

LAT PULLDOWNS

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Latissimus Dorsi,
Trapezius, Rhomboids,
Posterior Deltoids, Biceps.



PROGRESSION

Body weight pull ups.



ALTERNATIVE

Light resistance band
looped over pull up bar.

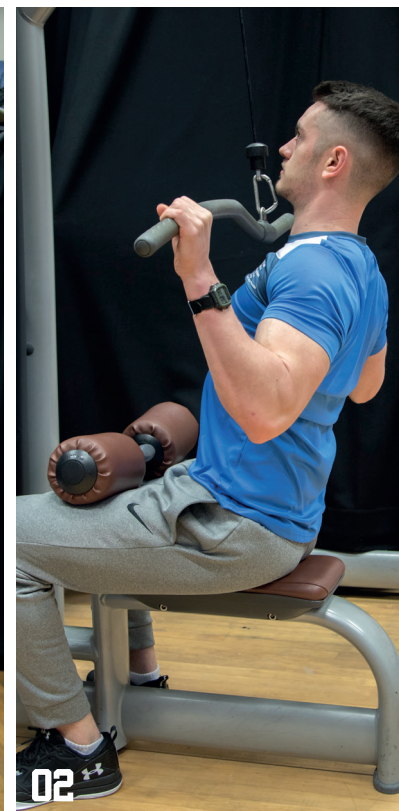


VIDEO DEMO

Scan the code to view a
live action demonstration
of the exercise.



01



02



03

STARTING POSITION

- Sat facing machine with thighs under pads and feet flat on the floor.
- Torso erect.
- Slight tilt backwards from the hips.
- Grasp bar with a wide and equal grip.

DOWNWARD PHASE

- Maintain a still and steady torso.
- Pull down with arms keeping elbows under wrists.
- Pull to upper chest.

RETURN PHASE

- Return to start position in a controlled manner.
- Maintain torso position.
- Do not let weights drop heavily.
- Stand when complete to lower weights onto stack.

LEG EXTENSION

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Vastus lateralis, Vastus intermedius, Vastus medialis, Rectus femoris.



PROGRESSION

Single leg extensions.
Deadlift.



ALTERNATIVE

Seated weight free extensions.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01

STARTING POSITION

- Torso erect and back against seat.
- Adjust seat so that knees are aligned with machine axis.
- Adjust pad to sit above ankles.
- Firm grip on handles.



02

UPWARD PHASE

- Fully extend legs.
- Do not forcefully lock-out knees.
- Remain in full contact with the machine.

RETURN PHASE

- Return to start position in a controlled manner
- Maintain contact with pad.
- Do not let weights drop heavily.

SHOULDER PRESS

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Anterior and Medial deltoids,
Triceps brachii.



PROGRESSION

Single arm press.
Dumbbell press.



ALTERNATIVE

Overhead press with PVC
pipe.



VIDEO DEMO

Scan the code to view a
live action demonstration
of the exercise.



01

STARTING POSITION

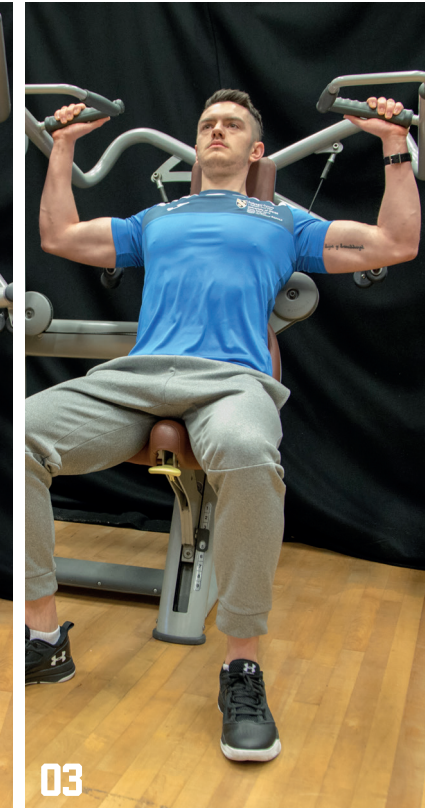
- Sit back on seat.
- Keep feet flat on floor. Adjust seat height so that handles align with top of shoulders.
- Face forward.



02

UPWARD PHASE

- Maintain full contact with machine and floor.
- Push upward until elbows have fully extended.
- Keep elbows under wrists.
- Do not forcefully lockout elbows.



03

RETURN PHASE

- Return to start position in a controlled manner.
- Do not let weights drop heavily.

LEG CURL

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Semimembranosus, Semitendinosus, Biceps femoris.



PROGRESSION

Single leg curl.



ALTERNATIVE

Standing heel kicks.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01



02



03

STARTING POSITION

- Torso erect and back against seat.
- Adjust seat so that knees are aligned with machine axis.
- Adjust pad to sit above ankle joint.
- Use ROM lever to ensure legs are extended.

DOWNWARD PHASE

- Maintain contact with machine.
- Fully flex knees.

RETURN PHASE

- Return to start position in a controlled manner.
- Do not let weights drop heavily.
- Use ROM lever to drop pad for safe exit of the machine.

LEG PRESS

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Gluteus maximus, Semimembranosus, Semitendinosus, Biceps femoris, Vastus lateralis, Vastus intermedius, Vastus medialis, Rectus femoris.



PROGRESSION

Single leg press.
Squat with weight



ALTERNATIVE

Body weight Squat.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01

STARTING POSITION

- Sit with back firmly against seat.
- Place feet on platform shoulder width apart, with toes slightly out.
- Use lever to adjust seat so that knees are at 90 degrees.



02



03

DRIVE PHASE

- Maintain a forward gaze.
- Drive legs through the heels to full extension.
- Keep knees aligned with toes throughout movement.
- Do not forcefully lockout knees.

RETURN PHASE

- Return to start position in a controlled manner.
- Keep the weight equal over each leg.
- Do not let weights drop heavily.



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BACK EXTENSION

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Iliocostalis lumborum,
Longissimus thoracis
and Spinalis



PROGRESSION

Good mornings with weight.



ALTERNATIVE

Body weight Good
mornings.



VIDEO DEMO

Scan the code to view a
live action demonstration
of the exercise.



01

STARTING POSITION

- Sit with feet on platform.
- Adjust pad to sit across upper back.
- Adjust ROM lever so that chest is resting on thighs for start.



02

UPWARD PHASE

- Extend the back to top of movement range.
- Maintain a strong core.
- Keep pad in contact with upper back.



03

RETURN PHASE

- Return to start position in a controlled manner.
- Do not let weights drop heavily.
- Use ROM lever to return pad to upright position.

AB CURL

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Rectus abdominis.



PROGRESSION

Inverted sit ups.



ALTERNATIVE

Assisted sit ups.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01



02



03

STARTING POSITION

- Sit back on seat.
- Place feet behind pad.
- Pull over chest/shoulder pads.
- Keep a strong and upright torso.

DOWNWARD PHASE

- Engage abs to curl torso forward and down toward thighs.
- Maintain chest and shoulder contact with the pads throughout movement.

RETURN PHASE

- Return to start position in a controlled manner.
- Do not let weights drop heavily.

DUMBBELL CURL

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Biceps brachii, Brachialis, Brachioradialis.



PROGRESSION

Increase weight.



ALTERNATIVE

Resistance bands.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01



02



03

STARTING POSITION

- Stand with feet shoulder width apart.
- Torso erect and core engaged.
- Upper arm locked in against sides.

UPWARD PHASE

- Pivoting only at the elbow flex the bicep.
- Weight should get to your shoulder.
- Keep a stiff wrist.

RETURN PHASE

- Control weight back to bottom position.
- Do not allow elbow to forcefully extend.



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LATERAL RAISE

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Deltoids.



PROGRESSION

Increase weight.



ALTERNATIVE

Resistance bands.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01



02

STARTING POSITION

- Stand with feet shoulders width apart.
- Torso erect and core engaged.
- Weights held in the mid line of your body.
- Slight bend in arms.

UPWARD PHASE

- Keep a slight bend in the elbow and stiff wrists.
- Raise arms evenly until they are parallel with the floor.
- Weight, wrist and arm should all move in unison.
- Do not let your body rock.

RETURN PHASE

- Control weight back to bottom position.
- Keep all parts moving together.
- Keep torso erect.



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DUMBBELL FLYS

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Pectoralis major, Anterior deltoids.



PROGRESSION

Increase weight.



ALTERNATIVE

Resistance bands.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.

STARTING POSITION

- Lie on the bench in the supine position.
- Feet flat on the floor.
- Weights to be held above the body central to the chest.
- Slight bend in arms.

LOWER PHASE

- Keep a slight bend in the elbow and stiff wrists.
- Lower arms evenly until they are parallel with the floor.
- Weight, wrist and arm should all move in unison.
- Maintain full contact with bench and floor.

RETURN PHASE

- Engage chest and shoulders to drive weights upward.
- Weights should travel evenly and in a smooth manner.
- Do not allow weights to contact heavily.
- When finished lower weights to your chest before sitting up.



SQUAT

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Gluteus maximus, Semimembranosus, Semitendinosus, Biceps femoris, Vastus lateralis, Vastus intermedius, Vastus medialis, Rectus femoris.



PROGRESSION

Single leg Squat.
Increase weight.



ALTERNATIVE

Body weight Squat.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



STARTING POSITION

- Feet just passed shoulders width apart.
- Toes pointed slight out.
- Torso erect and chest high.
- Weight racked across shoulders.
- Hands grasp bar.



DOWNWARD PHASE

- Initiate movement by flexing at the hip.
- Flex knees and hips at an equal rate until knee and hip are at the same level.
- Ensure knees stay in line with toes.
- Keep an upright torso and forward gaze.
- Do not drop too quickly and bounce at the bottom of the movement.

DRIVE PHASE

- Push up through the heels.
- Keep knees over toes.
- Maintain an upright torso (pulling down on the bar can help with this).
- Maintain control and balance throughout.

DEADLIFT

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Gluteus maximus, Semimembranosus, Semitendinosus, Biceps femoris, Vastus lateralis, Vastus intermedius, Vastus medialis, Rectus femoris.



PROGRESSION

Single leg Deadlift.
Increase weight.



ALTERNATIVE

Decrease weight.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01

STARTING POSITION

- Stand with feet shoulders width apart.
- Grasp bar outside hip width.
- Drop thighs so that they're parallel with floor.
- Place toes under bar, knees above toes and shoulders above knees.
- Maintain an upright torso, high chest and forward gaze.



02

UPWARD PHASE

- Drive upward through the heels.
- Torso to floor angle should remain constant until the bar has reached the knees.
- From the knee, equal knee and hip extension until fully extended.
- Keep bar close to body at all times.



03

RETURN PHASE

- Reverse movements to return.
- Equal knee and hip flexion until bar reaches knee level.
- Continue to flex knees to lower hips and bar toward the floor.
- Maintain an upright torso and forward gaze.
- Do not allow weights to drop to the floor.

TREADMILL

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Lower body, Cardio Vascular system.



PROGRESSION

Increase speed, gradient, duration.



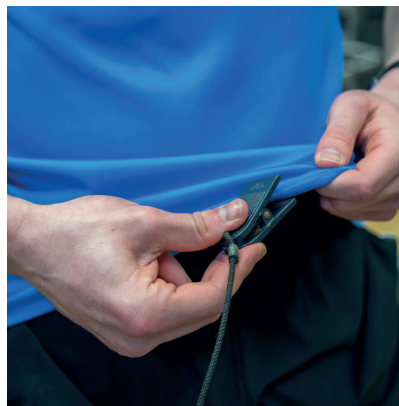
ALTERNATIVE

Walking pace. Hold on to machine.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01



02



03

START

- Straddling the belt attach the emergency cord to your clothing.
- Start the machine and select a low speed.
- Holding the sides, 'Paw' the belt with lead foot to match speed.

MOVEMENT PHASE

- Keep toward the front of the treadmill.
- Maintain a relaxed running form that matches the treadmill speed.
- Keep a neutral spine, erect torso and forward gaze.

FINISH

- Gradually slow the speed of the belt using the controls.
- Step off to the side of the belt to allow it to stop.
- Disconnect the emergency cord from your clothing.



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ROWER

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Total body, Cardio Vascular system.



PROGRESSION

Increase resistance, speed, duration.



ALTERNATIVE

Lower resistance and intensity.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.

START

- Sit on seat.
- Adjust and secure feet in footplates.
- Select resistance level.
- Grasp bar with extended elbows.

MOVEMENT PHASE

- Torso erect, neutral spine and forward gaze.
- Drive back by extending knees.
- Pull back on bar, bringing it into the bottom of the rib cage.
- On return, elbows extend as knees flex.
- Repeat.

FINISH

- Return bar when finished.
- Loosen foot straps before dismounting.



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CROSS TRAINER

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Total body, Cardio Vascular system.



PROGRESSION

Increase resistance, speed, duration.



ALTERNATIVE

Go for a walk. Hold stationary handles on machine.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01

START

- Grasp stationary handles.
- Step onto lower footplate.
- Start machine and select resistance.
- Maintain an erect torso, neutral spine and forward gaze.



02

MOVEMENT PHASE

- Drive feet round in an elliptical motion.
- One hand at a time grasp the moving handles.
- Continue to drive the machine equally with arms and legs.
- Torso should remain upright and spine neutral.

FINISH

- Slow speed of movement to a stop.
- Take hold of stationary handles.
- Dismount by using the lower foot plate to step down from.

TRAINING BIKE

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Lower body, Cardio Vascular system.



PROGRESSION

Increase resistance, speed, duration.



ALTERNATIVE

Lower resistance and intensity.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.

START

- Adjust seat height so that when sitting with your heel on the pedal in the 6 o'clock position, your leg is straight.
- Place feet on pedals with toes secured under straps.
- Hold handles for support.
- Start machine and select resistance.
- Torso erect, neutral spine and forward gaze.

MOVEMENT PHASE

- Cycling at desired resistance.
- Torso and upper body should remain still and not 'bob'.
- Pedal in a smooth and efficient manner.

FINISH

- Remove feet from pedal straps.
- Using handle for support dismount the bike.



BENCH PRESS

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Pectoralis major, Anterior deltoids, Triceps brachii.



PROGRESSION

Increase weight.



ALTERNATIVE

Resistance machine Chest press.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.

START

- Lie on the bench in the supine position.
- Feet flat on the floor.
- Position your body so that your head is under the bar when racked.
- Grasp the bar beyond shoulders width.
- With assistance lift the bar from the rack and hold with vertical extended elbows.



01

DOWNWARD PHASE

- Slowly and smoothly lower the bar to chest level.
- Keep elbows directly below the bar.
- At the bottom of the movement the bar should finish above the nipples.



02

UPWARD PHASE

- Push bar up by fully extending elbows and engaging chest.
- Keep bar moving up horizontally and smoothly.
- Maintain full contact with the bench and floor throughout.
- Replace bar back on rack, with assistance, once finished.



03



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LUNGE

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Gluteus Maximus, gluteus medius, vastus medialis, bicep femoris, rectus femoris, vastus lateralis, vastus intermedialis, vastus medialis, tensa fascia lata



PROGRESSION

Weighted lunges.



ALTERNATIVE

Use supports to develop a correct technique. Hold on to something stable.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01



02



03

START

- Look forward.
- Chest high.
- Maintain upright torso throughout.
- Neutral spine alignment.

FORWARD PHASE

- Lead leg: foot makes full contact with the floor, thigh parallel to the floor.
- Trail leg: ball of foot to stay in contact with the floor, thigh perpendicular to the floor and knee stops before contacting the floor.

RETURN PHASE

- Push back to start with lead leg.
- Stay upright and maintain balance.



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CHEST PRESS

N NAME THE EXERCISE

A AREA OF BODY WORKED

M MUSCLES USED

S SILENT DEMONSTRATION

I INSTRUCT TECHNIQUE

T TEACH THE EXERCISE



MUSCLES WORKED

Pectoralis major, Anterior deltoids, Triceps brachii.



PROGRESSION

Bench press. Press up.



ALTERNATIVE

Decrease weight. Standing press ups against a wall.



VIDEO DEMO

Scan the code to view a live action demonstration of the exercise.



01



02

START

- Adjust seat so that handles are aligned with nipples.
- Firm and even grip on handles.
- Torso erect and back against seat.
- Use foot assist to unload weight from the rack.

FORWARD PHASE

- Press forward in a smooth manner.
- Keep elbows high.
- Fully extend elbows.
- Do not forcefully lockout.

RETURN PHASE

- Control return maintaining full contact with machine.
- Maintain torso position.
- Use foot assist to load weights safely back on to the rack.



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