**GUNNFIT 4-WEEK FIX YOUTUBE CLIPS**

Machine Chest Press - <https://www.youtube.com/watch?v=xUm0BiZCWlQ>

Machine Rows - https://www.youtube.com/watch?v=8MKGArS7w7c

Dumbbell Lateral Raise - https://www.youtube.com/watch?v=3VcKaXpzqRo

Machine Bicep Curls - https://www.youtube.com/watch?v=M\_uPvGrMx\_o

Machine Tricep Extensions - <https://www.youtube.com/watch?v=qCF_hG27jVU> or <https://www.youtube.com/watch?v=kJo3fiUgdV4> depending on what machine is available

Max Effort Plank - https://www.youtube.com/watch?v=pSHjTRCQxIw

Machine Leg Press - https://www.youtube.com/watch?v=Oxy31rMrTeo

Machine Leg (hamstring) Curls - <https://www.youtube.com/watch?v=jxctD6fL_FQ> (preferred) or https://www.youtube.com/watch?v=ELOCsoDSmrg

Machine Leg (quads) Extensions - https://www.youtube.com/watch?v=YyvSfVjQeL0

Machine Standing Calf Raises - https://www.youtube.com/watch?v=YMmgqO8Jo-k

Machine Lat Pulldown - https://www.youtube.com/watch?v=kwJeh3QyhVE

Machine Shoulder Press - https://www.youtube.com/watch?v=Wqq43dKW1TU

Smith Machine Squats - https://www.youtube.com/watch?v=AHnX-aimA4E

Abductor/Adductor Machine - <https://www.youtube.com/watch?v=GmRSV_n2E_0> & <https://www.youtube.com/watch?v=2b97cvyH9sE>

Bench Press - <https://www.youtube.com/watch?v=EPetH7lopsE> or with dumbbells <https://www.youtube.com/watch?v=P-C9UOQb0Pg>

One-Arm Dumbbell Row - https://www.youtube.com/watch?v=pYcpY20QaE8

Dumbbell Shoulder Press - https://www.youtube.com/watch?v=qEwKCR5JCog

Dumbbell Curls - https://www.youtube.com/watch?v=sAq\_ocpRh\_I

Tricep Rope Pushdown - https://www.youtube.com/watch?v=vB5OHsJ3EME

Dumbbell Squats to Bench - https://www.youtube.com/watch?v=lDq799WEDsE

Straight Bar Deadlifts - <https://www.youtube.com/watch?v=JD9J2f4UgCY> (can use the same preset bar that you used for bench press because some bars may be too heavy)

Bodyweight Walking Lunges – <https://www.youtube.com/watch?v=6EfX6ET_TyA> KEEP THE CHEST HIGH AND PROUD AND DO NOT LET YOUR KNEE SHOOT FORWARD OVER YOUR TOES

Dumbbell Calf Raises - <https://www.youtube.com/watch?v=-M4-G8p8fmc>

Air Squats - <https://www.youtube.com/watch?v=jQr-Zo4m0os>

Smith Machine Incline Press - <https://www.youtube.com/watch?v=b8DqTO6ak0k>

Straight Bar Rows - <https://www.youtube.com/watch?v=OMlh_52Q7yQ>

Dumbbell Shoulder Flyes - https://www.youtube.com/watch?v=ttvfGg9d76c

Straight Bar Curls - https://www.youtube.com/watch?v=LY1V6UbRHFM

Dumbbell Tricep Kickbacks - https://www.youtube.com/watch?v=6SS6K3lAwZ8

Barbell Squats - <https://www.youtube.com/watch?v=40p1qQZTNRw> I am NOT fan of squatting to extreme depth. I actually recommend putting a bench behind you so you can squat back onto it much like the dumbbell squats.

Dumbbell RDL - https://www.youtube.com/watch?v=FQKfr1YDhEk

Dumbbell Walking Lunges - <https://www.youtube.com/watch?v=SniKHGKDJyU> same cues as the bodyweight lunges!