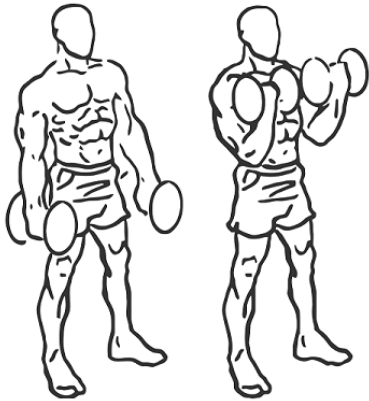


# YOUR WORKOUT

## Biceps

### Exercise 1



#### **Bicep Curls:**

- 1) Stand straight with weight(s) in hand
- 2) Raise weights using elbows and twist your forearm until your palm is level with your shoulder
- 3) Lower to original position and control weight
- 4) Can do both at once, or alternating

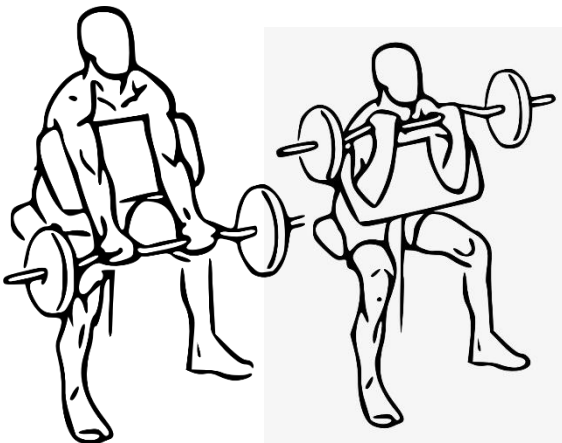
### Exercise 2:

#### **Incline Dumbbell Curl:**

- 1) Set up bench at 45 degrees
- 2) Start with arms hanging off the side of the bench towards the floor holding dumbbells
- 3) Curl arms towards shoulder
- 4) Can do both at once, and alternating.



### Exercise 3:

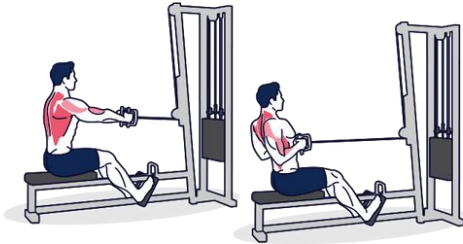


#### **Preacher Curls:**

- 1) Lean arm over elbow rest, while holding weight.
- 2) Curl weight up to shoulder
- 3) Control weight back until forearms are parallel with ground.

# Back

## Exercise 1:



### Seated Rows:

Overhand Grip – Upper Back

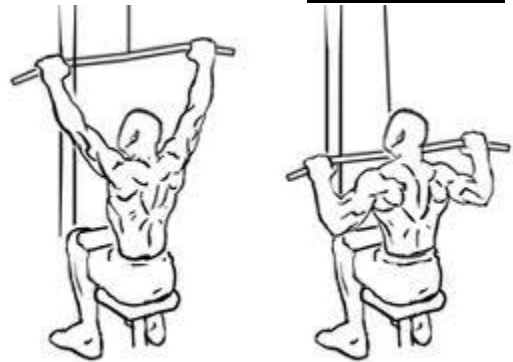
Neutral Grip – Mid Lats

Underhand Grip – Lower Back

- 1) Sit with your back straight, and grip handle of cable
- 2) Pull back the handle using your arms, and puff your chest
- 3) Pull handles towards body until your hands are near your stomach

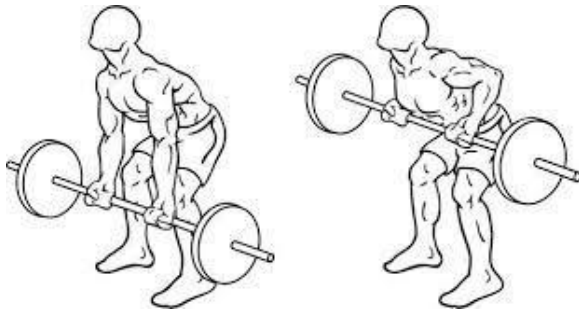
## Pulldowns:

- 1) Grip cable while hands are spaced a bit
- 2) Lay flat on the bench
- 3) Lower elbows to line up with mid chest, if using a barbell, lower bar to your mid chest
- 4) Raise the weights until elbows have locked.



## Exercise 2:

## Exercise 3:



### Dumbbell Row:

- 1) Grab Weights and hinge hips forward, make torso parallel to ground
- 2) Hang shoulders over and pull your elbows straight behind you (towards ceiling)
- 3) Control weight to rest position.