie flat on the floor with your lower back pressed to the ground, put your hands behind your head and knees at a 90° angle, but be sure not to pull on your neck
- Straighten your right leg out to about a 45° angle to the ground while turning your upper body to the left, bringing your right elbow towards the left knee
- Now switch sides and do the same motion on the other side to complete one rep



## ② CABLE WOOD CHOP

- Position your body so that the cable movement will be downward and across the body, like a tree chopping action
- Position the feet comfortably apart and grasp the cable handle with both hands above one shoulder
- Swing the clasped handle downward and across the body until it passes the opposite thigh

# RECTUS ABDOMINUS & ERECTOR SPINAЕ



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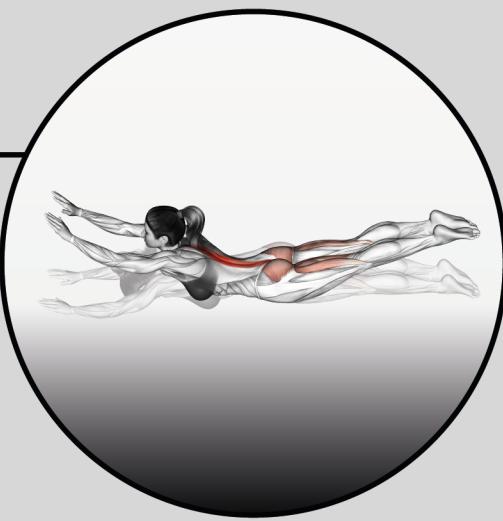
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## ABDOMINAL CURL

- In a supine position, place hands on the temples, across the chest or on the thighs as preferred while keeping the core engaged and low back flat on the mat
- Curl up rather than sit up, there should be approximately 30-degrees of spinal flexion
- Keep legs bent and feet flat on the floor and maintain neutral head alignment throughout

## ② BACK EXTENSION

- In a prone position on the floor, keep legs straight, feet on the floor
- Place hands behind back, straight out overhead or at the temples
- Raise the upper body up until the chest clears the floor, avoiding lumbar hyperextension



## ① SEATED BACK EXTENSION

- Sit into the machine so that feet are on (or behind) foot rest, and the back pad is on your upper back (shoulder blades) while your torso is slightly pitched forward and head remains neutral
- Keep knees above ankles, back straight, abs engaged, and arms crossed at your chest
- Lean back against the resistance while maintaining neutral spine/posture, avoid lumbar hyperextension



## ② SEATED ABDOMINAL CRUNCH

- In a seated position, place your feet under the pads or on flat ground, grab hold of the top handles and ensure your arms are bent at 90 degrees and rest your triceps on the pads
- Begin lifting your legs up as you engage your abs and crunch your upper torso
- Return to the starting position under control while keeping your head in a neutral position throughout

# GLUTEALS WORKOUT



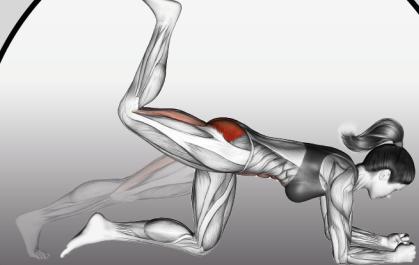
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## DUMBBELL REAR LUNGE

- While holding dumbbells down by your side and keeping your torso straight, step backwards into a split stance position, the heel of your back foot should be raised
- Bend both knees to lower slowly until your back knee almost touches the floor, then push back up to the starting position through the heel of the front leg
- Complete all your reps on one leg, then switch to the other



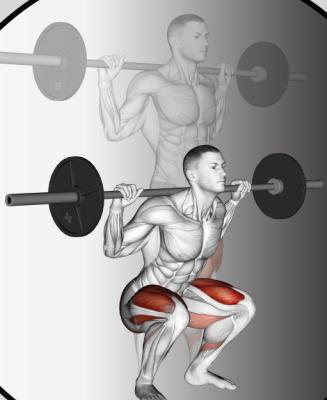
## GLUTE KICKBACKS

- Start on hands and knees with shoulders above your hands, with one leg extended straight back, the other knee below hip
- Lift extended leg up by squeezing the glutes, be sure not to hyperextend the back
- Lower leg back to the start position under control, complete all your reps on one leg before switching to the other



## GLUTE BRIDGE

- Lie face up on the floor with knees bent and feet flat on the floor, arms by sides
- Lift the hips off the floor by squeezing glutes until knees, hips and shoulders form a straight line
- Be sure not to hyperextend the back at the top, lower under control whilst keeping glutes engaged



## SQUAT

- Set your feet shoulder-width apart, toes slightly turned out, keep core braced and eyes looking forward and dumbbells held down by your sides
- Slowly bend at the knees and drop your hips to lower your body, keep your heels flat on the floor, avoid letting dumbbells cave knees inwards
- At the bottom of the movement and after a slight pause, strongly push back up to the starting position



# HAMSTRINGS WORKOUT

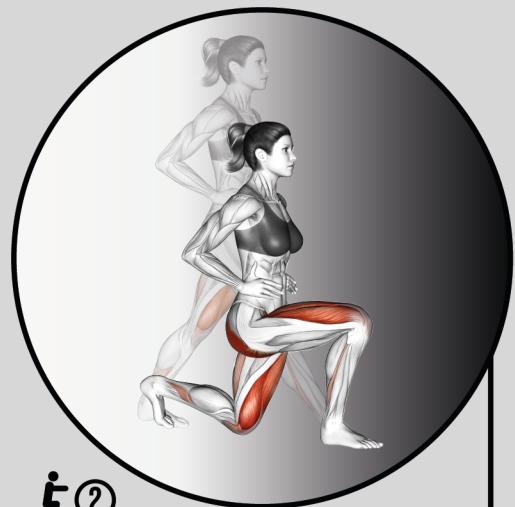


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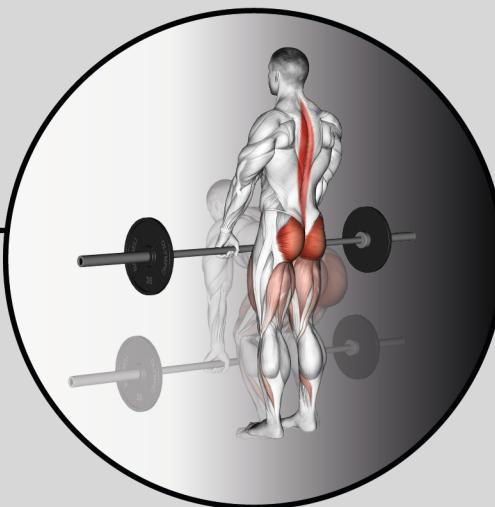
## SEATED LEG CURL

- Adjust the back pad to line the knees up with lever arm pivot point, position roller just behind ankles
- Flex the knee joint to bring the roller downward and underneath the body, ensuring that the hips do not raise up off the pad during the movement
- Return to start position under control, ensuring the knees do not hyperextend



## LUNGE

- Keeping your torso straight, step forward into a split stance position, the heel of your back foot should be raised
- Bend both knees to lower slowly, the back knee almost touches the floor, then push all the way back up to start position through the heel of the front leg
- Complete all your reps on one leg, then switch to the other



## DEADLIFT

- Grip the bar with an overhand or mixed grip, elbows tucked into rib cage, lats engaged and brace your core
- Bend your knees and sit your hips back until you feel the hamstrings engage, keep hips weight on the heels, pull shoulders back and down, maintain a neutral spine
- From here, stand up straight extending the knees and hips simultaneously, ensure the back does not round and a neutral spine is maintained



## 45° LEG PRESS

- While sitting at a 45° angle, place feet completely on footplate, slightly wider than shoulder-width apart, toes slightly turned out, keep core braced and eyes looking forward
- Pushing through the sole and mid foot (not the toes), extend legs fully but do not lock knees
- Lower under control, avoid rounding the lower back at bottom of the movement



# QUADRICEPS WORKOUT



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## DUMBBELL SQUAT



- Hold dumbbells at your side, set your feet shoulder-width apart, toes slightly turned out, keep core braced and eyes looking forward
- Slowly bend at the knees, drop your hips to lower your body, keep your heels flat on the floor, avoid letting dumbbells cave the knees in
- At the bottom of the movement and after a slight pause, strongly push back up to the starting position

## WEIGHTED REAR LUNGE



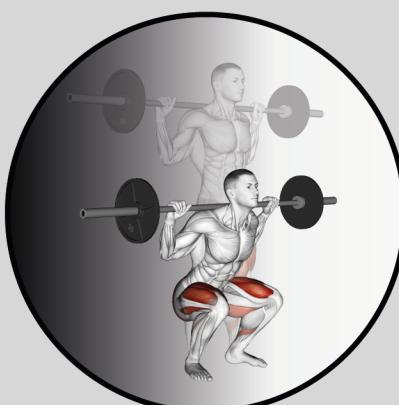
- Hold dumbbells by your side, keeping your torso straight, step backwards into a split stance position, the heel of your back foot should be raised
- Bend both knees to lower slowly. The back knee should almost touch the floor, then push back up to starting position through the heel of the front leg
- Complete reps on one leg, then switch to the other

## LUNGE



- Keeping your torso straight, step forward into a split stance position, heel of the back foot should be raised
- Bend both knees to lower slowly until your back knee almost touches the floor, then push all the way back up to the starting position through the heel of the front leg
- Complete reps on one leg, then switch to the other

## BARBELL BACK SQUAT



- With barbell resting on upper traps, and wrists and elbows directly under bar in a vertical position for support. Feet shoulder-width apart, toes slightly turned out, core braced and eyes looking forward
- Slowly bend the knees and drop hips to lower the body, keep heels flat on the floor, ensuring wrists and elbows remain vertical
- At the bottom of the movement and after a slight pause, strongly push back up to the starting position

## LEG PRESS



- Place feet completely on footplate, slightly wider than shoulder-width apart, toes slightly turned out, keep core braced, eyes looking forward
- Pushing through the sole and mid foot (not the toes), extend legs fully but do not lock the knees
- Lower under control, avoid rounding the lower back at the bottom of the movement

## LEG EXTENSION



- Adjust the back support to line knees up with lever arm pivot point, position roller just above ankles
- Extend legs fully but under control, ensuring to avoid any hip extension during the movement
- Return to start position under control, don't allow the weights to touch inbetween repetitions

# ABDUCTOR & ADDUCTOR



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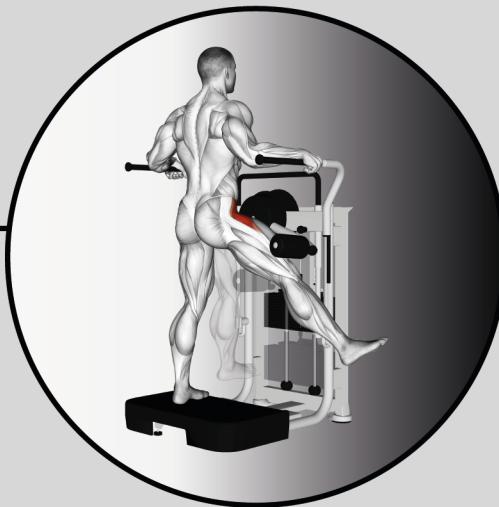
## GLUTE BRIDGE HIP ABDUCTION

- Lie face up on the floor with your knees bent and feet flat on the floor, arms placed by your sides
- Lift the hips off the floor by squeezing glutes until knees, hips and shoulders form a straight line, from here abduct the knees by pushing them outward
- Be sure not to hyperextend the back at the top, lower under control whilst keeping glutes engaged



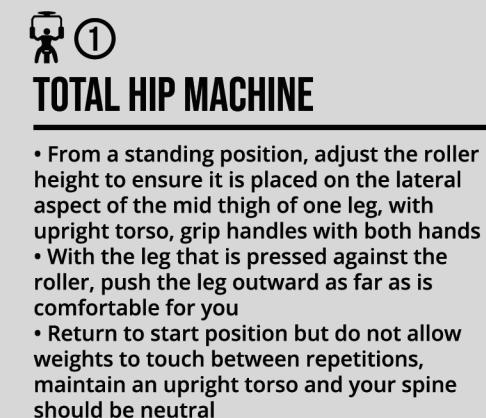
## SEATED HIP ABDUCTION

- Place feet on foot plates and outside (lateral) of knees against pads.
- Push legs outward as far as is comfortable
- Return to start position but do not allow weights to touch between repetitions, maintain an upright torso and neutral spine



## SEATED HIP ADDUCTION

- Place feet on foot plates and inside (medial) of knees against pads
- Starting in as wide a position as flexibility will allow, bring legs together
- Return to the starting position under control, maintain an upright torso and neutral spine



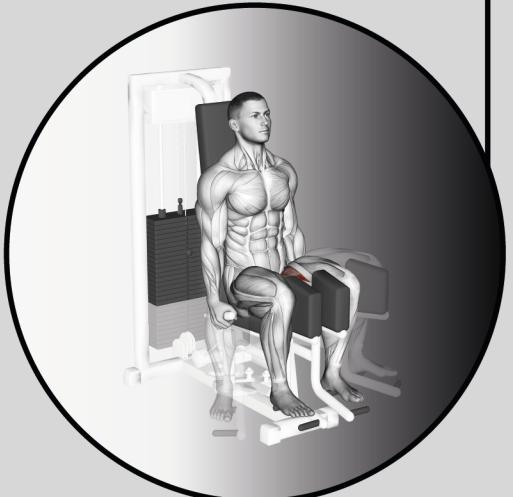
## TOTAL HIP MACHINE

- From a standing position, adjust the roller height to ensure it is placed on the lateral aspect of the mid thigh of one leg, with upright torso, grip handles with both hands
- With the leg that is pressed against the roller, push the leg outward as far as is comfortable for you
- Return to start position but do not allow weights to touch between repetitions, maintain an upright torso and your spine should be neutral

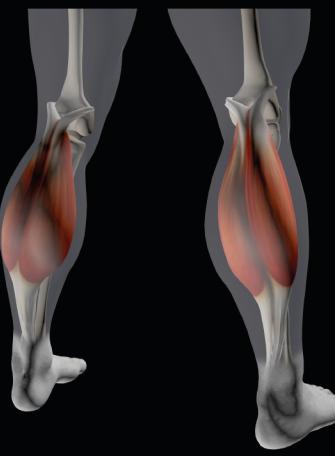


## SUMO SQUAT

- Set your feet approximately 6 inches outside of shoulder, toes should be facing at a 45° angle, keep core braced and eyes looking forward
- Slowly bend at the knees and drop your hips to lower your body, keep your heel flat on the floor and ensure that your knees track in line with your toes (45°)
- At the bottom of the movement and after a slight pause, strongly push back up to the starting position



# GASTROCNEMIUS & SOLEUS WORKOUT



**KEY:**

FX	
FW	
BW	
ISO	①
COM	②



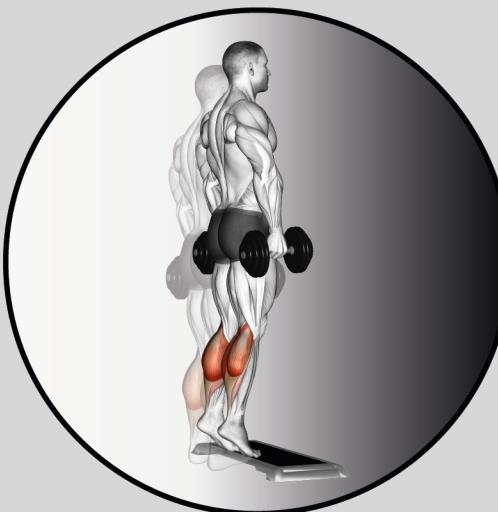
## ① 45° CALF PRESS

- While sitting at a 45 degree angle, keep a slight bend in your knees and place the balls of your feet on the footplate
- With your toes pointing forwards, raise your heels up and contract your calves
- Slowly return to the starting position under control



## ② SEATED CALF RAISE

- In a seated position with knees tucked tightly under the pad, place the balls of your feet on the footplate
- With your toes pointing forwards, raise your heels up and contract your calves
- Slowly return to the starting position under control



## ① DUMBBELL STANDING CALF RAISE

- Stand upright holding two dumbbells by your sides, place the balls of your feet on an exercise step or weight plate with your heels touching the floor
- With your toes pointing forwards, raise your heels off the floor and contract your calves
- Slowly return to start position under control



## ① STANDING CALF RAISE (SUPPORTED)

- Stand upright holding onto a support in front of you, place the balls of your feet on an exercise step or weight plate with your heels touching the floor
- With your toes pointing forwards, raise your heels off the floor and contract your calves
- Slowly return to start position under control

# DYNAMIC STRETCHES



## DYNAMIC CHEST STRETCH

- Keep arms parallel to the floor, reach as far forward as comfortably possible with straight arms
- Keeping arms parallel with the floor, return the arms simultaneously and clap the hands lightly
- Keep the spine in a neutral position throughout exercise



## LUNGE WITH TWIST

- Keep front shin vertical and knee behind toes
- Lower rear knee to within an inch of the ground
- Maintain upright torso, rotate upper body toward leading leg

## SQUAT TO OVERHEAD REACH

- Keep heels flat, push the hips back, avoid rounding the back, keep chest up,
- Look straight forward, use a smooth, controlled tempo to rise upwards coming up onto the toes and pointing the fingers to the sky
- Return towards the floor reversing the above action



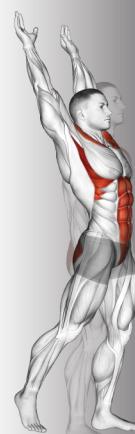
## POSTERIOR STEP WITH OVERHEAD REACH

- Stand up tall. Take a step backwards whilst reaching above your head
- Fully stretch the body up and back
- Return to a standing pose and repeat using the alternate leg



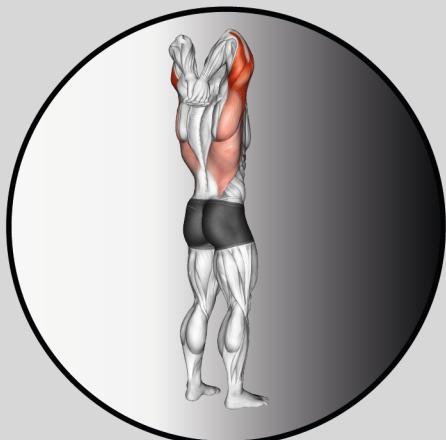
## SQUAT TO OVERHEAD REACH AND TWIST

- Keep heels flat, push the hips back, avoid rounding the back
- Keep chest up, look straight forward
- Using a smooth, controlled tempo, stand up tall reaching above the head with a twist

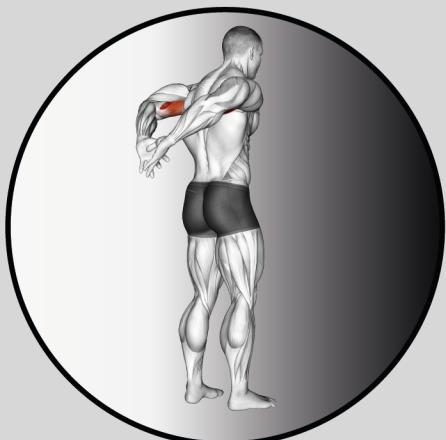


# STATIC STRETCHES

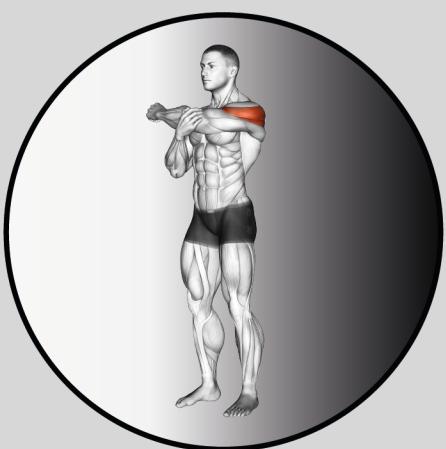
## UPPER BODY



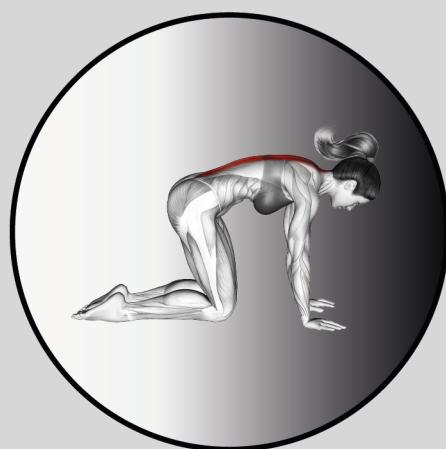
TRICEP STRETCH



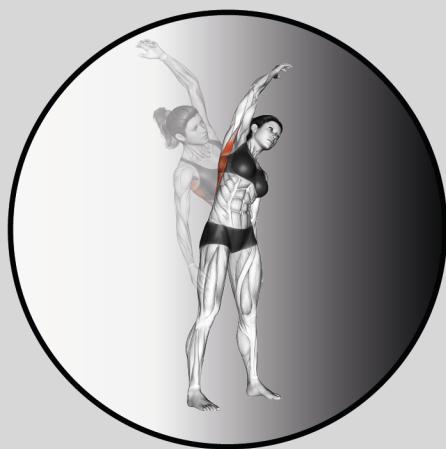
BICEP STRETCH



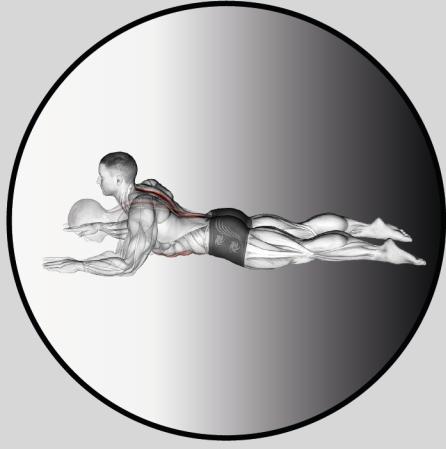
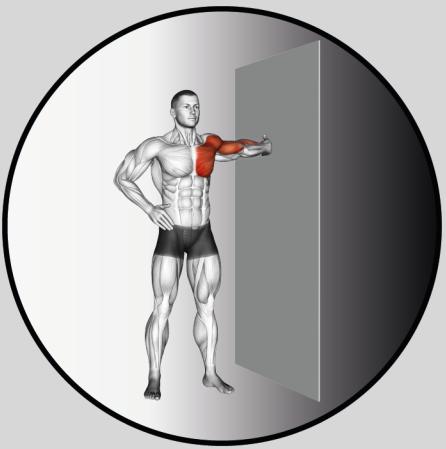
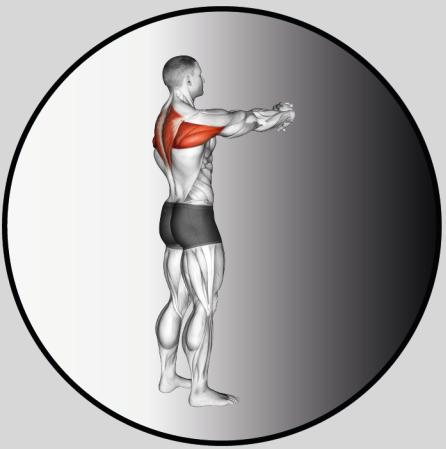
DELTOID STRETCH



ERECTOR SPINAE STRETCH



LATISSIMUS DORSI STRETCH



TRAPEZIUS AND RHOMBOID STRETCH

PECTORAL STRETCH

ABDOMINAL STRETCH

# STATIC STRETCHES

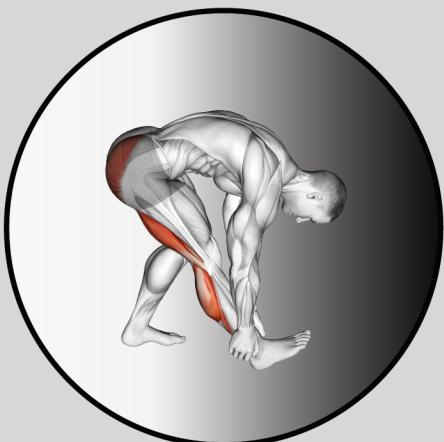
## LOWER BODY



HIP FLEXOR STRETCH



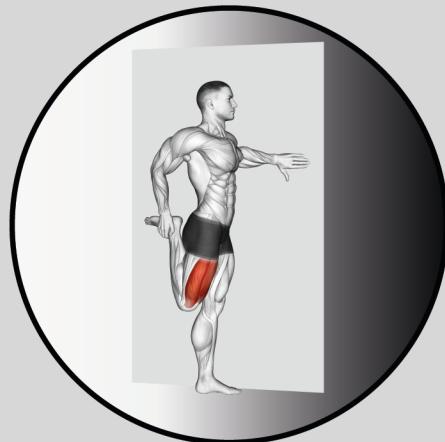
LYING QUADRICEP STRETCH



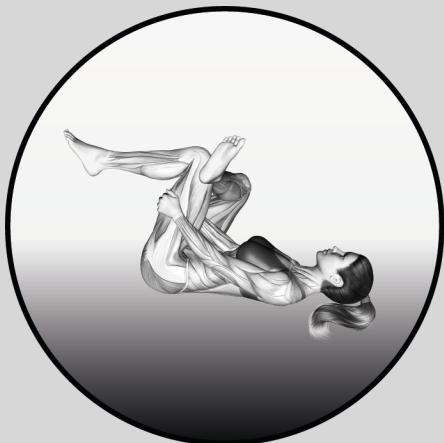
STANDING HAMSTRING STRETCH



GASTROCNEMIUS STRETCH



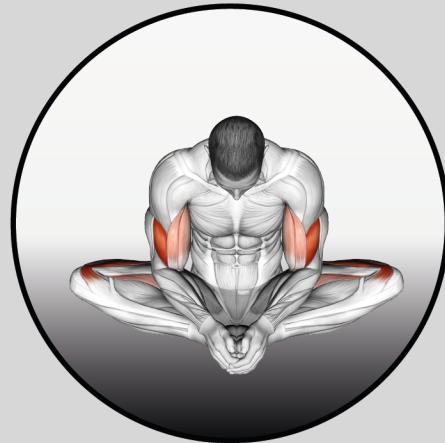
STANDING QUADRICEP STRETCH



GLUTEAL STRETCH



OBIQUE &amp; ABDUCTOR STRETCH



ADDUCTOR STRETCH