

9

MORE EXERCISES

Either one of Chapter 8's core routines will get you off to a solid start with RT using equipment. However, if you do the same thing for too long, your routine may start to feel like a rut. The exercises in this chapter are intended to offer variety and choices that allow you to alter your program to keep it interesting and challenging.

Remember that you should stick to your core routine for five weeks (or a minimum of 10 to 15 sessions). After that, you can use the exercises outlined here as substitutes for those in the core, for the sake of variety, or to add to the core to increase the demands of your program.

If you're substituting, be sure to check the "Muscles Used" descriptions to ensure you do so correctly. If you're adding exercises, do so gradually (one per week to a maximum of 15 or 16). You may also want to break up your circuit into groups of exercises or minicircuits, as described in Chapter 4.

The exercises in this chapter use free weights, weight-stack type equipment, and tubing. Where more than one type of equipment can be used, the main description and illustration refer to only one type; other equipment options are described in "Variations." The movement, precautions, and so on will be the same regardless of the equipment used.

ARM LATERAL RAISE

Starting Position: Stand with your back straight and a slight bend at your knees and hips. With your arms extended, but elbows slightly bent, hold dumbbells at your sides with the palms facing in.

Movement: Keeping your elbows slightly bent and palms facing down, raise your arms directly to the side until your hands and elbows are just below shoulder height, exhaling. Lower slowly to the starting position, inhaling.

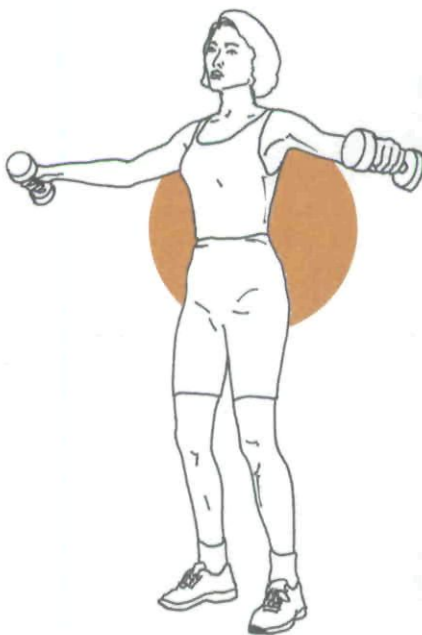
Muscles Used:

Prime movers: deltoids

Assistant movers: traps



START



FINISH

INCLINE PRESS

Starting Position: Sit on an incline bench with a barbell held at your chest and your hands slightly more than shoulder-width apart in a pronated grip. Your knees should be bent, with the feet comfortably apart and flat on the floor for stability.

Movement: Press the bar to arm's length directly above the shoulders, exhaling. Slowly lower the bar to the starting position, inhaling. Keep your back flat on the bench throughout the motion.

Muscles Used:

Prime movers: pecs and triceps

Assistant movers: deltoids

Variations:

- Use dumbbells instead of a barbell. You can alternate your arms or use both at the same time.
- Use a barbell or dumbbells in a standing position on a standing incline bench. To protect your back when using this position, be sure your knees are slightly bent and your back remains flat against the bench at all times.

START



FINISH



BENT-ARM PULLOVER

Starting Position: Lie supine on a bench with your feet flat on the floor. Hold a barbell on your chest with a pronated grip, hands about six inches apart.

Movement: Keeping your arms bent, swing the bar over your head and lower it slowly toward the floor while inhaling. Be careful not to go too far—stay within a comfortable range of motion. Return to the starting position, exhaling. Keep your head, back, and buttocks on the bench and your elbows approximately shoulder-width apart throughout the movement.

Precaution: This is a demanding exercise, which can put you in an arched-back position if done incorrectly. It should be considered an advanced exercise to be attempted only after you have been training for some time.

Muscles Used:

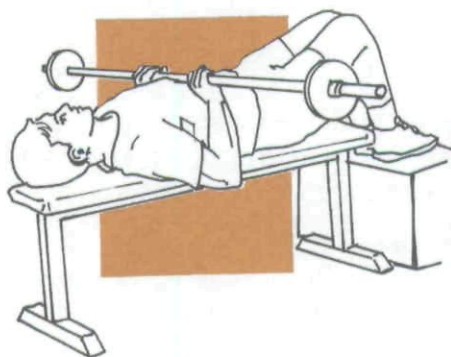
Prime movers: lats

Assistant movers: triceps and deltoids

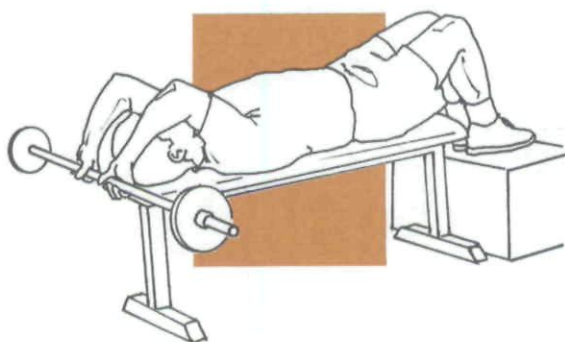
Variations:

- Use dumbbell(s) instead of a barbell.
- Use a supinated grip. This works the triceps more.

START



FINISH



PRONE SHOULDER ROW

Starting Position: Lying on a high bench, take a pronated grip on a barbell with the hands slightly more than shoulder-width apart.

Movement: Pull the bar to your chest while exhaling, keeping your elbows away from your body and above the bar. Return slowly to the starting position, inhaling.

Muscles Used:

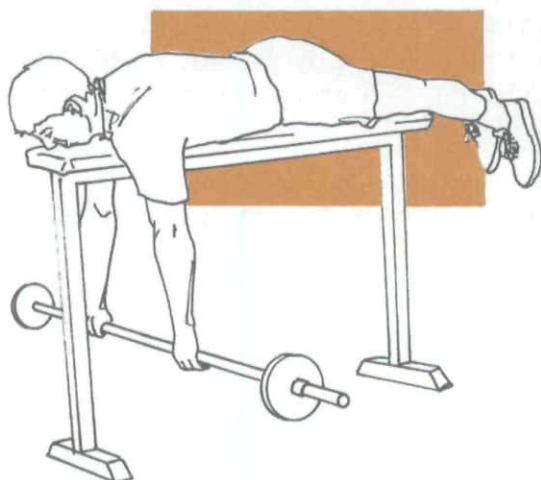
Prime movers: lats, biceps, brachialis, and deltoids

Assistant movers: teres and rhomboids

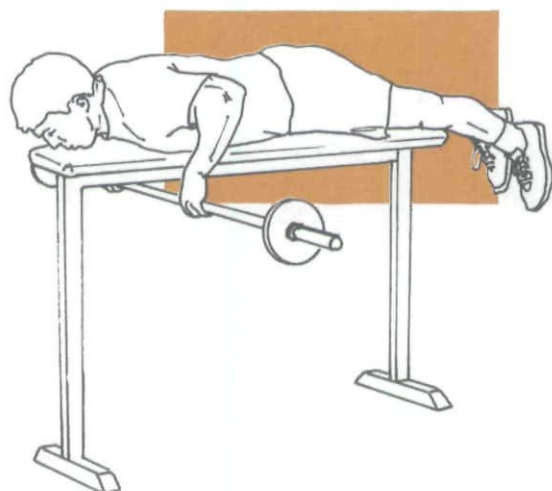
Variation:

- Do the same movement standing, bent forward at the hips, with your upper body parallel to the floor, forehead supported on a high bench or table, and knees slightly bent.

START



FINISH



SHOULDER SHRUG

Starting Position: Stand in front of the stack-weight bench press station with your back and arms straight. Hold the bar in a pronated grip with your hands shoulder-width apart and shoulders dropped forward and down.

Movement: Keeping your back and arms straight and looking straight ahead, pull the shoulders as high as possible, exhaling. Return slowly to the starting position, inhaling.

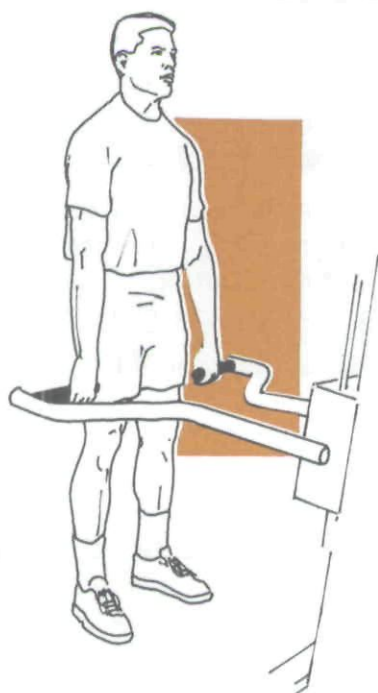
Muscles Used:

Prime movers: traps

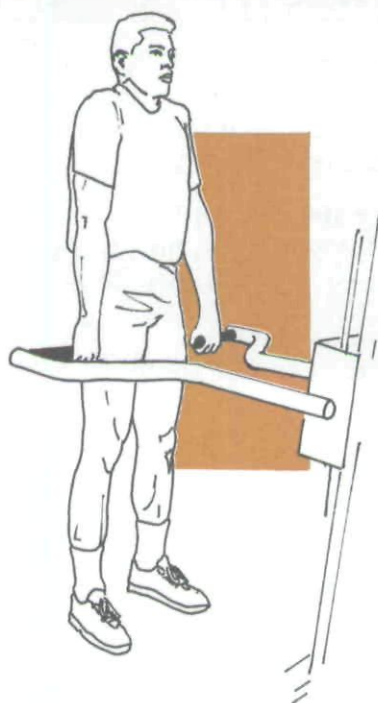
Assistant movers: rhomboids and neck muscles

Variations:

- Pull the shoulders up and back or up and forward.
- Use a mixed (alternating) grip. This gives a more secure grasp on the bar. Reverse your grip each set.
- Use dumbbells instead of a barbell.
- Use the stack-weights low-pulley station.



START



FINISH

BENT-OVER ARM LATERAL RAISE

Starting Position: Sitting on the edge of a bench or low chair, lean forward until your torso is touching your thighs. With your hands directly below your shoulders, grasp dumbbells with the palms facing in and elbows slightly bent.

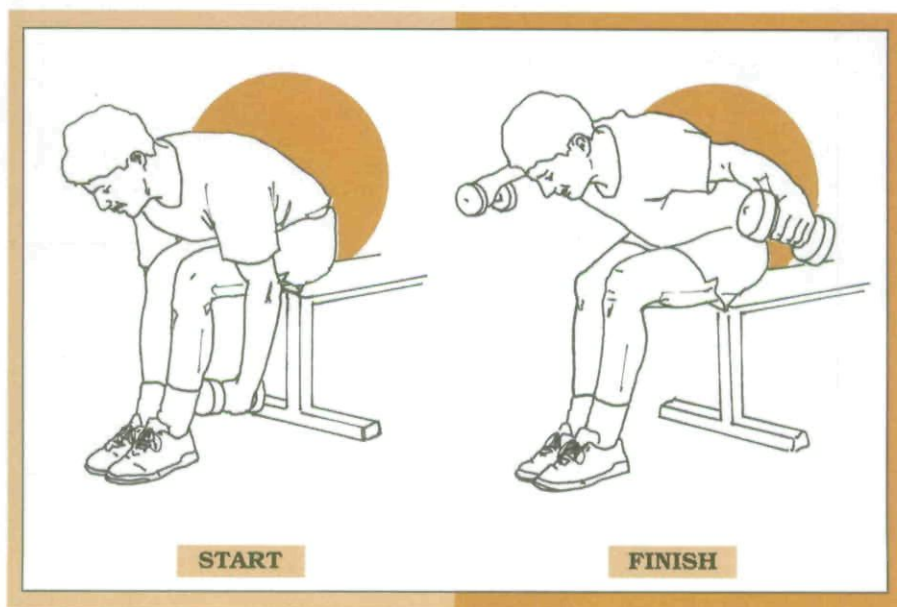
Movement: Keeping your elbows bent, raise your arms to the sides until your hands are at shoulder height while exhaling. Lower slowly to the starting position, inhaling.

Muscles Used:

Prime movers: deltoids, trapezius, and rhomboids

Variation:

- Do the same movement while lying prone on a high, flat bench.



BENT-OVER TRICEPS PRESS

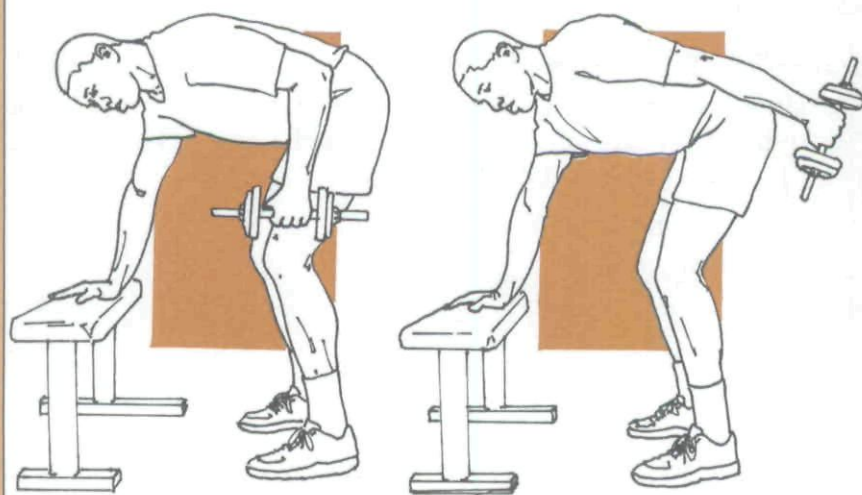
Starting Position: Stand, bent forward at the hips, with the upper body parallel to the floor and your weight supported on a bench or chair by your right arm. Grasp a dumbbell in your left hand, palm facing in, with your left elbow at your side, bent at 90°. Your knees should be slightly bent.

Movement: Keeping your left elbow close to your side, extend your lower arm behind until it is straight and horizontal while exhaling. Return slowly to the starting position, inhaling.

Muscles Used:

Prime movers: triceps

Assistant movers: deltoids and lats



START

FINISH

CHINS

Starting Position: Take a pronated grip on a bar (or chin station on stack weights) with your hands shoulder-width apart. Hang from the bar with your arms straight, looking straight ahead, knees bent, and ankles crossed.

Movement: Pull up until your chin reaches the bar, exhaling. Lower slowly to the starting position, inhaling.

Muscles Used:

Prime movers: biceps, brachialis, and lats

Assistant movers: rhomboids

Stabilizers: pecs and teres

Variations:

- Do partial chin-ups if the full motion is too difficult at first. That is, begin standing on a stool, bench, or chair so that your arms are partially bent, then proceed as described above.
- Use a supinated grip. This works the wrist flexors more.
- Do assisted or eccentric chins—step up to a chin position using a bench or chair. Lower yourself slowly, with control, to a hanging position. Repeat.
- Vary the width of your grip.



START



FINISH

DIPS

Starting Position: Support your body on parallel/dip bars, with your arms straight, palms facing in, and back straight. Look straight ahead and hang free, with the knees bent and ankles crossed.

Movement: Lower your body by bending the elbows to approximately 90° while inhaling. Straighten your arms, returning to the starting position, exhaling. Use a controlled motion to avoid swinging.

Muscles Used:

Prime movers: triceps

Assistant movers: pecs, lats, and deltoids

Variations:

- Do partial dips, lowering yourself only part way down at first, if a 90° elbow bend is too difficult.
- Do assisted or eccentric dips—step up to the start position using a bench, stool, or chair. Lower yourself slowly, with control, until your elbows are bent at 90°. Repeat.



START



FINISH

WRIST FLEXION

Starting Position: Sit with a dumbbell in each hand, using a supinated grip. Lay your forearms on top of your thighs, with the crease of the wrists just in front of your knees.

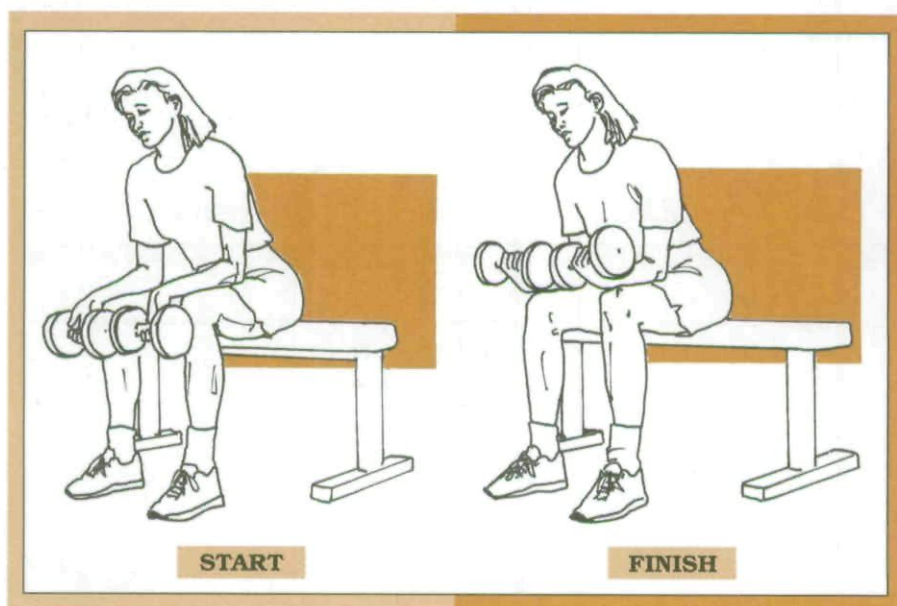
Movement: With your palms facing up, flex the wrists, lifting the dumbbells toward you. Return to the start position. Keep your forearms flat on your legs throughout. Breathe evenly.

Muscles Used:

Prime movers: wrist flexors

Variation:

- This exercise can be done with a barbell, seated in front of a low-pulley station, or on a wrist and forearm machine. (Some machines have a wrist-flexion station.)



WRIST EXTENSION

Starting Position: Sit with a dumbbell in each hand, using a pronated grip. Lay your forearms flat on top of your thighs, with the crease of your wrists just in front of your knees.

Movement: Keeping your palms facing down and away from you, extend the wrists, lifting the dumbbells toward you. Return to the start position. Keep your forearms flat on your legs throughout. Breathe evenly.

Muscles Used:

Prime movers: wrist extensors

Variation:

- This exercise can be done with a barbell, seated in front of a low-pulley station, or on a wrist and forearm machine. (Some machines have a wrist-extension station.)



START



FINISH

WRIST ADDUCTION AND ABDUCTION

Starting Position: Standing, grasp a dumbbell in each hand, with your arms hanging at your sides, palms facing in.

Movement: Alternately bend your wrists up toward the front (thumb up) then up toward the back (little finger up). Keep your arms straight throughout and breathe evenly.

Muscles Used:

Prime movers: wrist extensors and flexors

Variation:

- Wrist abduction and adduction can also be done using a small, straight handle and a low-/high-pulley, respectively.



START



FINISH

HAND GRIP

Starting Position: Hold a spring-grip or foam-grip hand exerciser, a racquetball, or a tennis ball.

Movement: Squeeze with the fingers and hand.

Muscles Used:

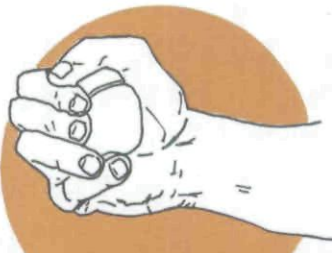
Prime movers: wrist and finger flexors

Variation:

- Some stack-weight machines have a hand-grip station.



START



FINISH

REVERSE CURL-UP

Starting Position: Lie supine on the floor, with your arms on the floor at your sides, knees bent and together. Flex your hips so that your feet are off the floor and your lower back is pressed flat to the floor. (To get your legs in position, drag your heels along the floor as you pull your knees up toward your chest.)

Movement: Tighten your abdominals to pull your knees toward the shoulders (hips coming off the floor slightly), exhaling. Pause momentarily, then lower the hips slowly to the starting position, inhaling. Keep the back of your head on the floor throughout the movement.

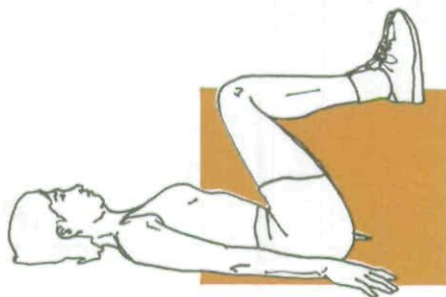
Muscles Used:

Prime movers: abdominals

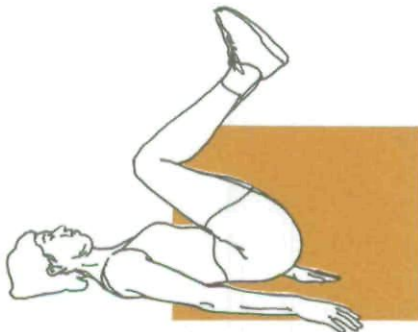
Variation:

- Place your hands behind your head to make the exercise more difficult.

START



FINISH



SIDE BEND

Starting Position: Stand sideways to the stack weight's chest-press station, with your right side nearest the bar. Bend sideways to the right and grasp the bar with your right hand, palm facing your side. Keep the right arm straight and the left arm bent with the hand beside the head throughout the movement.

Movement: Bend laterally (not forward or back) to the left as far as you can comfortably, exhaling. Return to the upright (starting) position, inhaling. Repeat, then change sides.

Precautions: Keep the weight fairly light to minimize pressure on the spinal column. Keep your knees slightly bent.

Muscles Used:

Prime movers: paraspinals and obliques

Assistant movers: quads

Stabilizers: traps

Variation:

- Use a dumbbell instead of the chest-press station.



START



FINISH

SEATED SHOULDER ROW

Starting Position: Sit with your back flat against the chair's back and your feet flat on the floor. Hold your arms straight in front, hands a little below chest level, tubing lightly stretched and anchored in front at chest height.

Movement: Keeping your elbows close to your sides, pull your hands toward your trunk, inhaling. Return to starting position, exhaling.

Muscles Used:

Prime movers: biceps, traps, rhomboids, and deltoids

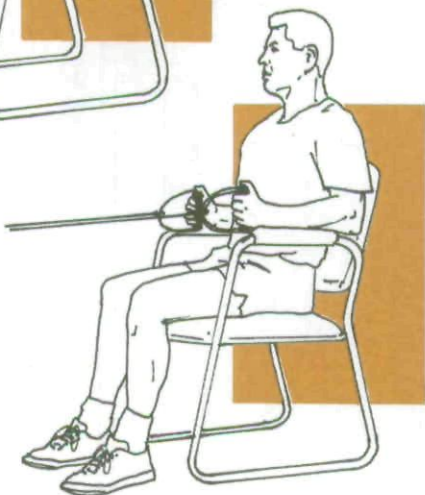
Assistant movers: teres and spinatus

Stabilizers: paraspinals

START



FINISH



SHOULDER ADDUCTION

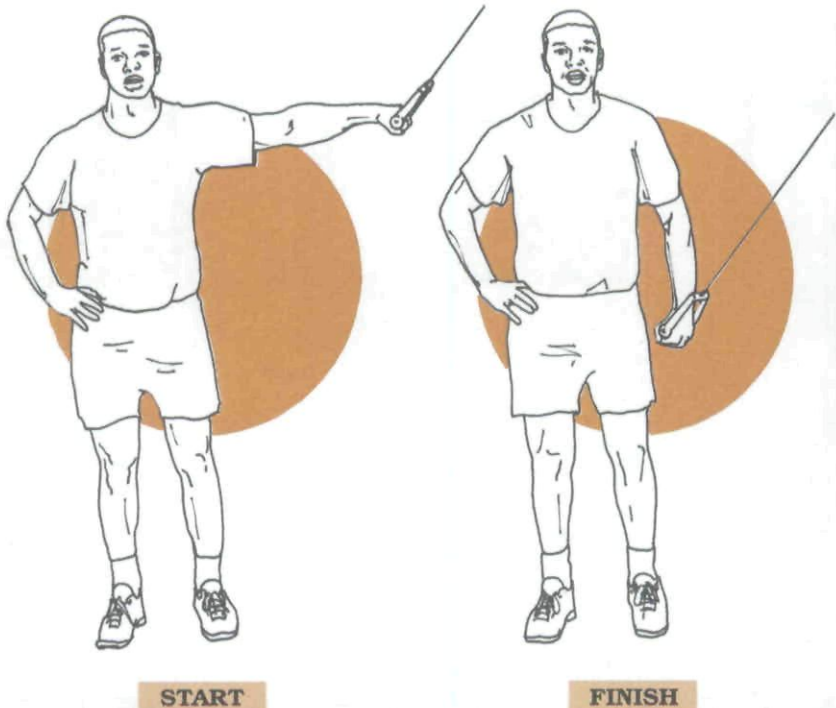
Starting Position: Stand with your left side toward the stack weight's high-pulley station, a little more than an arm's length away from it. Grasp the pulley handle with your left hand, palm down, your elbow slightly bent, and your hand just below shoulder height.

Movement: Keeping your palm down, exhale as you pull your arm down to your side. Keep your shoulder down (not "hunched"). Return slowly to the start position, inhaling. Repeat, then change to the other arm.

Muscles Used:

Prime movers: pecs, lats, rhomboids, and teres major

Stabilizers: deltoids and traps



SHOULDER EXTENSION

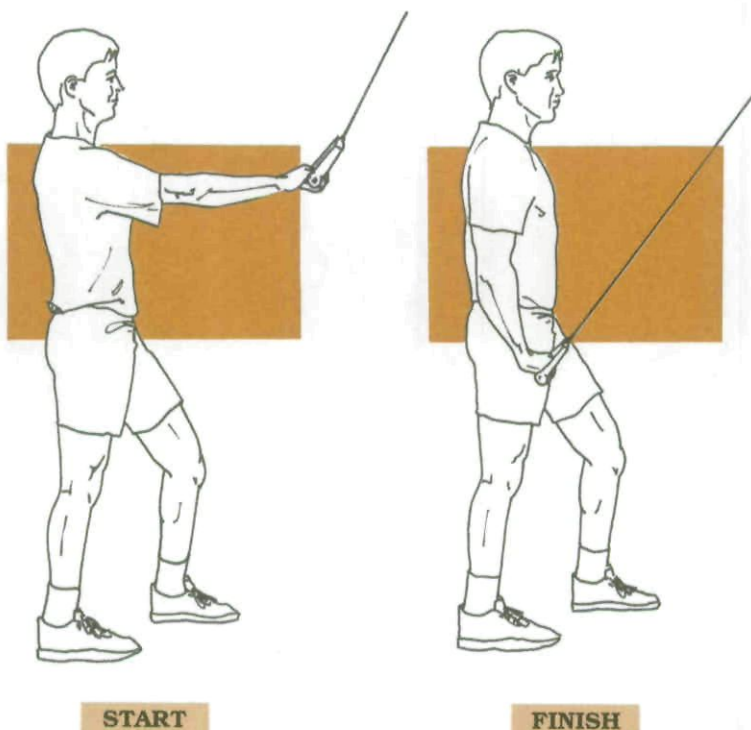
Starting Position: Stand facing the stack weight's high-pulley station, just over an arm's length away. Grasp the pulley handle with your palm down, your elbow slightly bent, and your hand just below shoulder height.

Movement: Keeping your palm down, exhale as you pull your arm down to your side. Keep your shoulder down. Return slowly to the start position, inhaling. Repeat, then change to the other arm.

Muscles Used:

Prime movers: lats, teres major, and traps

Stabilizers: pecs, deltoid, abdominals, and paraspinals



SINGLE LEG PRESS

Starting Position: Sit on a chair with the center of the tubing around one foot (a loop around the arch will help secure the tubing on your foot). Keep the opposite leg bent, with your foot flat on the floor. Start with your knee bent at 90° and anchor the tubing, lightly stretched with the hands at the chest.

Movement: Press your leg out until the knee is almost straight, exhaling. Return slowly to the start position, inhaling. Repeat, then change legs. (You can double the tubing for more resistance.)

Muscles Used:

Prime movers: quads, gluts, and hamstrings

Stabilizers: paraspinals, hip adductors, and abductors

Variation:

- This exercise can also be done lying supine on the floor, using the same movement as described above.



START



FINISH

SHIN PULL

Starting Position: Sit on the floor, a chair, or a bench facing the stack weight's low-pulley station. Hook the handle of the pulley over the toe of your right shoe. Sit with your right leg straight, the toe pointed up, and the ankle plantar flexed (pointing slightly toward the pulley station). Keep your left leg bent and place your foot flat on the floor.

Movement: Keeping your right knee straight, dorsiflex the ankle (pull the toe toward you). Lower slowly to the start position. Repeat. Breathe evenly. Repeat with the other leg.

Muscles Used:

Prime movers: tibialis anterior

Assistant movers: peroneus

Stabilizers: quads

Variations:

- This exercise can be done without equipment. (See Shin Pull in Chapter 6, page 74.)
- You can also do this exercise with tubing. Anchor the tubing in front of you, make a loop around your foot, and use the same movement as described above.

START



FINISH



LUNGE

Starting Position: Stand with your back straight and look straight ahead, holding a dumbbell in each hand, with your arms hanging at your sides.

Movement: Step forward with the right foot, lowering your body. Your right knee should be over your right foot as you lower your left knee toward the floor, exhaling. Return to the starting position, inhaling. Repeat with the left leg going forward. Alternate legs.

Precautions: The heel of the rear foot should come off the floor as you lunge forward. When in the low position, the knee of your front leg should be just over your foot.

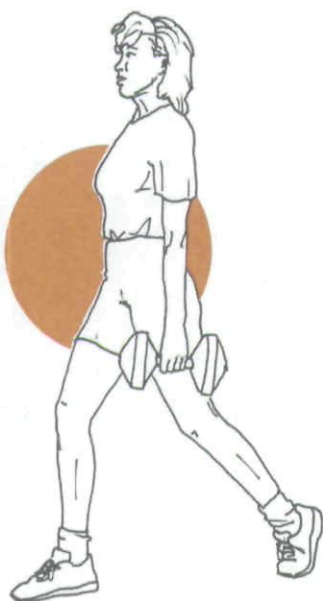
Muscles Used:

Prime movers: quads and gluts

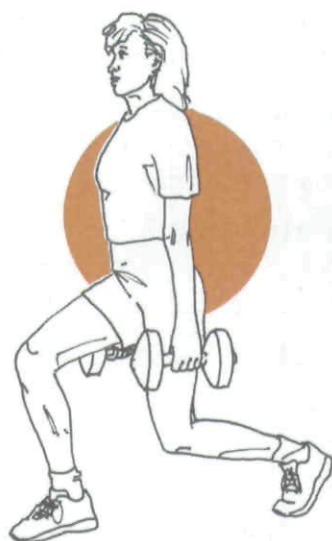
Stabilizers: paraspinals, abdominals, and the muscles of the arms and shoulders

Variations:

- Use a barbell held on your shoulders and secured with a pronated grip.
- Start with no external resistance for a gentle beginning.



START



FINISH

STANDING CALF RAISE

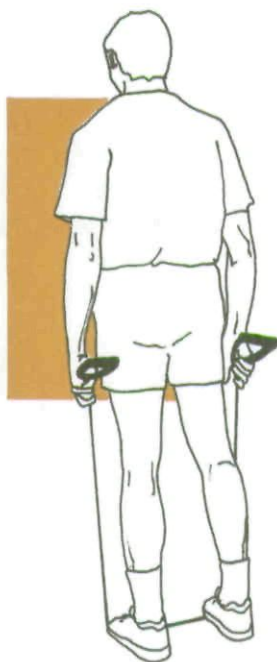
Starting Position: Stand with your toes on the center of the tubing and your feet shoulder-width apart. Hold the lightly stretched tubing in each hand with your arms at your sides.

Movement: Keep your legs straight and exhale as you raise up on your toes as far as you can. Lower slowly to the start position, inhaling.

Muscles Used:

Prime movers: gastrocs and soleii

Assistant movers: peroneus



START



FINISH

CLEAN

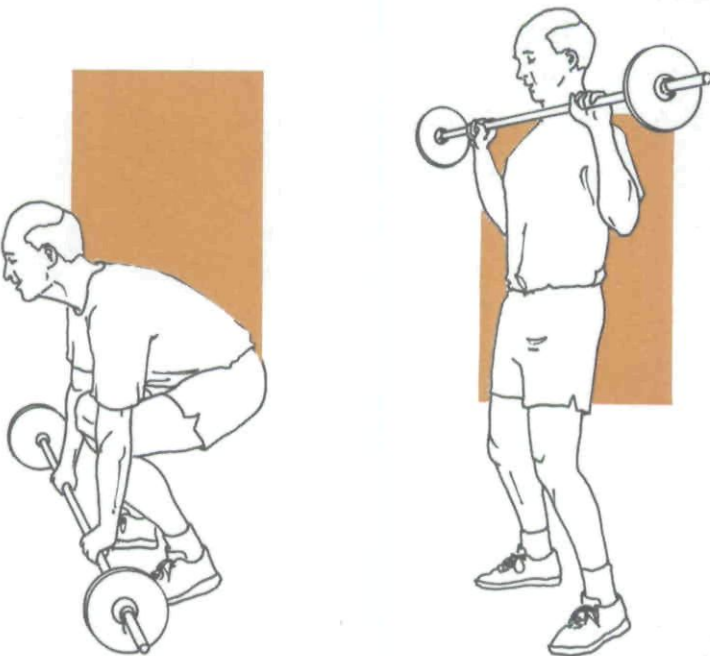
Starting Position: Bend down to grasp a barbell, with your feet shoulder-width apart, knees bent at 90°, back straight, and looking straight ahead. Your arms should be straight, your hands in a pronated grip and slightly more than shoulder-width apart.

Movement: With a smooth movement, return to a standing position, lifting the barbell to shoulder height, your elbows below and in front of the bar. Lift primarily with the legs (arms remaining straight) to initiate the movement. Start to pull with the arms and shoulders as the bar passes the knees. Exhale as you lift the weight; inhale as you return it to the floor.

Muscles Used:

Prime movers: quads, gluts, traps, deltoids, and paraspinals

Assistant movers: lats, rhomboids, biceps, brachialis, and hamstrings

**START****FINISH**

BENCH STEP-UP

Starting Position: Stand in front of a sturdy bench 6 to 12 inches (15 to 30 cm) high to allow a maximum knee bend of 90°. Keep your back straight, look straight ahead, and hold a dumbbell in each hand, with your arms hanging at your sides.

Movement: Step up onto the bench, leading with the right leg. Pause momentarily when both feet are on the bench. Step down smoothly from the bench, leading with the right leg again. Perform half of your reps leading with the right leg, half leading with the left. Exhale as you step up; inhale as you step down.

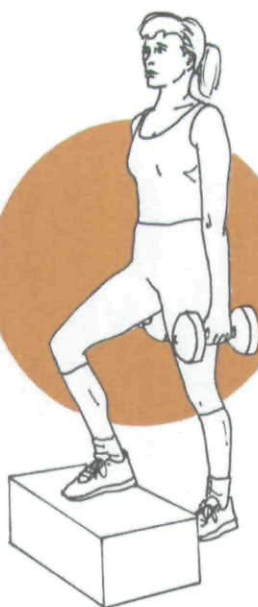
Muscles Used:

Prime movers: quads and gluts

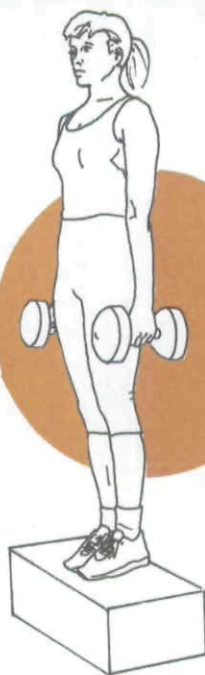
Assistant movers: hamstrings, hip flexors, gastrocs, and tensor fascia latae

Variations:

- Use a barbell held on your shoulders and secured with a pronated grip.
- Start with no external resistance for a gentle beginning.



START



FINISH

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