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COMPLETE EXERCISE GUIDE

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EXERCISE GUIDE

CHEST EXERCISES

BB Bench Press / Incline Bench Press



Special Notes: First retract your shoulder blades into the pad to “lock” your shoulders in place. This will ensure that the tension stays on your chest. Finish the movement with the elbows slightly bent.

DB Bench Press / Incline Bench Press



Special Notes: Same retraction technique of the shoulder blades as mentioned above. Lower the weight into a deep stretch of the chest. The DB's should finish OUTSIDE of your shoulders, NOT ABOVE your shoulders “clicking” the weights together. The purpose is to keep tension in the chest throughout the entire range of motion.



DB Fly / Incline Fly



Special Notes: Retract Shoulder blades first. Open up the DB's WIDE, making sure to not turn the movement into a press. Finish the exercise with the weights outside of the shoulders just like the DB chest press above.

DB Incline Press Fly



Special Notes: This movement emphasizes the negative portion (the lowering of the weights). Simple perform a regular negative rep for the fly, then tuck the DB's into a press position (where you are stronger), press them up above your head and control the negative fly again. This movement is a combination of both a press and a fly. Great exercise when the chest is nearing fatigue.



Machine Chest Press / Hammer Strength Chest Press



Special Notes: Retract shoulder blades into pad and slide out in the seat slightly to get into a “locked” position. Shoulders do NOT move forward whatsoever during this movement. Focus your attention on the upper middle fibers of your chest and SQUEEZE. Intentions may be applied to this as well. (See Intention video).

Decline DB Fly



Special Notes: This exercise can be performed on a decline bench OR a flat bench with your legs elevated. I prefer this second one, as it creates an unstable surface to work from and shifts your center of gravity more towards your chest instead of your stomach. Be careful not to drop the DB's too far down and over stretch the chest and shoulders.



Machine Fly / Cable Fly / Incline Cable Fly



Special Notes: Movement may be performed with many different cable angles. Picture shows a high cable pulley. Perform exercise by leaning slightly forward to maintain your center of gravity and focusing on bring your elbows as close together as you can get them. The handles don't matter as much. SQUEEZE the chest while keeping your shoulders back.



SHOULDER EXERCISES

DB Shoulder Rotators



Special Notes: Make sure to keep the elbows up during this movement. The rotation happens at the shoulder joint ONLY, so be sure to maintain the 90 degree elbow position. “Stretch” on the way down only what your shoulders are comfortable with performing. Exercise may also be performed lying down on a bench in which the stretch would be in the opposite position.

DB Laterals



Special Notes: Be sure to contract your deltoids BEFORE the movement begins. “lock down” your entire body as the arms move upward leading with the elbows. Contracting the abs helps to do this.



Front DB Raise Alternating



Special Notes: Exercise may be performed with Barbell or DB's or Plates. To get a full contraction of the front deltoid, perform a slight internal rotation of the upper arm much like the "steering wheels" below. DB does not need to be raised much higher than your face. Keep the arms straight throughout the movement.

Steering Wheels



Special Notes: This exercise is used to put the anterior deltoid in its maximally contracted position with the upper arm rotated "inwards". The bottom arm of this movement will assist slightly, however it is your job to create the MOST tension in the upper arm. Remember to "lock down" your torso before moving.



Bent over DB Rear Delt Fly



Special Notes: Back should be positioned at about 45 degrees in a “locked” position. For a tighter contraction of the rear deltoid, lead with the pinky finger holding the DB instead of the top of your hand (shown in picture). Be careful not to “swing” the DB’s up and down. Control, control, control.

Barbell / DB Shoulder Press



Special Notes: Barbell should come down to no further than your chin level. Be sure to keep tension on the deltoids then entire range of motion which means to NOT lock out your arms at the top. This prevents the triceps from engaging completely. It is also necessary to sit up completely straight in the bench to maintain posture.



BB Wide Upright Row



Special Notes: The goal of this exercise is to create a compound lift for the medial deltoids using both the elbow and shoulder joints. Be sure to lead with the ELBOWS upward. This may require you to lean slightly forward but not too much to maintain this position. Contract deltoids without using the traps to elevate the bar.

Reverse Pec Deck



Special Notes: The rear deltoids are isolated the most when the helping muscle (the triceps) are put in a “weaker” position – being contracted completely. This means to straighten the arms completely BEFORE the movement begins. Also be sure to keep your chest up but with your



shoulders pushed forward with a flat back. Aim the handles to the far walls (left and right), NOT backward.

Machine Lateral Raises



Special Notes: Keep the chest up against the pad while leaning slightly forward into the machine. As the delts fatigue, you will notice your body starting to lean backwards, which you DON'T WANT. Keep the pressure of the pads on your elbows, not your hands.

BB Rear Delt Overhead Ext



Special Notes: Use LIGHTER weights to practice this exercise. Maintain a wide grip and focus on the contraction of the rear delts as the bar is being raised above the head. Be sure to lock down the abs before the movement begins.



DB Arnold Press



Special Notes: The DB's rotate to the front on the lowering portion of this exercise. Be sure to keep the elbows up slightly, never allowing the delts to completely relax. Do not lock out arms at the top of the movement.

Decline DB Front Raise



Special Notes: Start with light weights when performing this exercise. Use extreme caution when lowering the DB's as it puts an intense stretch on the front deltoid. DB's shoulder be lowered to the side of your hips but not lower. Remember to breathe consistently never allowing the DB's to come all the way up above your face. CONSTANT tension.

BACK EXERCISES

Straight Arm Lat Pulldown



Special Notes: The goal of this exercise is to place your lats in a fully stretched position, which means to “lean into the stretch” at the beginning of the movement (shown in picture 1). Lead with the ELBOWS backward and squeeze the lower lats never allow the tension to leave. Do not pause at the bottom.

Barbell Row



Special Notes: Barbell should aim to reach your belly button. Lead with the elbows, focusing your attention on squeezing the center of your back. Maintain a “locked” body position other than the arms moving.

DB Row / Single Arm DB Row / T-Bar Row



Special Notes: Same locked position as mentioned above, however the elbows are tucked into the body with the palms facing each other. There is no need to straighten the arms completely on the lowering portion of the movement.

Single Arm Lateral Cable Row



Special Notes: One of the only exercises that can be used to somewhat isolate the lats. Stand completely sideways and tuck the elbow into the side of your body contracting your lats as hard as possible.

Seated Row



Special Notes: Allow the back to FULLY stretch on the lowering portion of this movement. Pretend that the forearms and hands are not even there and that your elbow position is the only part that matters. Think: relax the back, CONTRACT the back. Be sure to keep the chest up!

Incline DB Row



Special Notes: Similar to the bent over DB Row however the incline bench provides more stability. Keep the chest up and lead with the elbows.



Pull Ups



Special Notes: The first two pictures show the most critical part of the movement. RETRACT your shoulder blades FIRST before anything else. THEN proceed into the normal pull up position, squeezing the back as hard as you can. Lead with the elbows.

Lat Pulldown



Special Notes: The lat pull down is performed in the exact same way as the pull up, however using a cable lat pull down or similar machine as pictured above. Bar should come down to the chest leading with the elbows.

Reverse Grip (underhand) Pull down

Special Notes: Keep the chest up tall and retract the shoulder blades while leading with the elbows. Pull the bar as far down as your upper body will allow, contracting your back.



High Cable Row



Special Notes: Lean back slightly to maintain your center of gravity. Be sure to lock down your body before the movement begins, controlling everything with the contraction of your back!



Hammer Strength Row



Special Notes: Get a FULL stretch of the back on the lowering portion of the movement, while still keeping the chest up tall. Lead with the elbows and pinch the upper traps and back as hard as possible.



BICEP EXERCISES

Standing / Seated DB Curl



Special Notes: Retract the shoulder blades keeping the chest up and elbows back. As you curl the DB, focus on leading up to the ceiling with the pinky finger. This will give you a tighter contraction of the biceps.

Barbell Curl



Special Notes: Same position in the chest and shoulders as mentioned above. Make sure the hands are neutral grip in alignment with the shoulders.



Preacher Curl / Machine Preacher Curl



Special Notes: This exercise may be performed in either the close or wide grip position, depending on how wide your shoulders are and what is comfortable. Lower the BB all the way down and contract the TRICEPS for a split second before curling the bar back up. Tension is only held at about a 90 degree angle of the arm – do not go higher than that.

Cable Curl / Single Arm Cable Curl

Special Notes: Keep the elbows back and chest up on this exercise allowing the biceps to work completely by themselves.



Two arm high curl



Special Notes: This is a unique variation of the cable curl that has the sole purpose of putting the biceps in a maximally contracted position. Keep the elbows high and contract the biceps as hard as you can leading with the pinky fingers. This will help stimulate the upper fibers of the biceps.

Reverse Grip Cable Curl

Special Notes: The goal of this exercise is to stimulate the forearms more so than the biceps. Palms are facing down during this movement, however the arm position is the same as a normal cable curl as mentioned above.



Incline DB Curls



Special Notes: The goal of this exercise is to place the biceps in a fully stretched position. Curl both DB's up at the same time keeping the upper arm locked without movement the elbow forward!

DB Hammer Curls



Special Notes: Changing up your grip on this exercise will provide some advantages. Start with your hand at the "bottom of the DB" when in the hammer curl position. This will ensure that you're overloading the stretched position with slightly more resistance. As the set progresses, your hand may slide up to the top of the DB to push to full fatigue.



TRICEP EXERCISES

Overhead cable Triceps Ext



Special Notes: Keep the elbows high throughout the entire range of motion with the shoulder blades back and retracted. We want to minimize any shoulder recruitment so that all of the tension is placed on the triceps.

Triceps Rope Pushdown

Special Notes: Keep the chest up and the shoulders rolled back throughout the whole range of motion. Separate the rope at the bottom of the movement and lock out the arms for a split second, contracting the triceps as hard as possible. Make sure to extend below 90 degrees at the elbow on the way up as pictured.



EZ Bar Triceps Extension



Special Notes: First retract the shoulders before the movement begins to keep the shoulders from assisting. The upper arm should be “locked” into place. The bar may be pressed at a backwards angle slightly to keep the tension on the triceps.

Close Grip Bench Press



Special Notes: The key on this exercise is to NOT retract the shoulders. Make the back as flat as possible on the pad. Remember, we want the ARMS to do the work, NOT the chest. The elbows should come wide, not extremely close to the torso. This will keep the tension on the outer head of the triceps. Push through the movement being aware of shoving your elbows together and contracting the arms!



Dips / Assisted Dips



Special Notes: Lean slightly forward during this movement to keep the shoulders from being put in a risky position. Keep the elbows narrow and let the arms contract on the way up, remembering to try and keep the chest as relaxed as possible. Takes practice!

DB Rolling Ext



Special Notes: This exercise is a cross between a skull crusher and a close grip bench press with DB's. Lower the head of the DB to your shoulder, extend backwards **STRETCHING** the triceps, **RETURN** to the previous position with elbows at your side, and then extend upwards squeezing the triceps. Practice with lighter weights before going heavy. The movement should have **ZERO** pauses, only continuous movement.

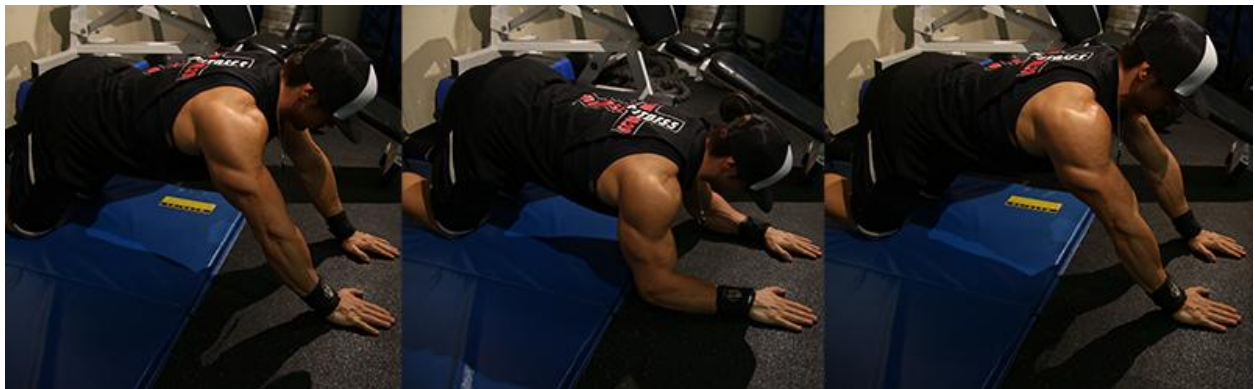


DB Overhead Ext



Special Notes: The upper arm will stay stationary throughout the whole range of motion. Extend the DB's backward slightly to keep tension on the triceps.

Sphinx Push ups



Special Notes: Exercise can be very difficult on your toes, so a kneeling position is just fine. The goal is to drop the elbows down to the ground, keeping the upper arm straight. Make sure your body weight is leaning INTO your arms. Remember, this exercise should be DIFFICULT!



Single Arm Cable Pushdown

Special Notes: Same form as the Rope pushdown, however with only one arm at a time. Be sure to keep the wrist straight to minimize excess strain. Lock out the arm at the bottom of the range of motion, squeezing the triceps as hard as possible.



Single Arm Cable Push Out



Special Notes: Use an assisting arm to keep the working elbow from dropping during the movement. Only lock out the arm for a split second before lowering the cable back down.

LEG EXERCISES

Barbell / DB Squats



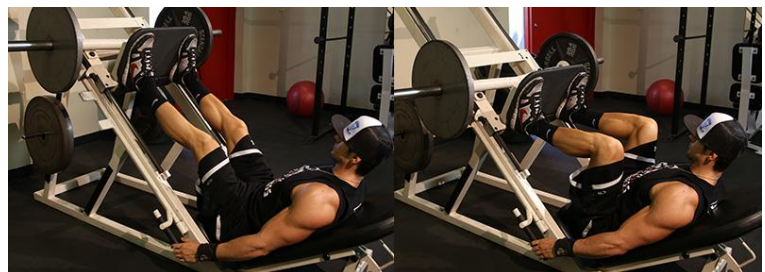
Special Notes: The weight of should be balanced evenly over your feet. Pretend like your feet are LOCKED into the ground. As you lower the weight, use your hamstrings to “pull” you down, instead of just dropping the weight. Use COMPLETE control. Once you get the form down, then it will be ok to progress with heavier weights.

Hack Squat (not pictured)

Special Notes: This machine places you at a 45 degree angle with a pad on your shoulders and your feet on a platform. Keep the back straight and lower the weight all the way down until your hamstrings cover your calves. Make sure to keep your back against the pad at all times, not allowing the hips to come forward.

Leg Press / Single Leg Press

Special Notes: Keep the back flat and hips down throughout the whole range of motion. Feet should be in line with your knees and hips. Push through the heels.



Barbell / DB Lunges regular

Special Notes: The goal of this exercise is to make the quadriceps work harder than the other leg muscles. To do this, keep the back completely straight up and down, pushing through the heel of your front foot.



Glute lunges

Special Notes: The goal of this exercise is to shorten the angle of your hip, placing more emphasis and tension on the glutes and the back of the legs. Be sure to push through your front heel as well.



Leg Ext



Special Notes: Be sure to contract your quads before the movement even begins! Control every rep, not “swinging” the lever up and down. The goal is to get the quads as contracted as possible, so sit up tall in the chair. DO NOT lean back.

Sitting Leg Curl



Special Notes: I like to use my arms to make sure I stay locked into the machine, as your body will want to “slide” out with heavier weights. Use weights that you can control completely. The only movement is happening at your knee joint. Try to relax the feet on the way up.



Lying Leg Curl



Special Notes: Complete control is necessary on this machine to keep the lower back from getting fatigued before the hamstrings do. You may want to sit up slightly at first (shown in picture one) to keep the back in a neutral position. Try to relax the feet and only bend at the knee.

Stiff Leg Dead lift

Special Notes: Knees are slightly bent. Look to feel a stretch in your glutes and hamstrings as the weight is being lowered. To minimize back recruitment, contract your hamstrings and glutes and shove your hips forward in front of you to raise the bar up, NOT using the lower back as in traditional dead lifts.



Standing Calf Raise



Special Notes: This exercise can be done using a calf raise machine, smith machine, leg press or hack squat – the mechanics are the same. Make sure to get a full stretch of the calf on the way down and a full contraction standing up on your BIG TOE at the top.

Sitting Calf Raise



Special Notes: Be sure to full stretch the soleus muscle on the way down. Similar to the standing calf raises. Lean over the machine to add resistance instead of leaning back.

Smith Machine Single Leg Lunge



Special Notes: Keep the back and the back leg straight up and down during the exercise. There should be no excess bending at the hip. Press through the heel of the front leg, not locking it out at the top.



TRAP EXERCISES

DB / Barbell Shrugs

Special Notes: The traps not only elevate the scapula, but they retract the shoulder blades. shrug upwards and back to complete this movement properly and to get a full contraction of the traps.



Smith machine Reverse Shrugs



Special Notes: Make sure your grip is wide enough so that excess strain will not be placed on your shoulders. Lift the bar with a “hook” grip just above the hips squeezing the upper back. Use lighter weights here.



Low Rope Upright Row



Special Notes: Use an overhand grip on the rope and pull up leading with the elbows as high as you can. Squeeze the upper back and traps while keeping the chest up tall.

