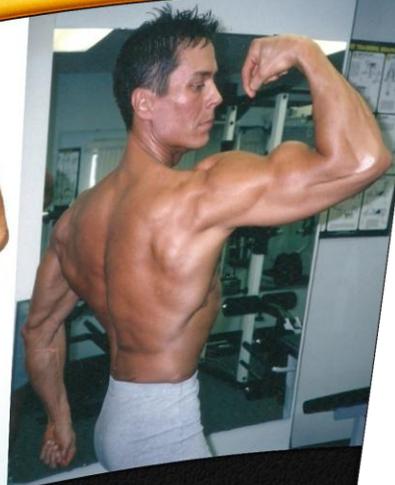
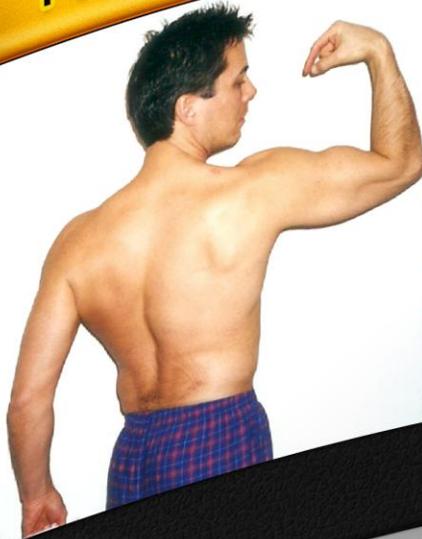


# Sleeve Splitting Biceps?

In **15** Days

Free 33 Page Book Shows How



Sleeve Splitting Biceps?

# HOW TO BUILD SLEEVE SPLITTING BICEPS



DAN PRZYOJSKI  
**Mr. Toledo – Masters Mr. Michigan**

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Get a Physician's Checkup Prior to Beginning  
The Sleeve Splitting Biceps Training Program©

There is no age limit on improving your body and no body that cannot be improved by regular exercise. However, before you begin this training course I want you to get a medical checkup. If you have a health problem, your doctor can take proper measures to correct it, and he may have some useful suggestions or cautionary advice to help you modify the diet to make it more suitable and beneficial for you.

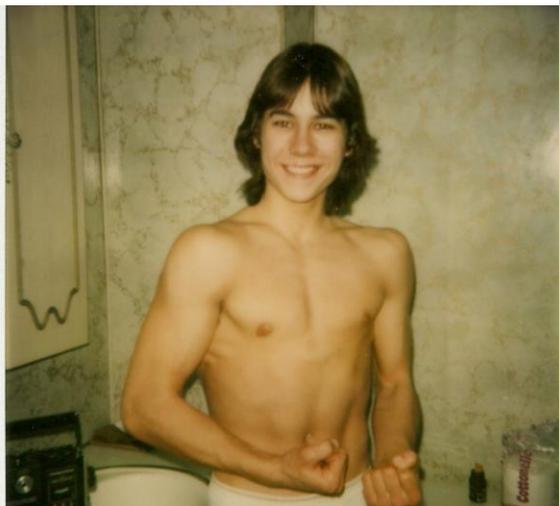
**Stress Test**

Tell your doctor you would like a stress test which is simply a series of common exercises, such as riding a stationary bike, jogging on a treadmill, or stepping up and down on a low stool performed while your heart and vital functions are monitored.

The stress test will tell your doctor how your body functions when subjected to physical stress. A less than perfect heart or other physical problems will be revealed if they exist. Also, you should get a full blood work-up to make sure you have no underlying health problems. **Do not attempt to change your training or eating habits without first getting a thorough physical exam!** If your doctor gives you the OK, grab your gym bag and vitamins and hit the gym.

## **The Only Way to Build Big Biceps!**

It's been a short 40 years since my brother and I started lifting weights. I remember how we would perform numerous sets of barbell and dumbbell curls in hopes of building arms that would split the sleeves of our T-shirts. The guys in the muscle magazines had huge, muscular arms that looked like a drawing from a super hero comic book. I remember how we religiously trained biceps twice a week with such maniac intensity and focus that we felt they had no choice but to grow to the size of a champion bodybuilder's arms. After a full year of training our biceps twice a week with countless sets and reps of curls, we had managed to transform the biceps into nice little cannon balls but only gained a whopping one-inch in arm size. As we stood in front of the mirror with our arms hanging down at our sides, there appeared to be no change whatsoever. The only way you could see a change in arm development was when we struck a double biceps shot. This is exactly what happens to most beginning bodybuilders. After so much dedicated work and little to show for it, they give up training before reaching their goals. This is why I want to give you one of my secret biceps training routines for building big, muscular biceps.



Above - Bicep Training At Age 18



Above - Age 19 1/2

*After One And A Half Years Of Training The Biceps  
I Had LITTLE To Show For All My Effort*

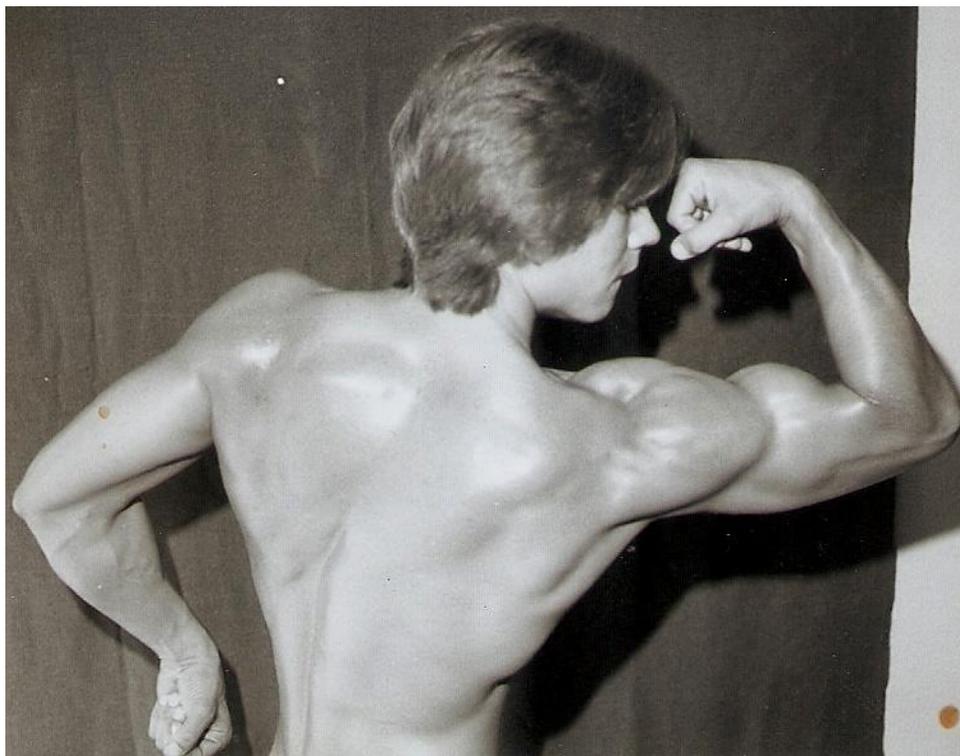
## **How NOT To Build Big Arms**

I've been training people for over 20 years and believe you me, most trainees devote too much time to arm training. Beginning bodybuilders are arm-training fanatics and devote mega amounts of time and energy into ineffective bicep training routines. The end result after so much time and devotion to arm training is at best minimal gains and usually just a pumped up bicep muscle that deflates after one or two weeks of not training. This is not the result you want from your hard work in the gym. Real muscle density does not disappear while taking a short break from weight training. Experience has proven to me that there are the

two major mistakes made that lead to ineffective muscular growth.

1. Over training. By definition, over training is *too much training*. Once a muscle has been properly trained and worked to its maximum capacity, the rest of the effort is wasted. Your workouts should be performed in such a way as to stimulate the muscles involved not annihilate them! Extra sets and reps are a deficit, not a surplus.
2. Under eating. Most trainees I have coached cannot seem to put training for size and eating for size in the same category. Even if the ineffective training routine someone follows could somehow magically stimulate muscular growth, the muscles lack of abundant calories from protein, carbohydrates, and fats would not allow the growth to take place. Its simple science; a plant or animal will not grow if not given adequate nutrition, so why should your muscle grow after a hard workout if you starve them of abundant nutritious calories. You have to understand and apply this very basic and fundamental fact or failure will be the end result.

# **With The Right Program The Muscles Have No Choice But To Grow BIGGER!**

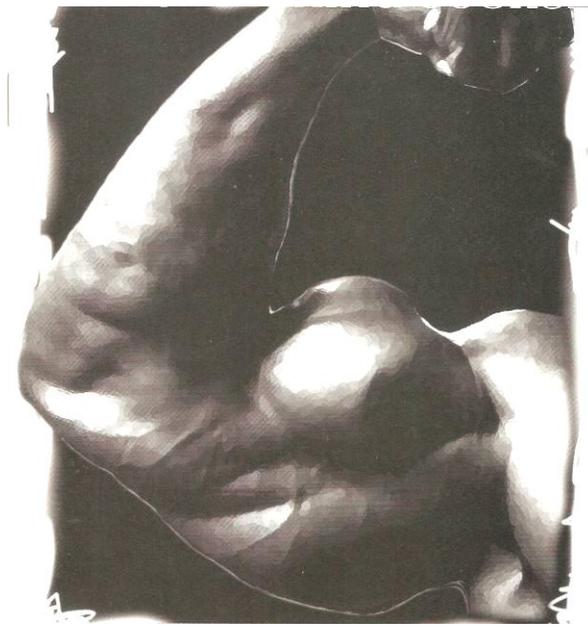


*At age Twenty One I Created "Level 1"  
Of  
"How To Build Sleeve Splitting Biceps"  
And Made More Gains In 6 Month's Then  
In All The Previous Years Combined!  
My Nutrition And Training Still Needed Improvement But I  
Was On My Way To Building Bigger Arms  
And Winning The "Best Arms' Trophy!*

# The Secret to Building Super Big Biceps!

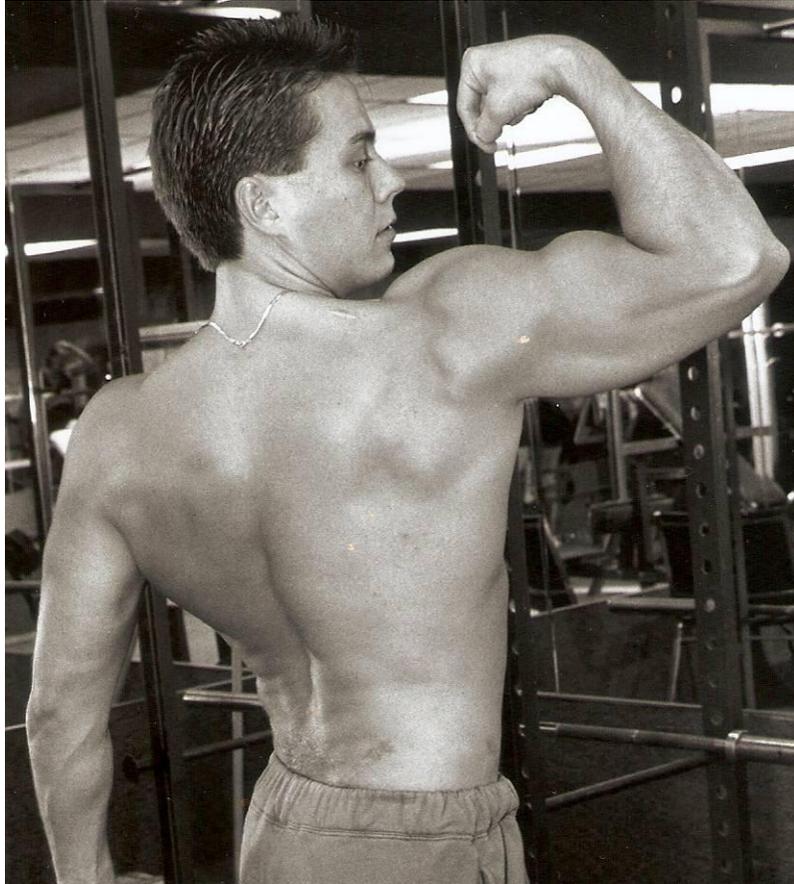
Let me share the scientific secret to building BIG BICEPS.

There are three types of skeletal muscle tissue fibers. They are the *white fast twitch* fibers, the *red fast twitch* fibers, and the *red slow twitch* fibers. Each muscle tissue fiber has a specific role to play in the overall make-up of the muscle. The white fast twitch muscle fibers have very few capillaries, and in the

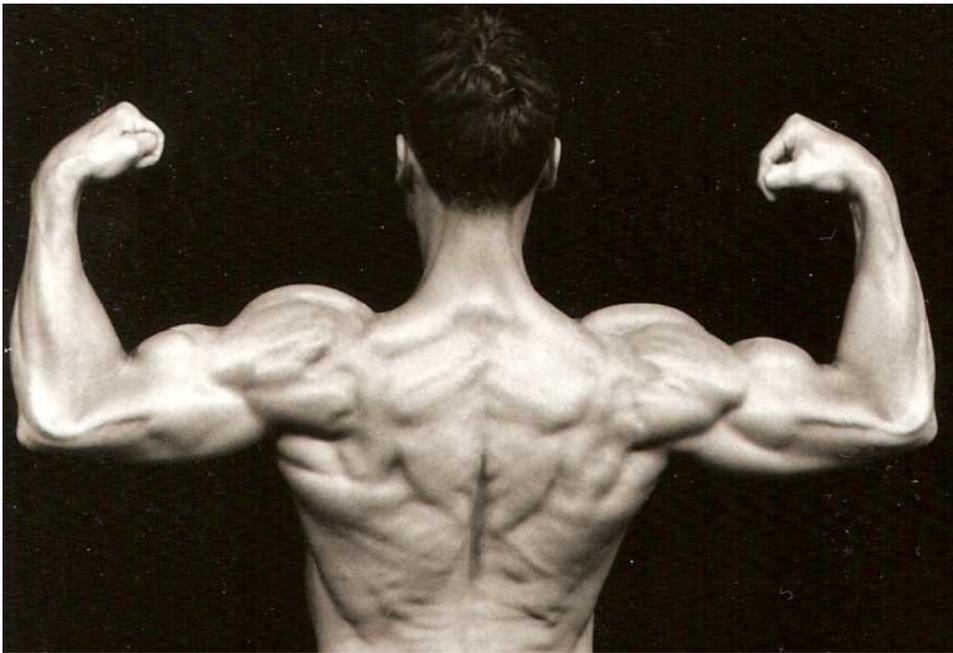


absence of this nutrient rich blood supply, they cannot function for very long periods but are extremely strong. The red fast twitch muscle fibers have a greater number of capillaries and can therefore outlast the white fast twitch fibers but are not nearly as strong. And lastly, the red slow twitch muscle fibers have a tremendous number of capillaries allowing for long-term sustained activity however with very little strength.

## How to Use the Secret to Build Bigger Biceps!



*At age Twenty Nine I Had Created "Level 1,  
Of  
"How To Build Sleeve Splitting Biceps"  
And The Muscle Size And Strength Kept Coming!*



**Age 42 Winning The Masters Mr. Michigan Contest**

I devised a system of training that I call "**MuscleBuilder Rx<sup>©</sup>**." Simply put, MuscleBuilder Rx<sup>©</sup> is a training system by which the sum of all parts is greater than any one part. Although it sounds simple, very few weight lifters know this, and hardly anyone implements it into their training cycles. It's why most people never reach their total physical potential. Far too much emphasis is put on heavy training exercises in the 6 to 8 rep range with the wrong exercises. This is a mistake that will cost you total physical development. The absolute best bodybuilders and weight lifters know this. The Russians have been practicing a similar variation of MuscleBuilder Rx<sup>©</sup> Sleeve Splitting Biceps<sup>©</sup> since the 1960's.

# **You Know Something Works If Your Muscles Continue To Make Progress!**



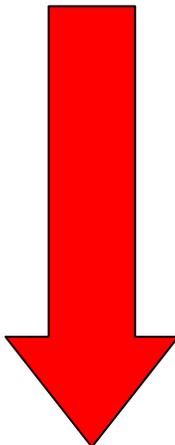
*At The Young age Of Forty Five I Still Train My Arms  
Using The  
"How To Build Sleeve Splitting Biceps" Method  
And Continue To Keep Improving!*

How to Use The “Super Human Muscles  
Sleeve Splitting Biceps System©”

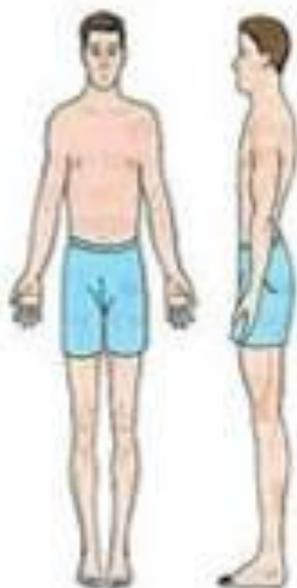
**ALL CHAMPION BODYBUILDERS FROM BOTH  
PAST AND PRESENT HAVE INCORPORATED  
THIS TRAINING METHOD INTO THEIR  
PROGRAM WHETHER THEY REALIZED IT OR  
NOT!**

**EXERCISE RECOMMENDATIONS CHART**

<b>GOAL</b>	<b>REP RANGE</b>
<b>SIZE</b>	<b>(4-8)</b>
<b>STAMINA</b>	<b>(10-15)</b>
<b>ENDURANCE</b>	<b>(16-20)</b>



GOAL	REP RANGE
<p><b>SIZE</b> - Will also build the thickness of the bones to facilitate handling heavier weights. This is especially important for the Ectomorph muscle builder as they have thin, slight bone structure which is one of the reasons they have a hard time lifting heavy weights.</p>	(4-8)
<p><b>STAMINA</b> - This rep range is important for that overall refined and honed appearance of the muscle. Most lifters avoid this rep range because they have to <b>FORCE</b> the muscle capillaries with blood which will in turn help stretch the facial tissue. This is how you actually create <b>MORE</b> size.</p>	(10-15)
<p><b>ENDURANCE</b> - One (for Ectomorphs) or two sets in this rep range is all that is needed. This set will help flush toxins out of the muscle and supply new blood for growth.</p>	(16-20)



**Ectomorph**



**Endomorph**



**Mesomorph**

**You Most Likely Fall Into One Of These Three Categories**

# Training The Biceps To Get Freaky Big And Strong!

## STAGE 1 (6 To 10 Weeks)

### Train Arms Once Every 5 To Seven Days

The biceps and triceps (both relatively small muscle groups) respond well to going heavy, and using more weight can provide a good bone and muscle strength foundation for the arms (to make them bigger) so your higher-rep sets can be done with even more weight, producing more mass.

**BUT....**

The higher reps are not yet needed OR wanted!

The 5x5 training method is a lifting practice the late Reg Park (a 3-time Mr. Universe winner) swore by in his prime bodybuilding days during the 1950s and '60s.

Reg Park used the first two sets of each exercise as a warm-up, increasing weight from the first to the second set, building up to the final three working sets. On all three working sets, the weight stayed the same.

The following workout includes two exercises each for biceps and triceps, and you'll alternate back and forth between the two muscles - as opposed to doing all biceps work, then all triceps work, or vice versa - to ensure that neither takes a backseat to the other.

**Reg Park**

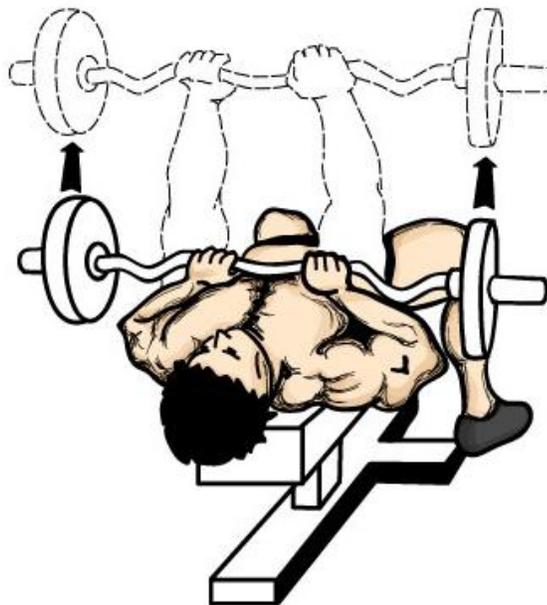


## REMEMBER

All exercises utilizing a 5x5 protocol include 2 warm up sets. The first set is 5 reps with 60% of your working weight. The second set is 5 reps with 80% of your working weight. The final 3 sets are performed with 100% of your working weight. So again, of the 5 sets that you perform for these exercises, the first 2 sets are warm ups.

### **Close-Grip Barbell Bench Press\***

**5 sets of 5 reps**



#### **Position for the close grip bench press**

1. Lie face up on a flat bench. Plant your feet firmly on the ground and keep your back flat against the bench.
2. Grasp a bar with a narrow grip so that your hands are about 2" to 3" (5 to 9 cm) apart.
3. Arms should be fully extended and palms should be facing forward.

#### **Execution of the close grip bench press**

1. Keeping your elbows close to your body, slowly lower the weight slowly to your chest. Lightly touch your chest and push upward. Do not bounce the weight. Repeat the movement.

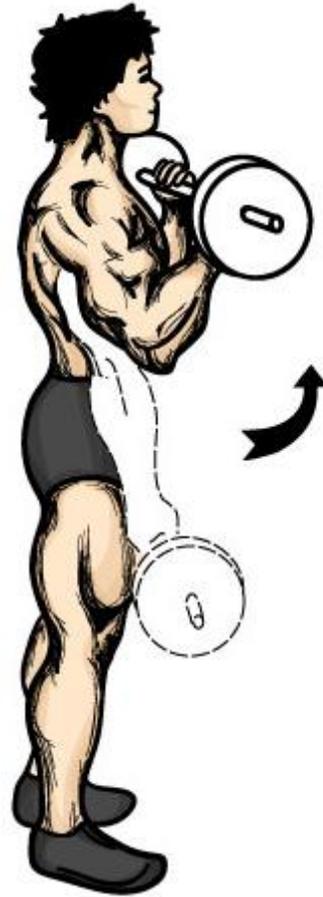
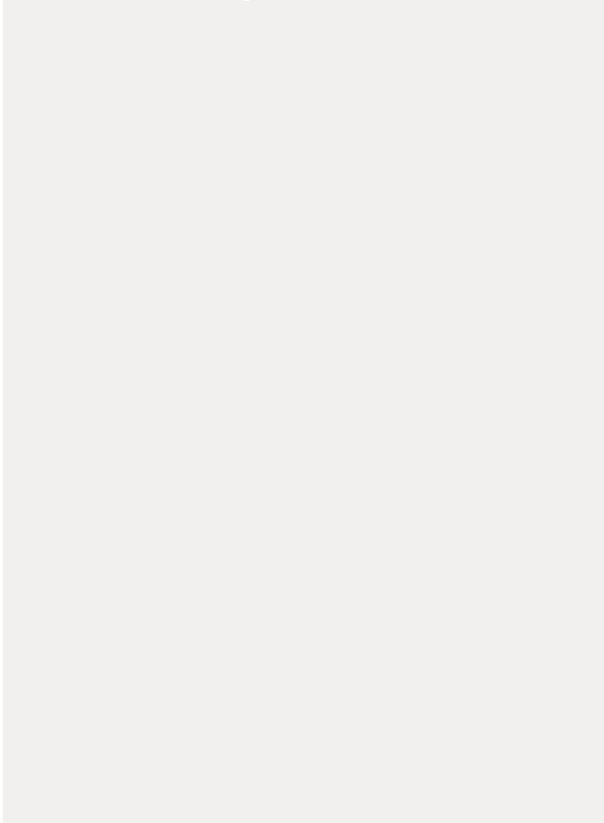
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2. Keep the movement fluent, slow, and controlled

---

## **Barbell Curl\***

**5 sets of 5 reps**



### **Position for the standing barbell curl**

1. Standing upright, grab a barbell using an underhanded grip.
2. Hold the bar in the arms down position. Hold the bar slightly wider than shoulder width.
3. Keep your feet close together with your back straight and head level. Keep your arms close to your body.
4. The bar should be resting across the thighs.

### **Execution for the standing barbell curl**

1. Curl the weight up in a controlled fashion until the bar is under your chin. Pause for a second and slowly lower the bar until your arms are fully extended in the arms down position. Repeat the movement.
2. Keep the movement fluent, slow, and controlled.

## **Weighted Dip\***

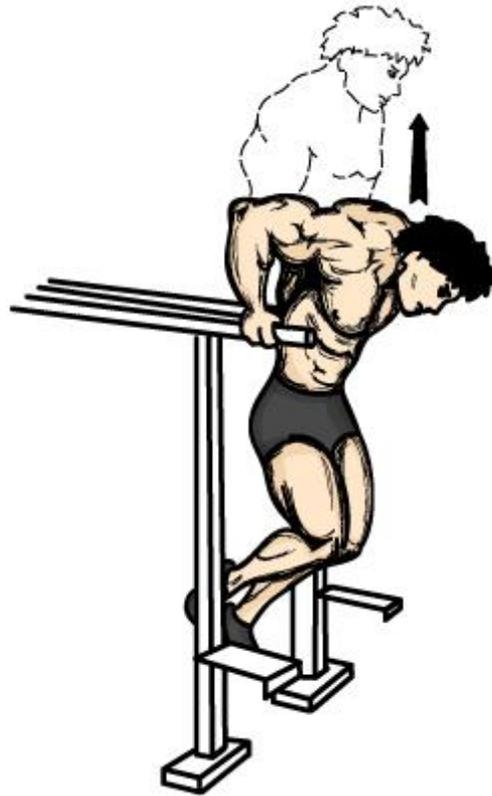
**5 sets of 5 reps**

### **Position for the dip exercise**

1. Support your body at straight arm's length.
2. Keep your back straight, torso straight, knees flexed, and feet behind you.

### **Execution of the dip exercise**

1. Lower your body to a point where you feel a comfortable stretch.
2. Slowly push your torso upward back to the starting position.
3. Keep the movement fluent, slow, and controlled.



## **IMPORTANT**

**If you cannot do the dip exercise you can substitute with the "weighted Bench Dips" until you grow strong enough to perform the Weighted Dip**

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## **Dumbbell Curls (Seated)**

**5 sets of 5 reps**



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### **Weight lifting exercise position**

1. Using a bench, sit with your back straight and feet firmly planted on the floor.

Grab a pair of dumbbells using an underhand grip and hold in the arms down position.

### **Execution**

1. Slowly curl one dumbbell up towards your shoulder, pause and slowly lower it. As you lower the dumbbell, curl the other arm upwards. Do not swing the dumbbells up with any added body motion.

2. Keep the movement fluent, slow, and controlled.

3. This exercise may seem confusing at first but with practice, it will be second nature

**Please Remember!!!**

\* Use the first two sets as increasingly heavier buildup sets, doing no more than five reps. Use the same weight on the last three sets.

---

**THE 6 MONTHS  
WORKOUT AND  
NUTRITION PLAN  
I USED WITH  
THE BICEPS PROGRAM  
BECAUSE I WAS SKINNY!**



**The secret to developing massive muscular size as well as incredible lifting strength lies within your ability to take a severe workload for a continuous length of time.**

The reason most people cannot keep making improvements is due to their inability to work with heavy weights week in and week out.

With this lifting program, you will be able to keep lifting heavier weight for many months because you will receive plenty of rest between workouts. Your lifts will increase because your size will increase with proper recuperation.

## MONDAY

**Bench Press;** 2 sets of 10 for a warm-up, then do 5 sets 8/6/5/4/2 reps, using increasingly heavier weight.

**Military Press;** use the same warm-up and working sets as in the bench press.

**Bent over Row;** use the same warm-up and working sets as in the bench press.

**Sleeve Splitting Biceps Workout Program.**

## WEDNESDAY

**Full Squat;** 1 set of 10 or 20 for a warm-up. Then 8/6/4/3/2 reps. Reduce weight to 6% of maximum lift and do 3 sets of 12 reps.

**Deadlift;** 2 sets of 10 for warm-up. Increase weight and do 5 sets of 6 to 7 reps each set.

## FRIDAY

**Bench Press;** 5 sets of 10 reps with a weight of 50% to 60% of your maximum lift.

**Full Squat;** same sets and reps as above.

**Deadlift;** same sets and reps as above.

**Bent over Row;** same sets and reps as above.

Rest no more than 75 seconds between each set on Friday's workout. It is a light day used to recuperate the muscles by flushing out toxins and waste in your system with the pump. Fridays work out is very important to set up your metabolic system for growth. Do not miss this workout.

## DIET INFORMATION

**On 1 & 2 the diet should be divided into 4 meals a day**

**On 3 & 4 the diet should be divided into 6 meals a day**

**NOTE:** This is a general diet intended for a person in good health.

Your physician is the best counsel for individual diet needs.

Bread should be stone ground whole wheat bread.

### **STAGE 1**

<b>Orange Juice 1 cup.....</b>	<b>110</b>
<b>2 eggs.....</b>	<b>150</b>
<b>½ lb steak.....</b>	<b>650</b>
<b>4 cups milk.....</b>	<b>660</b>
<b>¼ lb cottage cheese.....</b>	<b>100</b>
<b>3 slices sgww bread.....</b>	<b>165</b>
<b>2 pats butter.....</b>	<b>200</b>
<b>1 serving fruit.....</b>	<b>75</b>
<b>1 potato.....</b>	<b>105</b>
<b>2 vegetables.....</b>	<b>100</b>
<b>TOTAL Calories</b>	<b>2315</b>

**sgww stands for "Stone Ground Whole Wheat" This bread has not had the fiber removed.**

## **STAGE 2**

<b>Orange Juice 1 cup.....</b>	<b>110</b>
<b>2 eggs.....</b>	<b>150</b>
<b>½ lb steak.....</b>	<b>650</b>
<b>4 cups milk.....</b>	<b>660</b>
<b>¼ lb cottage cheese.....</b>	<b>100</b>
<b>4 slices sgww bread.....</b>	<b>220</b>
<b>1 pats butter.....</b>	<b>100</b>
<b>2 tbls. Peanut butter.....</b>	<b>180</b>
<b>1 potato.....</b>	<b>105</b>
<b>2 vegetables.....</b>	<b>100</b>
<b>Fruit dessert.....</b>	<b>125</b>
<b>10 cashew nuts.....</b>	<b>100</b>
<b>2 tbls. Peanut butter.....</b>	<b>180</b>
<b>TOTAL Calories</b>	<b>2280</b>

### **STAGE 3**

<b>3/4 lb steak.....</b>	<b>975</b>
<b>2 eggs.....</b>	<b>150</b>
<b>4 cups milk.....</b>	<b>660</b>
<b>1/4 lb cottage cheese.....</b>	<b>100</b>
<b>4 slices sgww bread.....</b>	<b>220</b>
<b>1 pats butter.....</b>	<b>100</b>
<b>1 glass orange juice.....</b>	<b>110</b>
<b>1 potato.....</b>	<b>105</b>
<b>2 vegetables.....</b>	<b>100</b>
<b>Fruit dessert.....</b>	<b>100</b>
<b>10 cashew nuts.....</b>	<b>100</b>
<b>TOTAL Calories</b>	<b>2900</b>

## **STAGE 4**

<b>3/4 lb steak.....</b>	<b>975</b>
<b>2 eggs.....</b>	<b>150</b>
<b>4 cups milk.....</b>	<b>660</b>
<b>1/4 lb cottage cheese.....</b>	<b>100</b>
<b>2 tbls peanut butter.....</b>	<b>180</b>
<b>4 slices sgww bread.....</b>	<b>220</b>
<b>1 pats butter.....</b>	<b>100</b>
<b>1 glass orange juice.....</b>	<b>110</b>
<b>1 potato.....</b>	<b>105</b>
<b>2 vegetables.....</b>	<b>100</b>
<b>Fruit dessert.....</b>	<b>100</b>
<b>20 cashew nuts.....</b>	<b>100</b>
<b>2 slices cheese.....</b>	<b>230</b>

**TOTAL Calories 3230**

# WORKOUT RECORD CHART

## BENCH

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MAX WEIGHT						
NUMBER OF REPS						

## SQUAT

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MAX WEIGHT						
NUMBER OF REPS						

## DEADLIFT

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MAX WEIGHT						
NUMBER OF REPS						

**After Following  
The Program You  
Will Have Put On Some  
Serious Strength  
And Will Be Ready  
For The  
"SERIOUS BICEP BUILDING"  
WORKOUT!**



## **Training The Biceps To Get Freaky Big And Strong!**

Here's a biceps training routine that should be performed every 5 to 7 days.

If you perform this biceps training routine on a Monday and are able to do it again on a Wednesday, **YOU'RE NOT TRAINING HARD ENOUGH!** I'm serious about this. Many wanna-be-bodybuilders think that they train hard; the truth is that they mistake training time for training intensity. Breaking through the pain barrier is a much talked about topic but seldom practiced.

Unless you're a 22-year-old bodybuilder whose gym partners are

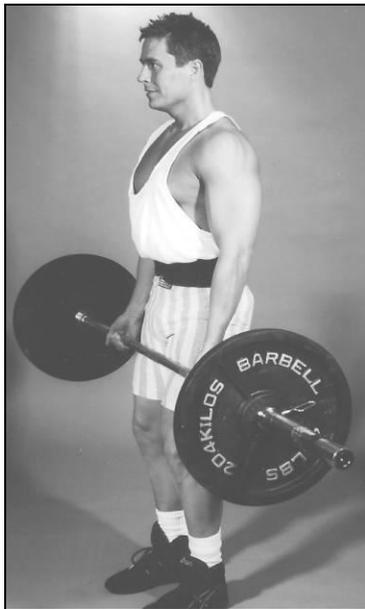
Testosterone and Dianabol, once every 5 to 7 days will stimulate growth if you're really breaking through the pain barrier. If you are a drug-enhanced bodybuilder, once every 4 days is advised.



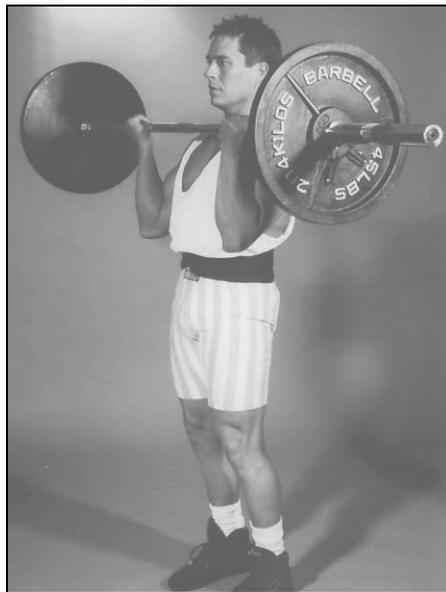
## The Specialized Biceps Training Routine

Be sure to thoroughly warm the biceps with stretching and 2 or 3 light sets of curls.

As an example I will give you the sets and weight I use when training.



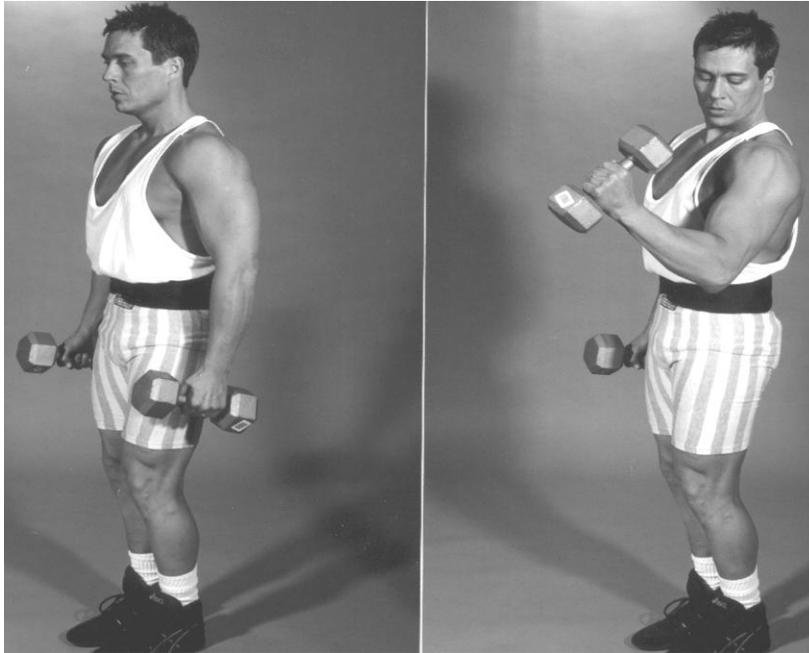
START



FINISH

### SET #1

<b>OLYMPIC BARBELL CURL</b>	<b><i>12 Repetitions with 95 pounds/no rest and go directly to the hammer curls.</i></b>
<b>DUMBBELL HAMMER CURLS</b>	<b>12 Repetitions with 45 pounds</b>



**Rest 60 Seconds And Go Directly Into Set #2**

**SET #2**

<b>OLYMPIC BARBELL CURL</b>	<i>10 Repetitions with 105 Pounds/no rest and go directly to the hammer curls.</i>
<b>DUMBBELL HAMMER CURLS</b>	<b>10 Repetitions with 55 pounds.</b>

**Rest 90 Seconds And Go Directly Into Set #3**

### SET #3

<b>OLYMPIC BARBELL CURL</b>	<i>8 Repetitions with 115 Pounds/no rest and go directly to the hammer curls.</i>
<b><i>DUMBBELL HAMMER CURLS</i></b>	<b>8 Repetitions with 65 pounds.</b>

**Rest 90 Seconds And Go Directly Into Set #4**

### SET #4

<b>OLYMPIC BARBELL CURL</b>	<i>6 Repetitions with 125 Pounds/no rest and go directly to the hammer curls.</i>
<b><i>DUMBBELL HAMMER CURLS</i></b>	<b>6 Repetitions with 75 pounds.</b>

**Rest 90 Seconds And Go Directly Into Set #5**

## SET #5

<b>OLYMPIC BARBELL CURL</b>	<i>5 Repetitions with 135 Pounds/no rest and go directly to the hammer curls.</i>
<b>DUMBBELL HAMMER CURLS</b>	<b>5 Repetitions with 90 pounds.</b>

**Increase The Weight In Set #5 Each Week By 2 ½ Pounds**

**Rest 90 Seconds And Go Directly Into Set #6**

## SET #6

Use About 50% To 60% Of Your Max Weight

<b>OLYMPIC BARBELL CURL</b>	<i>20 Repetitions with 105 Pounds/no rest and go directly to the hammer curls.</i>
<b>DUMBBELL HAMMER CURLS</b>	<b>20 Repetitions with 50 pounds.</b>

**Increase The Weight In Set #6 Each Week By 2 ½ Pounds**

While every bodybuilder has his or her own personal goals and physical requirements, using the Sleeve Splitting© system of training is a good way to start realizing your fuller potential. Of course no one program is perfect for everyone. As you progress so should your training cycles and exercise selection. Do yourself a favor and give this workout system an all out three-month trial run. I'm confident that the increases in size, strength, and overall sleeve busting biceps you'll experience will make a believer out of you.

Power Health Always,

*Daniel C. Przyojski*

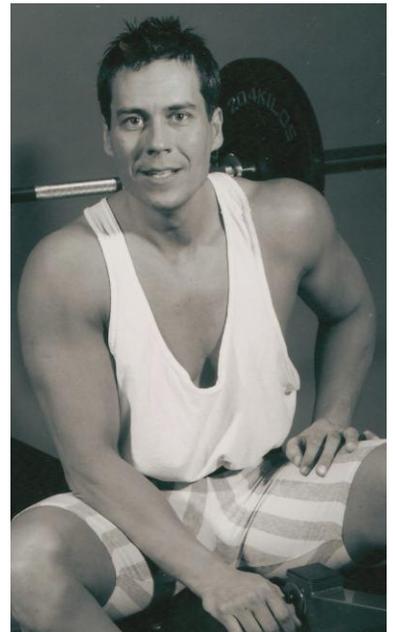
Daniel C. Przyojski

Dan Przyojski  
N.F.P.T. Certified Trainer, Mr. Toledo – Masters Mr. Michigan  
Bodybuilding Champion

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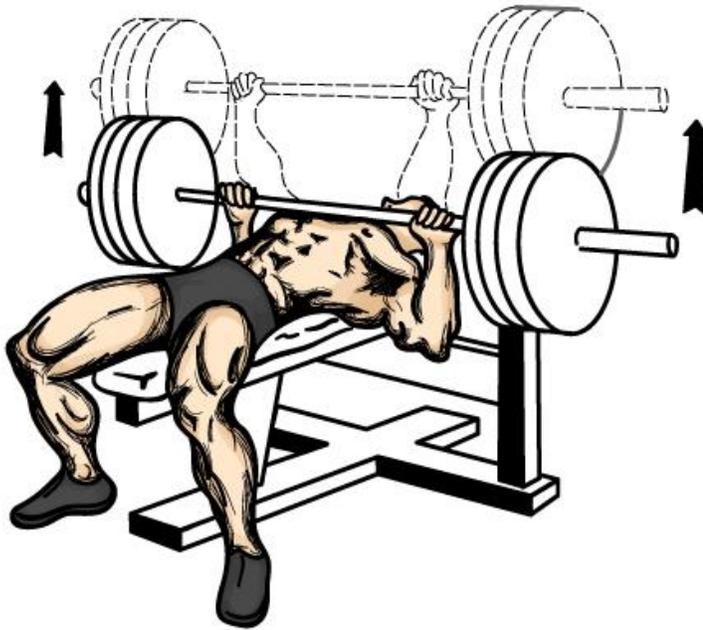


**Body Building**

**Exercise Illustrations**

**And**

**Instruction**



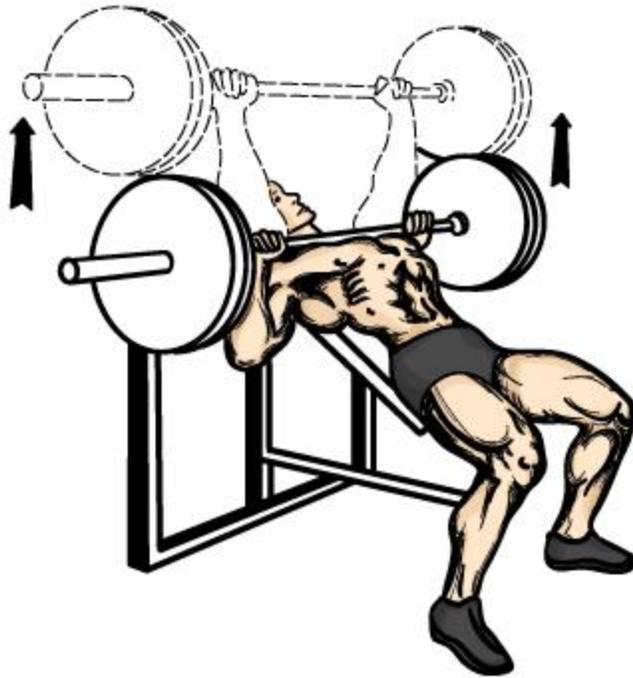
## **Flat Bench Press**

### **Position for the bench press exercise**

1. Lie back on the bench with your feet firmly planted on the floor and back pressed firmly against the padding.
2. Take a tight grip of the barbell (overhand) with your thumbs roughly 3 feet (90cm) apart. Make sure that your grip is balanced between both sides of your body. Once your grip is set, press your shoulders down and back into the bench. This will push up your pectoral girdle and allow for a much better stimulation.
3. Lift the bar from the rack.

### **Execution of the bench press exercise**

1. Take the barbell from the rack and lock your elbows at the top position. Lower the barbell to the nipple area of the chest, slowly and under control, keeping your elbows away and outward from the trunk of your body.
2. As the weight lowers, be sure not to bounce the weight - very important - do not bounce the weight from the chest. Lightly touch the chest and push the weight back up in a controlled fashion. Beginners may find that the weight starts to fall forward or backward or that the weight is rising unevenly because one arm is stronger than the other. Don't worry too much about this and concentrate on the movement itself. After a couple of weeks you will develop a groove and this movement will be second nature.



## **Incline Bench Press**

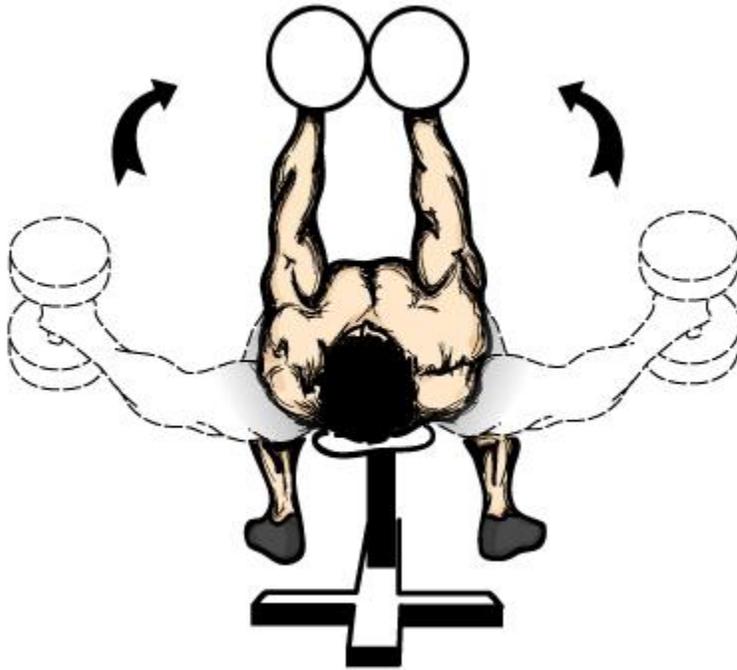
This is an excellent weight lifting exercise for the upper pecs. But if the exercise is done incorrectly, the only muscles that will be developed are the front deltoids. A great upper chest weight lifting exercise.

### **Weight lifting exercise position**

1. Lie back on an incline bench (35 to 45 degrees) with your feet firmly planted on the floor. Your back should be pressed firmly against the padding.
2. Grip the barbell with your thumbs roughly 3 feet (90 cm) apart. Make sure that the grip is balanced between both sides of your body. Lift the bar from the rack.

### **Execution**

1. Take the barbell from the rack and lock your elbows at the top position. Keeping the arms away from the body, lower the barbell to the upper chest area slowly and controlled.
2. Lightly touch the upper chest area and push the weight back up in a controlled manner to the starting position. Try and keep your eyes on the barbell at all times as this will help out with balancing the weight and movement.
3. Keep the movement fluent, slow, and controlled.



### **Flat Bench Dumbbell Fly**

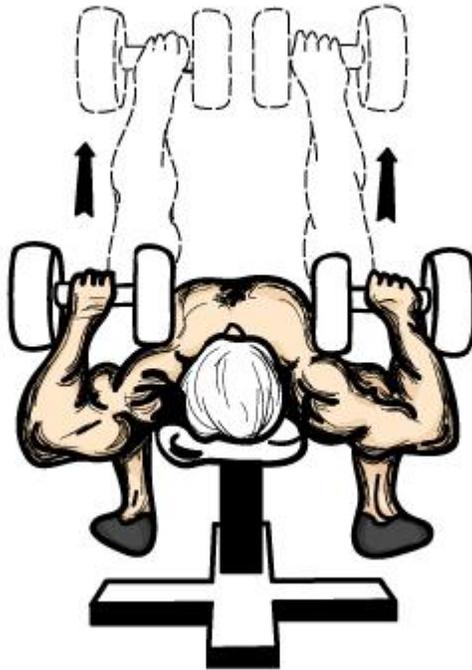
Dumbbell flies are an excellent isolation exercise for the chest.

#### **Weight lifting exercise position**

1. While seated on the edge of a flat bench, grasp two dumbbells in an overhand grip.
2. Rest the dumbbells in an upright position on the edge of your knees.
3. Carefully lie on the flat bench, bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.
4. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing inward.
5. Elbows must remain flexed throughout the entire movement.

#### **Execution**

1. Slowly lower your arms out to the side of your body with your arms at right angles. The dumbbells should be slowly lowered in an arc like motion toward the floor until your chest is comfortably stretched.
2. At the bottom position of the exercise your hands should be parallel the trunk of your body. Raise and repeat. The elbows should be slightly bent throughout the whole movement and should not be altered from start to finish (imagine your arms wrapping around a large tree).
3. Keep the movement fluent, slow, and controlled.



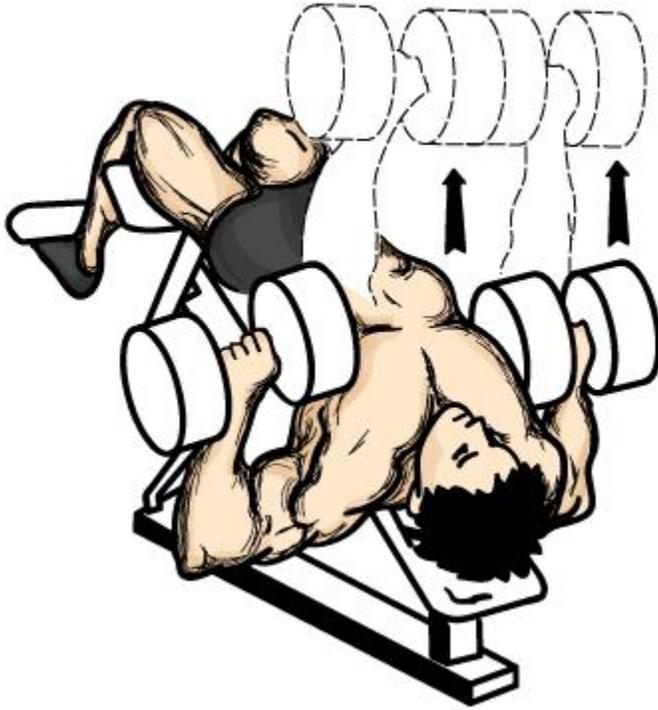
### **Flat Bench Dumbbell Press**

This variation of the barbell bench press is an excellent weight lifting exercise for pecs. If you find you are going stale on the bench press, try using dumbbells, you'll be surprised at the results.

1. While seated on the edge of a flat bench, grasp two dumbbells in an overhand grip.
2. Rest the dumbbells in an upright position on the edge of your knees. Carefully lie on the flat bench bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.
3. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing forward.

#### **Execution**

1. Slowly bend your arms and lower both dumbbells in a slow, controlled fashion to your chest. The dumbbells should be at the sides of your chest.
2. Slowly press the weight back up from the sides of your chest to the starting position. Do not bounce the weight from the chest. Keep your elbows out and away from the trunk of your body.
3. Keep the movement fluent, slow, and controlled.



### **Decline Dumbbell Press**

#### **Weight lifting exercise position**

1. Grab a pair of dumbbells and position yourself on the decline bench (This will take some practice so start light). While on the decline bench, grasp two dumbbells in an overhand grip.
2. Rest the dumbbells in an upright position on the edge of your knees.
3. Carefully lie on the flat bench, bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.
4. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing forward.

#### **Execution**

1. Slowly bend your arms and lower both dumbbells in a slow, controlled fashion to your chest. The dumbbells should be at the sides of your chest.
2. Slowly press the weight back up from the sides of your chest to the starting position. Do not bounce the weight from the chest. Keep your elbows out and away from the trunk of your body.
3. Keep the movement fluent, slow, and controlled.



## **Incline Dumbbell Flyes**

### **Weight lifting exercise position**

1. While seated on the edge of an incline bench, grasp two dumbbells in an overhand grip.
1. Rest the dumbbells in an upright position on the edge of your knees.
2. Carefully lie on the incline bench, bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.
3. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing inward.
4. Elbows must remain flexed throughout the entire movement.

### **Execution**

1. Slowly lower your arms out to the side of your body with your arms at right angles. The dumbbells should be slowly lowered in an arc like motion toward the floor until your chest is comfortably stretched.
2. At the bottom position of the exercise your hands should be parallel the trunk of your body. Raise and repeat. The elbows should be slightly bent throughout the whole movement and should not be altered from start to finish (imagine your arms wrapping around a large tree).
3. Keep the movement fluent, slow, and controlled.



## **Position for the dumbbell pullover**

1. Lie down on a bench with your shoulders near the end of the bench. Your head should be off the bench. Now, you can either reach to the floor for a dumbbell and pull it up, have someone hand you the dumbbell or you can start with the dumbbell on your chest. Personally, I start with a dumbbell on my chest.
2. Grasp the dumbbell (as in the picture) and press the weight up. Your arms should have a slight bend to them at the starting position.

### **Execution of the dumbbell pullover**

1. Slowly lower the dumbbell so to stretch your arms as they reach the floor. Remember, all muscles should be totally stretched as the weight approaches the floor. The back should have a maximum arch when the weight is lowered to this position. The dumbbell will actually be behind your head in this position.
2. Slowly raise the dumbbell back to it's starting position.

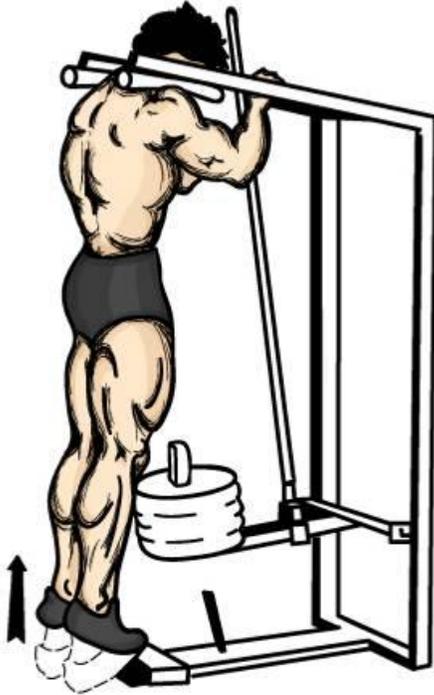


### **Position for the dumbbell incline press**

1. While seated in an incline bench, grasp two dumbbells in an overhand grip.
2. Rest the dumbbells in an upright position on the edge of your knees.
3. Carefully lie on the incline bench, bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.
4. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing forward.

### **Execution of the dumbbell incline press**

1. Slowly bend your arms and lower both dumbbells in a slow, controlled fashion to your chest. The dumbbells should be at the sides of your chest.
2. Lower the dumbbells to a position where you feel a comfortable stretch.
3. Slowly press the weight back up from the sides of your chest to the starting position. Do not bounce the weight from the chest. Keep your elbows out and away from the trunk of your body.
4. Keep the movement fluent, slow, and controlled.

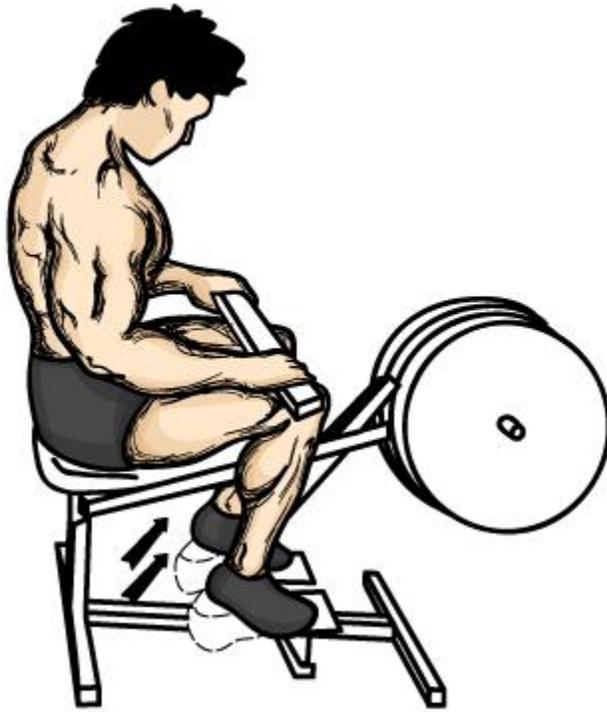


### **Position for the standing calf raise**

1. Standing upright, place your toes on the apparatus platform. Ensure that you are on the balls of your feet at the edge of the apparatus platform.
2. Slowly drop your heels as far as they can go.
3. Place your hands on the shoulder pads.

### **Execution of the standing calf raise**

1. Rise up as high as possible on the balls of your toes without excessive knee bending.
2. Slowly lower your heels as far as possible. Do not bounce at the bottom of the movement. Repeat.
3. Keep the movement fluent, slow, and controlled.



**position for the calf raise seated**

1. Sit down on the apparatus and place the balls of your feet on the platform with your knees under the pads.
2. Grasp the handles.
3. Unhook the safety latches for the weight.
4. Slowly drop your heels as far down as they can go.

**execution for the calf raise seated**

1. Raise your heels until your calves are fully contracted.
2. Slowly lower your heels and repeat movement.
3. Keep the movement fluent, slow, and controlled.



**Position for the dip exercise**

1. Support your body at straight arm's length.
2. Keep your back straight, torso straight, knees flexed, and feet behind you.

**Execution of the dip exercise**

1. Lower your body to a point where you feel a comfortable stretch.
2. Slowly push your torso upward back to the starting position.
3. Keep the movement fluent, slow, and controlled.



### **Position for the leg extension**

1. Sit on the leg extension with your back firmly on the back rest.
2. Press the back of your knees firmly against the edge of the seat.
3. The leg extension pads should be set just above your ankles. Place your ankles under the extension pads. Keep your head level and place your hands on the grips.

### **Execution of the leg extension**

1. Slowly raise the weight by extending both legs upwards to the straightened position. Do not jerk the weight up.
2. Hold this position for one second. Slowly lower the weight back to the start position. Repeat movement.
3. Keep the movement fluent, slow, and controlled.

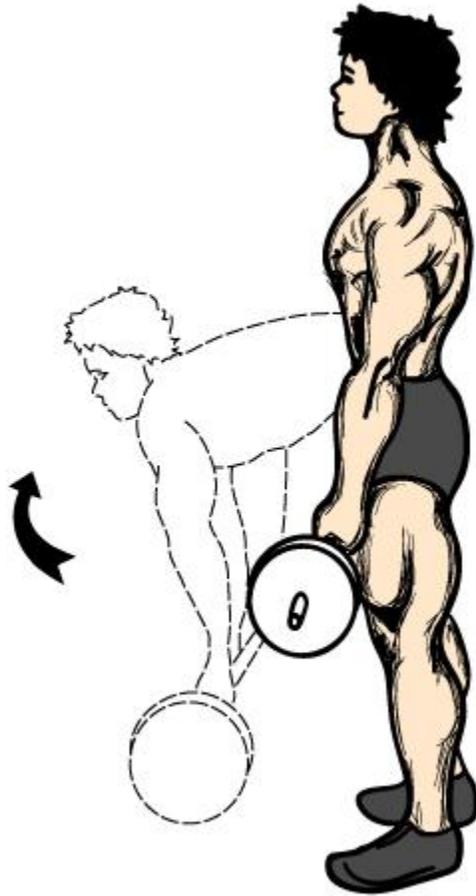


### **Position for the hack squat**

1. Firmly plant your feet on the hack apparatus. Keep your back straight and flat against the hack rest with your trapezius muscles under the shoulder pads.
2. Place your hands on the hack handles. Keep your head level.
3. Slightly angle your toes outward.

### **Execution of the hack squat**

1. Slowly bend your knees bringing your upper body downward.
2. When your knees are at 90 degrees, slowly push your body upwards back to the start position. Repeat the movement.
3. Keep the movement fluent, slow, and controlled.

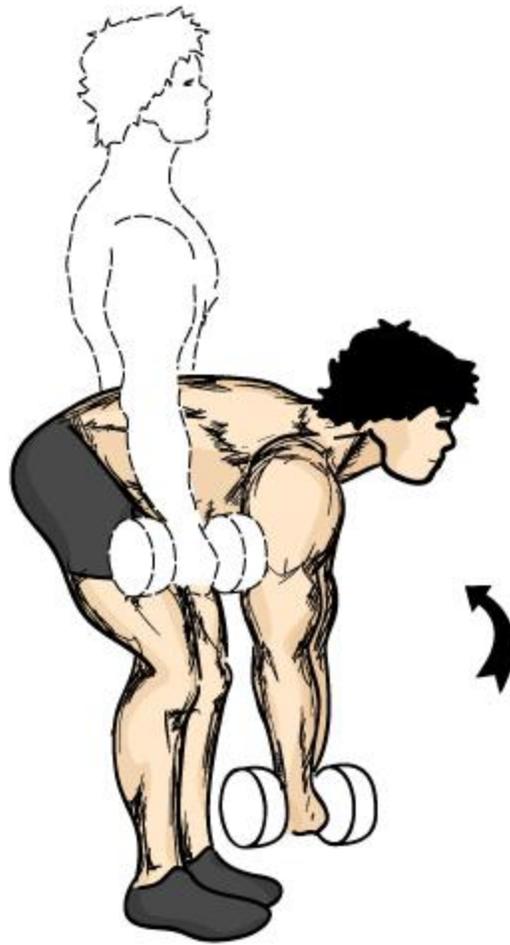


### **Position for the stiff leg deadlift**

1. You can either perform this exercise on a bench or block. Standing on a bench, grab a light barbell and hold in the arms down position. Keep your back straight and head level.

#### **Execution of the stiff leg dead lift**

1. Keep your knees slightly bent and buttocks out.
2. Slowly bend at the waist while lowering the bar past your knees.
3. You should feel a slight stretch in your hamstrings and glutes.
4. Slowly raise the bar upwards back to the starting position. Remember to squeeze your buttocks and hamstrings on the way up.
5. Always keep your back straight and keep the weight moderate on this exercise.
6. Keep the movement fluent, slow, and controlled.

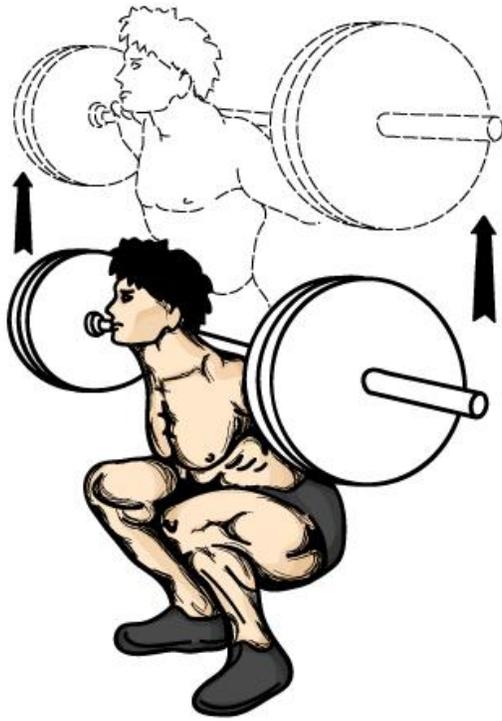


**Position for the stiff legged dumbbell deadlift**

1. With your feet about shoulder length apart, pick up a pair of dumbbells. The dumbbells should be at your sides with your arms fully extended downwards.

**Execution of the stiff legged dumbbell deadlift**

1. Keep your knees slightly bent and buttocks out.
2. Slowly bend at the waist while lowering the dumbbells past your knees.
3. You should feel a slight stretch in your hamstrings and glutes.
4. Slowly raise the bar upwards back to the starting position. Remember to squeeze your buttocks and hamstrings on the way up.
5. Always keep your back straight and keep the weight moderate on this exercise.
6. Keep the movement fluent, slow, and controlled.

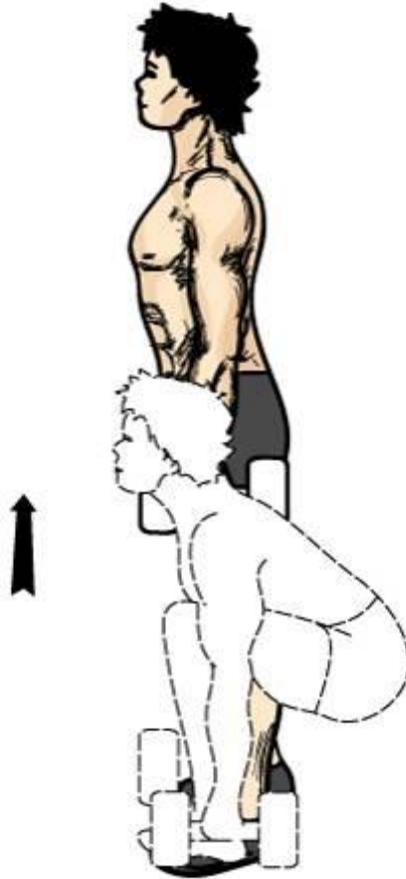


### **Squat technique**

1. Take a barbell from a squat rack and hold it at the back of your neck with your hands on the bar. Keep your back and head straight. Your feet should be spaced at shoulder width. If you cannot squat flat footed, try placing a two by four block of wood under your heel to improve balance.
2. Grasp the bar with your hands spaced slightly wider than shoulder width apart.
3. The bar should be resting comfortably across your trapezius muscle.

### **Execution**

1. In a controlled fashion, slowly squat down until your knees are parallel to the floor. Remember not to bounce at the bottom of the movement.
2. Slowly straighten your legs and return to the start position. Keep your head level at all times.
3. Keep the movement fluent, slow, and controlled.

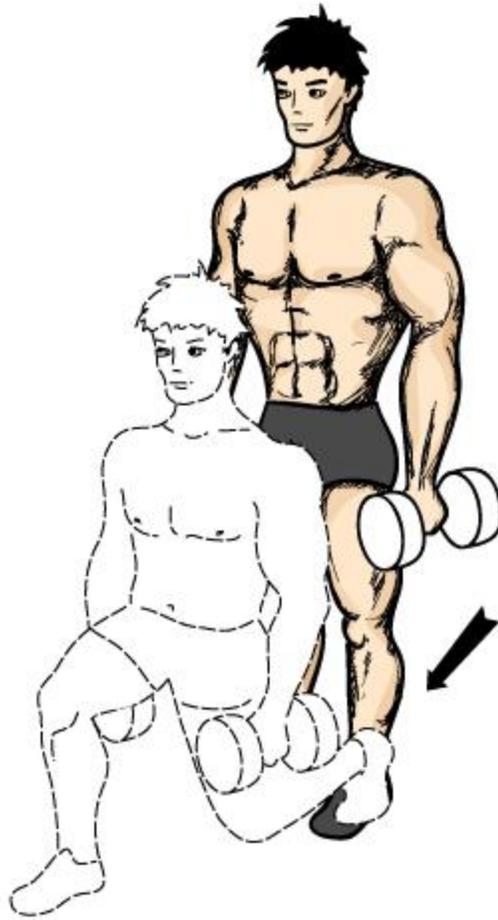


### **Position for the dumbbell squat**

1. With your legs shoulder width apart, bend at the knees to pick up a pair of dumbbells. The dumbbells should be at your sides with your arms fully extended downwards.

### **Execution of the dumbbell squat**

1. In a controlled fashion, slowly squat down until your knees are parallel to the floor. Remember not to bounce at the bottom of the movement.
2. Slowly straighten your legs and return to the start position. Keep your head level at all times.
3. Keep the movement fluent, slow, and controlled.

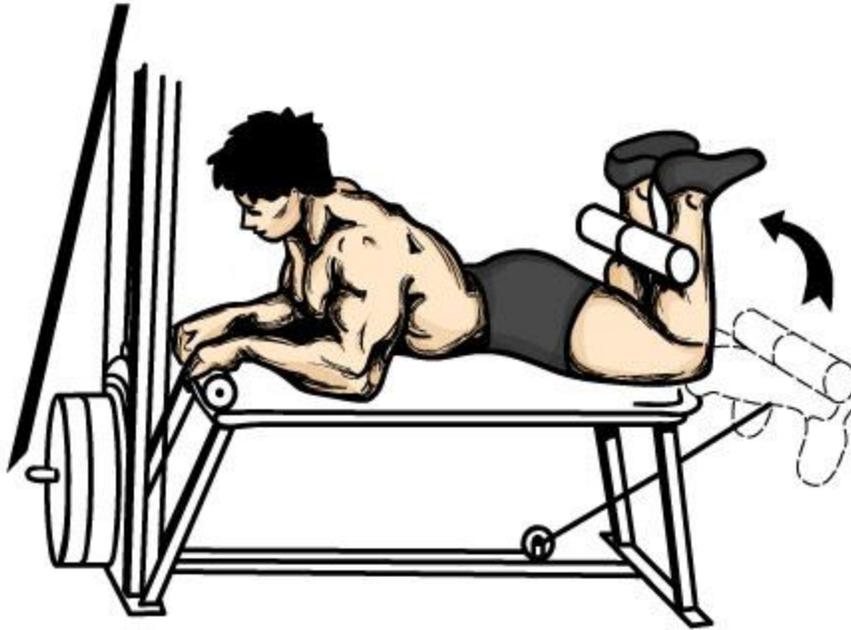


### **Position for the dumbbell lunge**

1. With your feet at shoulder width, pick up a pair of dumbbells.
2. Stand up straight with the dumbbells with your arms fully extended. Make sure your toes are pointed forward.

### **Execution of the dumbbell lunge**

1. Lunge the right leg forward in a stepping motion to a position where your knee joint forms a 90 degree angle (roughly 3 feet). Your thigh should be parallel with the floor and your shin perpendicular to the floor. Your back knee should almost touch the floor.
2. Using the muscles of the right leg, tighten your contraction and return to the standing position.
3. Repeat with the left leg.

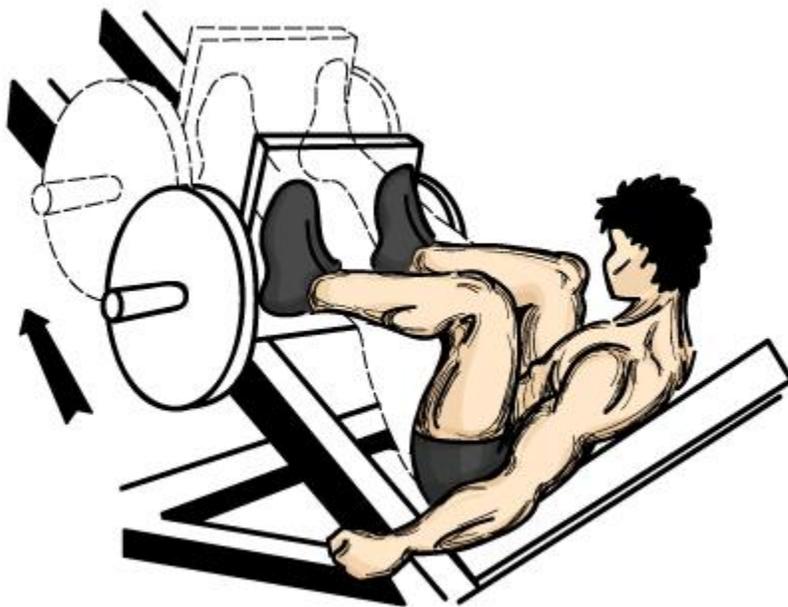


**Position for the leg curl**

1. Lying face down on a leg curl machine, hook your heels under the leg curl pad and grab hold of the handles.

**Execution of the leg curl**

1. In unison, curl your legs upwards until you cannot go any further. Hold for a second and slowly extend your legs back out. Do not bounce the weight at the bottom.

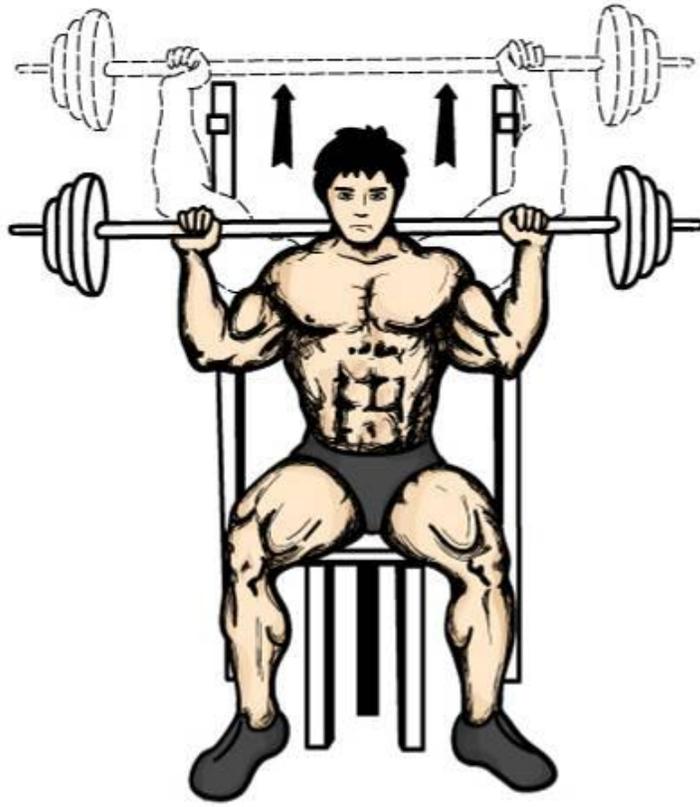


### **Position for the leg press**

1. While seated on a leg press, place your feet about 1 foot (30 cm) apart under the leg press plate. Your buttocks should be supported on the seat and your back pressed firmly against back rest.
2. Your head should be straight and slightly angle your toes outward.
3. Grasp the handles and unhook the weight making sure your legs are ready to perform the lift.

### **Execution of the leg press**

1. Slowly bend your legs, allowing your knees to travel towards your chest.
2. Once your knees are at roughly 90 degrees, press your legs upwards until they are straightened.
3. Keep the movement fluent, slow, and controlled.

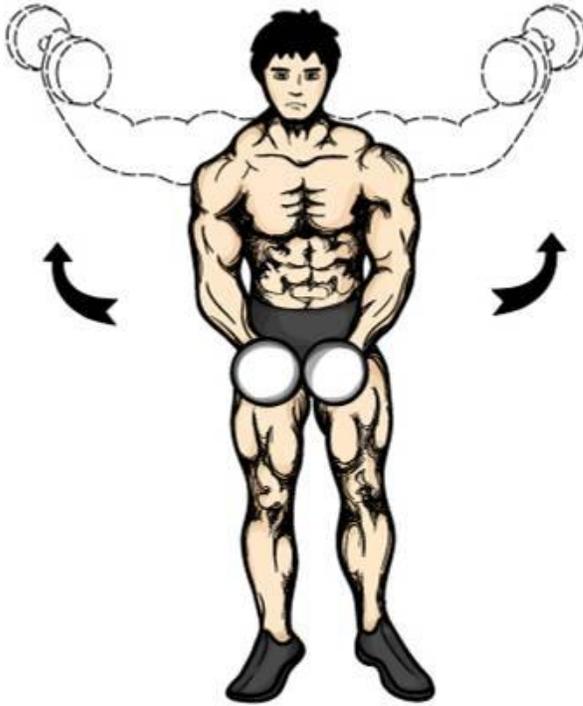


### **Position for the press behind the neck**

1. Sitting down on a bench with back support and special supports. Press your back firmly against the padding for support.
2. Grasp a barbell with your hands spaced a little wider than shoulder width. Keep your back and head straight with your feet firmly planted on the floor.
3. Take the weight off the rack and press the bar directly over your head in a vertical line.

### **Execution of the press behind the neck**

1. Slowly lower the bar behind your head to just below the ears.
2. Push the bar back up without bounding the weight. Remember to keep the back straight and flat (no arching) Repeat the movement.
3. Keep the movement fluent, slow, and controlled.



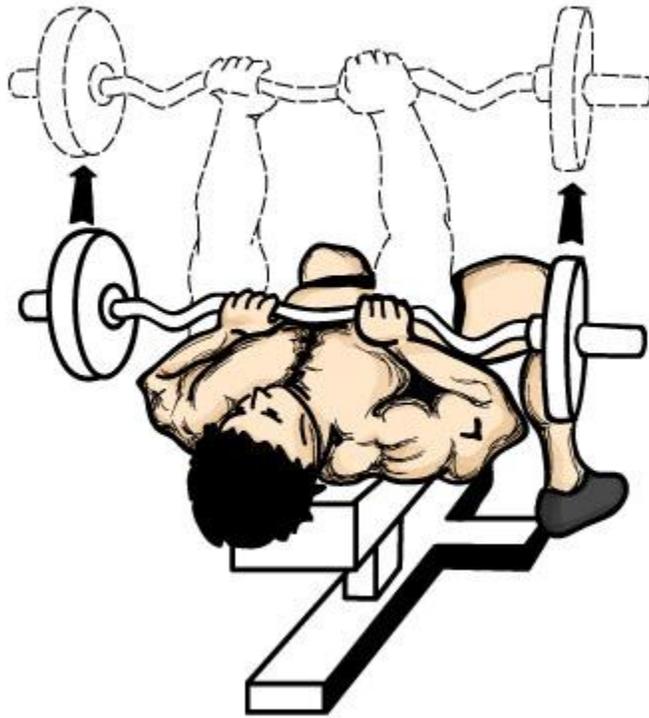
#### **Position for the dumbbell lateral raise**

1. This exercise can be performed standing or seated.
2. With both hands, grasp the dumbbells with the palms facing each other. The arms must be bent in order to stress the lateral deltoids.

If you are standing, make sure your feet are firmly planted on the floor spaced evenly at a little less than shoulder length. If you are seated, make sure your feet are firmly planted on the floor and the ankles almost touching each other.

#### **Execution of the dumbbell lateral raise**

1. Keeping elbows slightly bent, raise the dumbbells in an arc from the side of your body to level with your head. Slowly lower the dumbbells back to the start position. Repeat movement.
2. Keep the movement fluent, slow, and controlled.



**Position for the close grip bench press**

1. Lie face up on a flat bench. Plant your feet firmly on the ground and keep your back flat against the bench.
2. Grasp a bar with a narrow grip so that your hands are about 2" to 3" (5 to 9 cm) apart.
3. Arms should be fully extended and palms should be facing forward.

**Execution of the close grip bench press**

1. Keeping your elbows close to your body, slowly lower the weight slowly to your chest. Lightly touch your chest and push upward. Do not bounce the weight. Repeat the movement.
2. Keep the movement fluent, slow, and controlled.

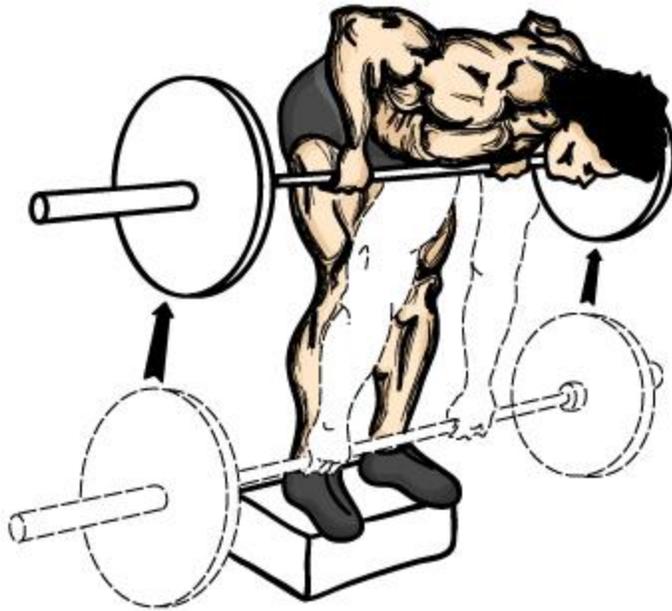


### **Position for the lying tricep extension**

1. Grasp a barbell or an E-Z curl bar using an overhand grip with hands less than shoulder width apart.
2. On a flat bench, lie on your back with your feet firmly planted on the ground and your back flat against the bench.
3. The bar should be directly over your head and your arms fully extended.

### **Execution of the lying tricep extension**

1. Keeping your upper arms straight and fixed, slowly bend your elbows and lower the bar to your forehead. You should be almost touching your forehead.
2. Using your triceps, push the weight back up to the starting position. Repeat the movement.
3. Keep your elbows in at all times.
4. When you finished the movement, you can either sit up with the weight or drop it to the floor while you are lying on the bench. It will take a little practise but you'll get it.

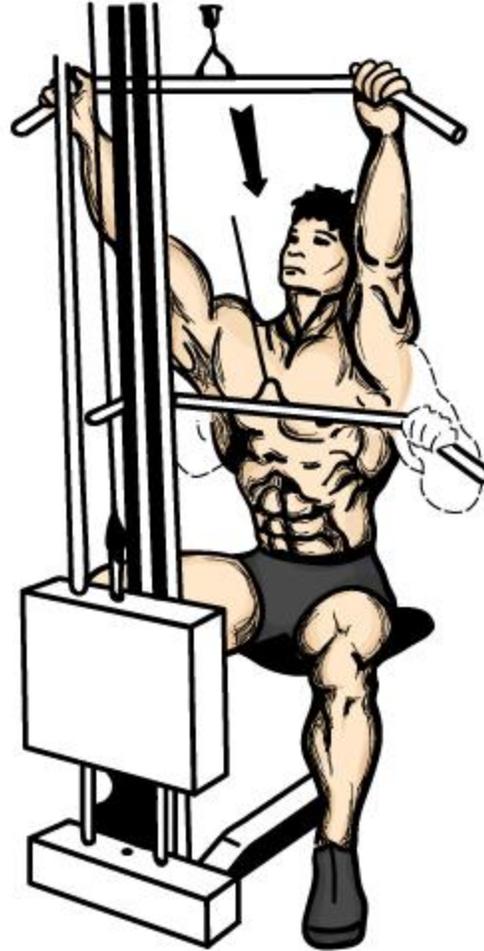


#### **Position for the barbell bent over row**

1. This exercise can be done while on a block or bench. Grab a barbell with your hands placed about 24" (60cm) apart and remove the bar from the racks.
2. Place your feet at shoulder width and keep them flat on the ground.
3. Slowly bend forward at the hips keeping your back flat.
4. Slightly bend your knees and keep your head as high as possible. Remember to keep your torso parallel to the floor and keep your lower back flat and your butt thrust outward.

#### **Execution of the barbell bent over row**

1. In a controlled fashion, pull the bar upwards until you touch the lower part of your rib cage.
2. Lower the weight until your arms are straight. Repeat the movement without letting the bar rest on the bench.
3. Keep the movement fluent, slow, and controlled.

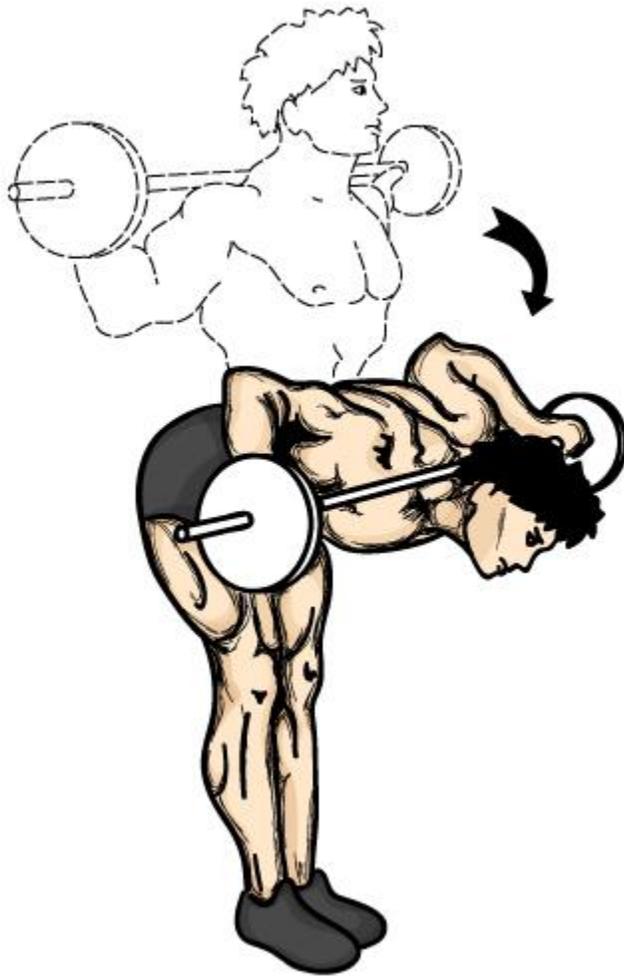


### **Position for the lat machine pull down**

1. Stand in front of a lat pull down apparatus and grasp the bar using an overhand grip at least one foot wider than your shoulders on each side.
2. Sit down with your feet firmly planted on the floor with your body straight and thighs secured underneath the thigh pads.
3. Slightly arch your torso. Keep your body straight and rigid throughout the whole movement.
4. Hold the bar overhead with your arms at full extension.

### **Execution of the lat machine pull down**

1. In a controlled fashion, pull the bar down in front of your head until you gently touch the upper chest area. Pause.
2. Slowly bring the bar back to the starting position. until your arms are straight.
3. Keep the movement fluent, slow, and controlled.

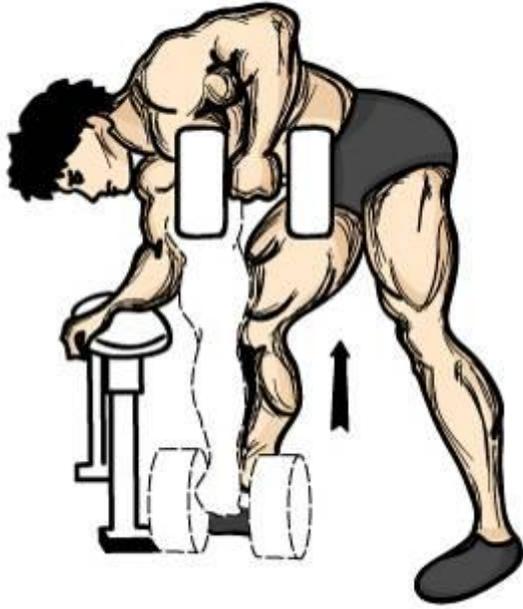


**Position for good mornings**

1. Place a light barbell across the back of your shoulders. Keep your feet firmly planted on the floor and spaced roughly shoulder length apart.

**Execution for good mornings**

1. Lean forward at the waist. Keep your knees locked, back flat and straight, and head up. Bend forward as far as possible (stop bending if you start feeling uncomfortable). Straighten up and repeat.
2. Keep the movement fluent, slow, and controlled.



**Position for the one arm dumbbell row**

1. Using a flat bench, grasp a dumbbell with your left hand.
2. Rest your right knee on the flat bench. Balance your body using your free arm.
3. Bend forward at the hips.
4. Your torso should be parallel to the floor keep and your lower back flat.

**Execution of the one arm dumbbell row**

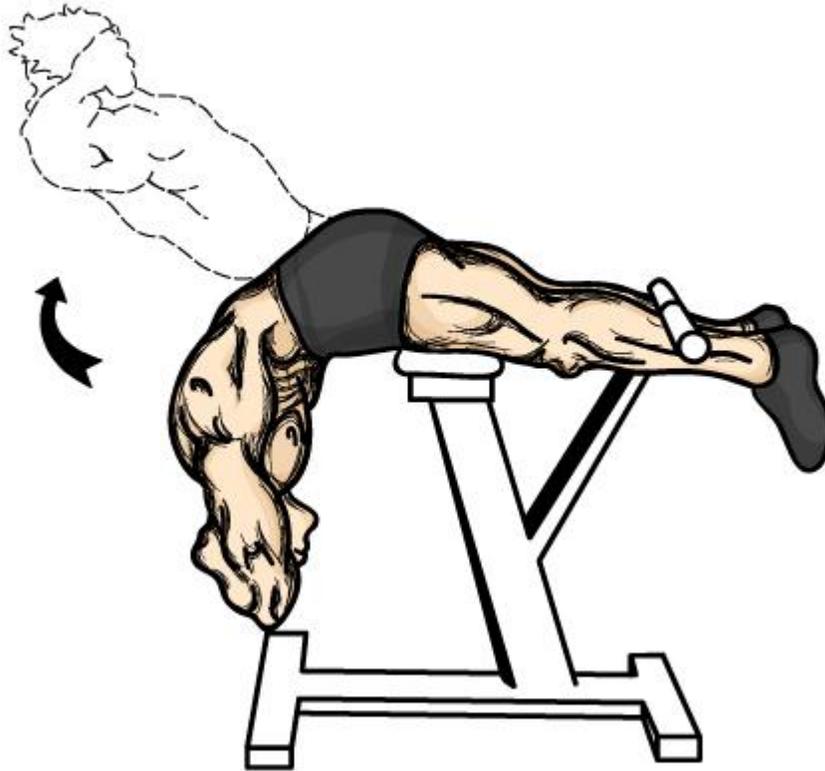
1. Pull the dumbbell up in a vertical line into your mid section keeping your elbows in close to your torso.
2. Slowly lower the dumbbell until your arm is fully extended, fully stretching your lats. Repeat movement.
3. Keep the movement fluent, slow, and controlled.
4. Repeat movement with your right hand.

**Position**

1. Keep your feet firmly planted on the platform and bend forward at the hips keeping your back flat and knees bent.
2. Grasp the lever/T-bar with both hands.
3. Keep your head as high as possible and keep your torso parallel to the floor.
4. Fully extend your arms.

**Execution**

1. Pull the lever/T-bar until it touches your chest remembering to keep your torso parallel to the ground.
2. Slowly lower the lever/bar until your arms straight. Repeat movement.
3. Keep the movement fluent, slow, and controlled

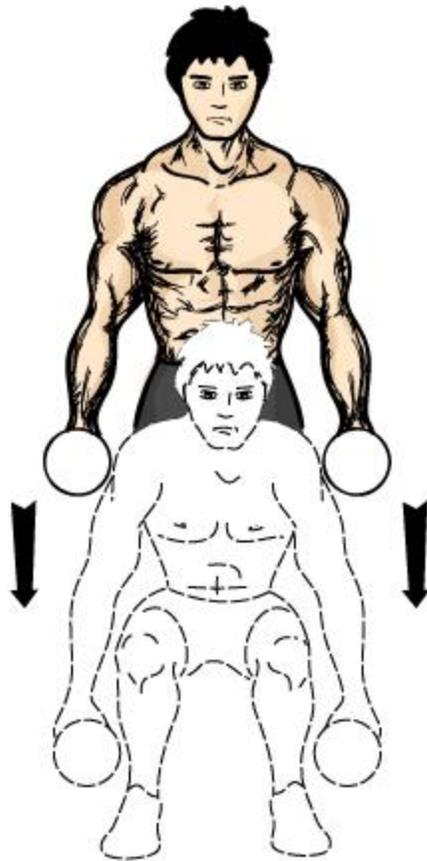


### **Weight lifting exercise position**

1. Place your legs and hips downwards on the apparatus with your body turned around facing the floor.
2. Your upper body should be free to rise up and down. Either place your hands behind your head or in front of your body in a crossed position.

### **Execution**

1. Lower the trunk of your body towards the floor.
2. Rise until your body is in a straight line. Lower and repeat.
3. Keep the movement fluent, slow, and controlled.

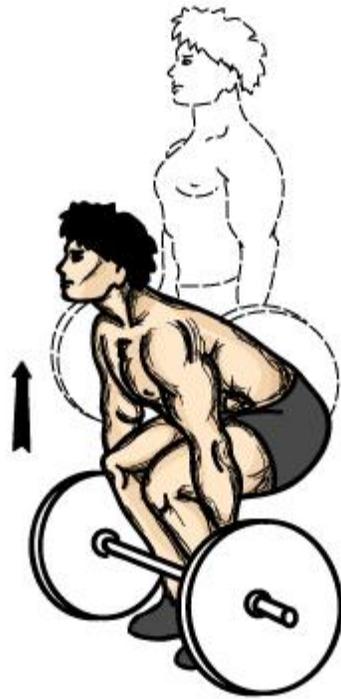


### **Position for the dumbbell deadlift**

1. Standing with feet at shoulder length, bend at the knees and pick up two pairs of dumbbells. Stand up until the dumbbells are at your sides.

### **Execution of the dumbbell deadlift**

1. Slowly bend at the knees until the dumbbells reach the floor. Remember to bend with your knees and not the back.
2. Your thighs should be almost parallel to the ground while your arms are held straight with no bend.
3. Slowly stand back up to the starting position. The arms should remain straight as you come to a standing position.

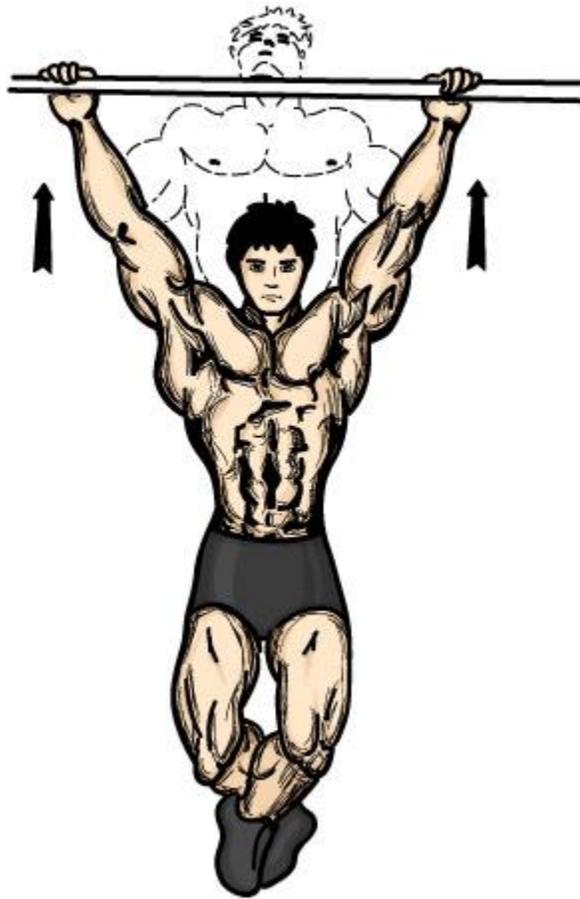


### **Position for the dead lift**

1. Standing in front of a barbell with your feet under the bar, grasp the barbell in an alternate grip (one hand under grip, one hand over grip) with your hands roughly 2 feet apart. Bend over the bar keeping your back straight, knees slightly bent, head up and thrusting your butt out.

### **Execution of the dead lift**

1. Without bending your arms, lift the weight from the floor until your body is completely upright. Lower the weight to the floor and repeat the movement.
2. Keep the movement fluent, slow, and controlled.

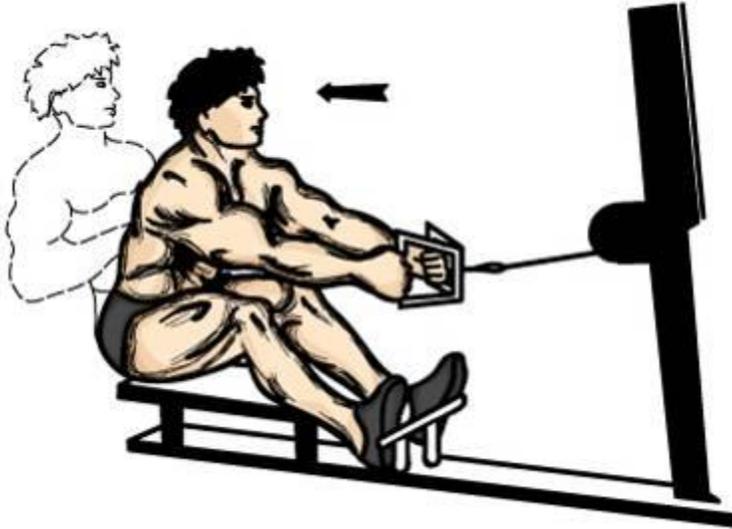


**Position for the wide grip chin up**

1. Grasp an overhead bar using an overhand grip (palms down) at least one foot wider than your shoulders on each side. Keep your back straight and legs slightly bent at the bottom position.

**Execution of the wide grip chin up**

1. Pull your body upward in a vertical line, keeping your elbows back. Gently pull upwards to either your chin or neck area making sure the bar is directly in front of you.
2. Gently lower your body down until your arms are straight and repeat.
3. Keep the movement fluent, slow, and controlled.

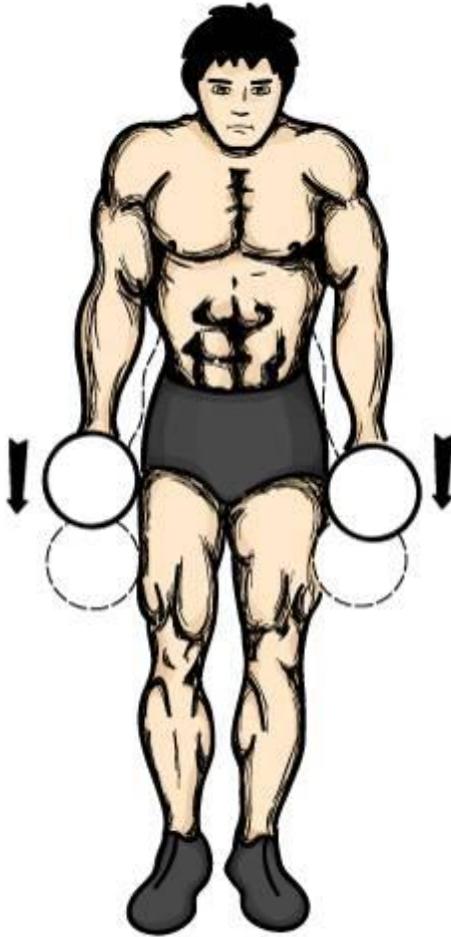


**position for the cable row seated**

1. Grasp the seated pulley handles with palms facing inward. 2. Slowly straighten your arms, sit down and secure your feet firmly on the feet apparatus.
3. Make sure your knees are slightly bent in the start position with your back straight. 4. Slightly lean forward.

**execution of the seated row cable**

1. Pull the cable horizontally into your mid section while keeping your back straight. Keep your elbows close to your body and pull your arms back. Hold for a second and slowly allow your arms to straighten, slowly stretching your lats. Repeat the movement.
2. Keep the movement fluent, slow, and controlled.



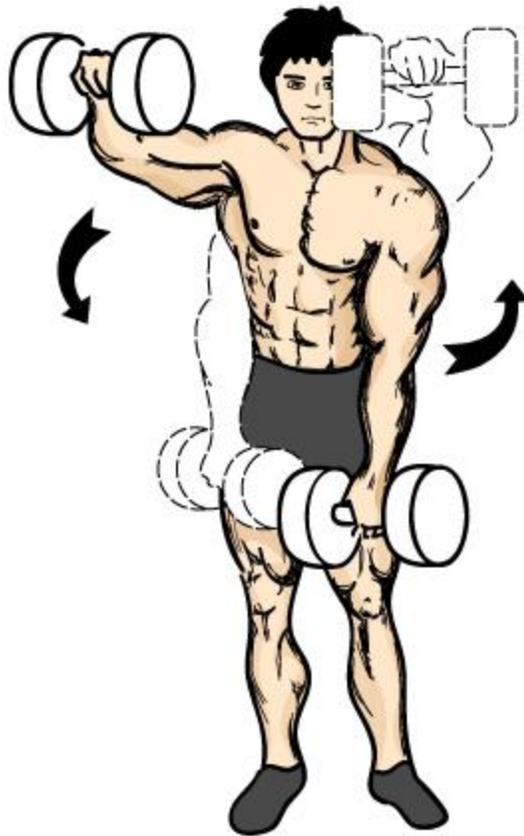
#### **Position for the dumbbell shrug**

1. Stand straight with your feet planted firmly with a shoulder width stance. Your knees should be slightly bent.
2. Grasp two dumbbells with your hands spaced shoulder length apart. Keep the bar held at straight arms length with a slight bend in your arms.

#### **Execution of the dumbbell shrug**

1. Raise the dumbbells upwards toward the ears, as high as possible and rotate them backwards and down. Repeat. This exercise can also be performed with a barbell or a universal machine bench press.
2. Keep the movement fluent, slow, and controlled.

#### **Position for the standing barbell curl**



**Position for the alternate front dumbbell raise**

1. Stand with your feet about shoulder length apart.
2. Lift a pair of dumbbells and allow them to rest on your upper thighs with your palms facing downward. Your arms should be straight.

**Execution of the alternate front dumbbell raise**

1. Lift one dumbbell with your arm in front of your body until the palm is just above shoulder height.
2. Slowly lower the dumbbell back to it's starting position.

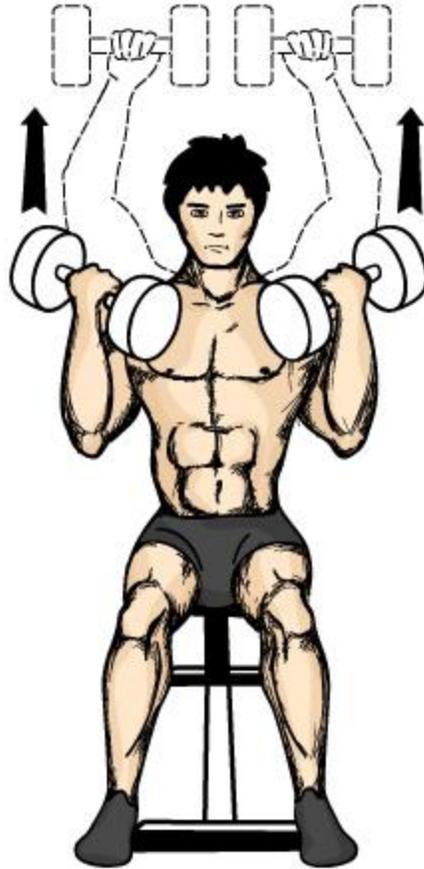


**Position for the bent over lateral**

1. In a seated position with your feet firmly planted on the floor, grasp two dumbbells with both hands.
2. Bend over until your body is roughly parallel to the ground or slightly above. Your chest should almost be touching your thighs.

**Execution of the bent over lateral**

1. In a controlled fashion, raise the dumbbells with both hands using your shoulders, out and away from the body. You should raise the dumbbells to each side until they are parallel with the upper back.
2. Pause for a moment and slowly lower the weight to the initial position.

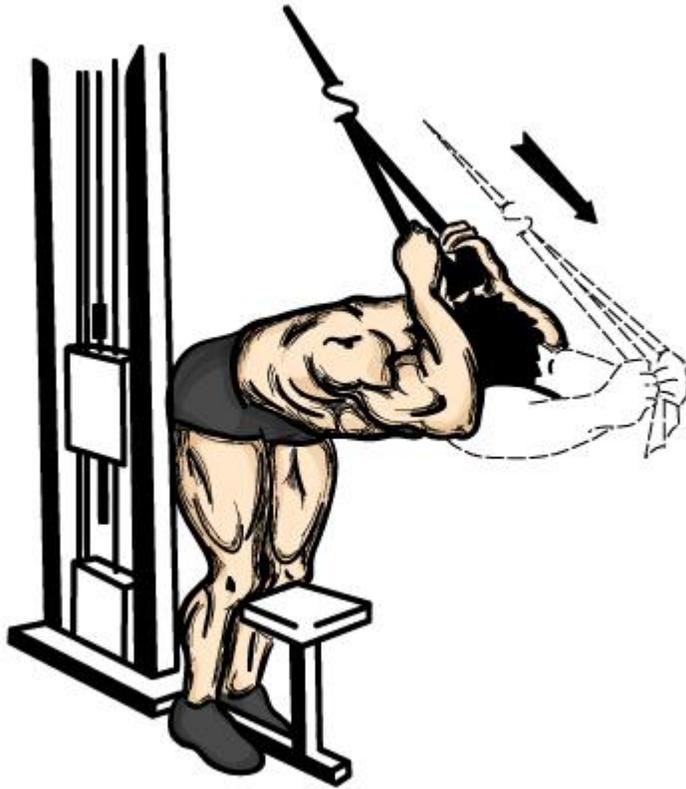


### **Position for the Arnold press**

1. In a seated position with your feet firmly planted on the floor, grasp two dumbbells with both hands.
2. Curl the weight up to the shoulder area. Hold the dumbbells at shoulder level with palms facing the body . Keep your back straight and your head up.

### **Execution of the Arnold press**

1. In a controlled fashion, slowly press the dumbbells simultaneously upwards and rotate your hands forward until you have fully extended your arms upwards. Slowly lower the weight down and repeat the movement.
2. Keep the movement fluent, slow, and controlled.
3. Remember, the real trick to the Arnold press is not the upwards motion but the downwards motion. The real work of this exercise occurs when you return the weight to it's starting position. Really concentrate on the negative portion of this movement for maximum effect.

**Position**

1. Attach a rope to the overhead cable pulley.
2. Stand with your back facing the pulley.
3. Place one foot in front of the other with your forward foot flat on the ground and the other with the heel raised.
4. Grasp the rope with an overhand grip, and bend slightly at the hips.
5. Keep your elbows in line with your ears.

**Execution**

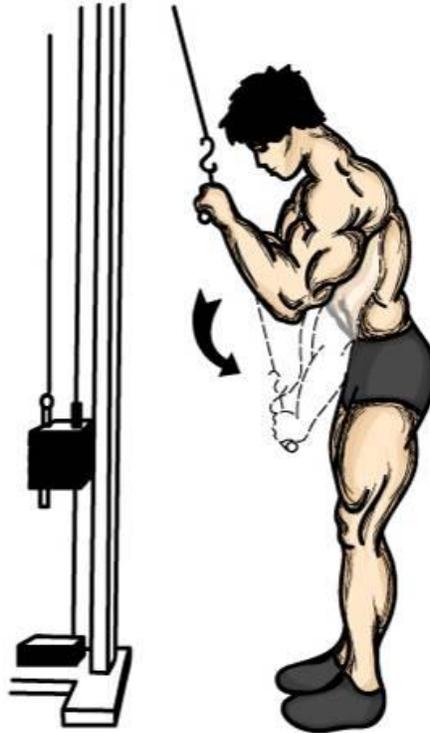
1. Slowly extend the lower part of your arms forward.
2. Hold the extended position for ½ second.
3. Slowly bring your arms back to the starting position. Repeat the movement.
4. Make sure that you bend only your elbows keeping your upper arms motionless.
5. Keep the movement fluent, slow, and controlled.

**Position**

1. Grasp a dumbbell using an overhand grip. 2. Bend forward at the hips and over so that your torso is parallel to the floor. Keep your feet firmly planted on the floor with your free hand holding on to a bench or rail.
3. Press your upper working arm firmly against the side of your body.
4. One foot should be in front of the other

**Execution**

1. Slowly raise your arms backwards, extending it straight. Keep your upper arm in line with your torso and parallel to the floor.
2. Once the arm is extended, hold the position for a moment and then lower the weight back to the start position. Repeat the movement
3. Reverse the working arm once you complete the first set.
4. Keep the movement fluent, slow, and controlled.



### **Position for the standing cable press downs**

1. Attach either an angled bar or straight lat bar to the overhead pulley.
2. In an upright position, plant your feet firmly on the floor. Keep your feet close together, knees slightly bent, and back straight.
3. Grasp the bar in an overhand grip with your hands 2 to 8 inches (5 to 20 cm) apart.
4. Pull the bar down far enough to allow your upper arms to rest against the sides of your body. Your elbows should be rigid against the side of your body

### **Execution of the standing cable press down**

1. With both hands on the bar, press downwards until the arms are straight. Only use your lower arms. 2. Slowly return, and repeat. Keep your elbows close to your body at all times.
3. Keep the movement fluent, slow, and controlled.



**Position for the one arm dumbbell extension**

1. Pick up a dumbbell.
2. While standing or seated, raise the dumbbell over your head.
3. Make sure your arm is fully extended. Keep your elbow fixed in that position.

**Execution of the one arm dumbbell extension**

1. Slowly lower the weight, bending at the elbow, until it reached the back of your head. You should feel a slight stretch in your tricep.
2. Pause at the bottom of the movement and slowly raise the weight back up to it's starting position using only your tricep.
3. Repeat for the other arm.



**Position for the concentration curl**

1. Sit at the end of a flat bench. Rest one elbow on the inside of your thigh and the non exercising hand on your free leg. Keep your feet flat on the floor.

**Execution of the concentration curl**

1. Exercise one arm at a time. Holding a light dumbbell, curl the straight arm upward slowly until your arm is at it's flexed position. Slowly lower the dumbbell back to the start position. Raise and repeat. Immediately after training one arm, train the other in the same manner.

**Position**

1. Lie back on an incline bench that is set at about 45 degrees. Keep your back on the bench and back flat on the bench. Ensure that your feet are flat on the floor.
2. Hang your arms at your sides holding the dumbbells in an underhand grip.

**Execution**

1. Hold two dumbbells in the arms down position. Keep your head back on the bench and curl both dumbbells up to your shoulder level. Remember to keep your buttocks on the bench. As soon as the dumbbells reach shoulder level, slowly lower the weight and repeat.
2. Keep the movement fluent, slow, and controlled.



#### **Position for the standing barbell curl**

1. Standing upright, grab a barbell using an underhanded grip.
2. Hold the bar in the arms down position. Hold the bar slightly wider than shoulder width.
3. Keep your feet close together with your back straight and head level. Keep your arms close to your body.
4. The bar should be resting across the thighs.

#### **Execution for the standing barbell curl**

1. Curl the weight up in a controlled fashion until the bar is under your chin. Pause for a second and slowly lower the bar until your arms are fully extended in the arms down position. Repeat the movement.
2. Keep the movement fluent, slow, and controlled.



**Position for the preacher curl**

1. While seated on a preacher bench, hold your arms over the pad, keeping your back straight and head level.
2. Grasp a barbell in an underhand grip and extend your arms.

**Execution of the preacher curl**

1. Curl your arms up to your chin and then slowly extend your arms back down. Do not bounce the weight at the bottom portion of the movement. Raise and repeat.
2. Keep the movement fluent, slow, and controlled.



### **Weight lifting exercise position**

1. Using a bench, sit with your back straight and feet firmly planted on the floor. Grab a pair of dumbbells using an underhand grip and hold in the arms down position.

### **Execution**

1. Slowly curl one dumbbell up towards your shoulder, pause and slowly lower it. As you lower the dumbbell, curl the other arm upwards. Do not swing the dumbbells up with any added body motion.
2. Keep the movement fluent, slow, and controlled.
3. This exercise may seem confusing at first but with practise, it will be second nature.



### **Position for the standing barbell curl**

1. Standing upright, grab a barbell using an underhanded grip.
2. Hold the bar in the arms down position. Hold the bar slightly wider than shoulder width.
3. Keep your feet close together with your back straight and head level. Keep your arms close to your body.
4. The bar should be resting across the thighs.

### **Execution for the standing barbell curl**

1. Curl the weight up in a controlled fashion until the bar is under your chin. Pause for a second and slowly lower the bar until your arms are fully extended in the arms down position. Repeat the movement.
2. Keep the movement fluent, slow, and controlled.



### **Weight lifting exercise position**

1. In a standing position, keep your feet about 18" (45 cm) apart. Your back should be straight and your head level.
2. Grasp the dumbbells using an underhand grip.
3. The dumbbells should be at your sides with your arms fully extended.

### **Execution**

1. Slowly curl one dumbbell up towards your shoulder, pause and slowly lower it. As you lower the dumbbell, curl the other arm upwards. Do not swing the dumbbells up with any added body motion.
2. Keep the movement fluent, slow, and controlled.
3. This exercise may seem confusing at first but with practice, it will be second nature.

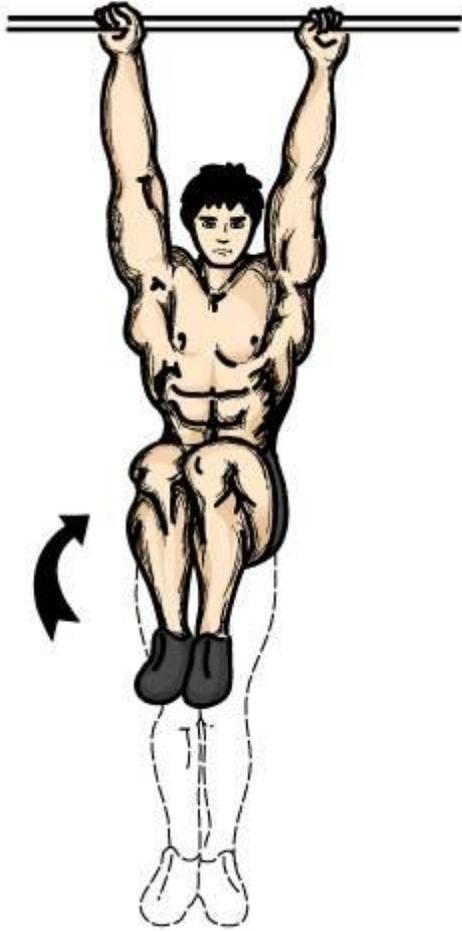


### **Weight lifting exercise position**

1. Lie on the floor with your arms across your chest or your hands clasped behind your head.
2. Keep your feet on the floor or raise them.

### **Execution**

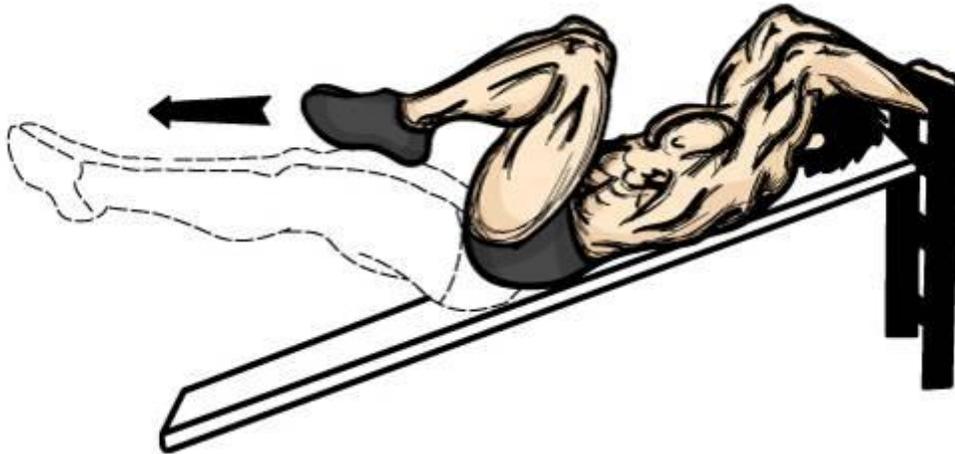
1. Tighten your abs and slowly curl your shoulders up off the floor.
2. Curl your shoulders up toward your knees until your shoulder blades come one to two inches off the floor.
3. Hold this position for a second before slowly returning to the starting position.
4. Repeat.

**Position**

1. Grasp the handles of the leg raise apparatus to support your body.
2. Hang your body straight down.
3. Keep your knees slightly bent throughout the entire movement.

**Execution**

1. Raise your legs until they are just past parallel to the floor, lower and repeat. Do not swing your body. For those who are unable to perform this exercise with straight legs, try bending your knees and tucking them into the waist at each repetition. Remember to try and point your toes downward. After a few weeks, you will be able to do this exercise with straight legs.
2. Keep the movement fluent, slow, and controlled.

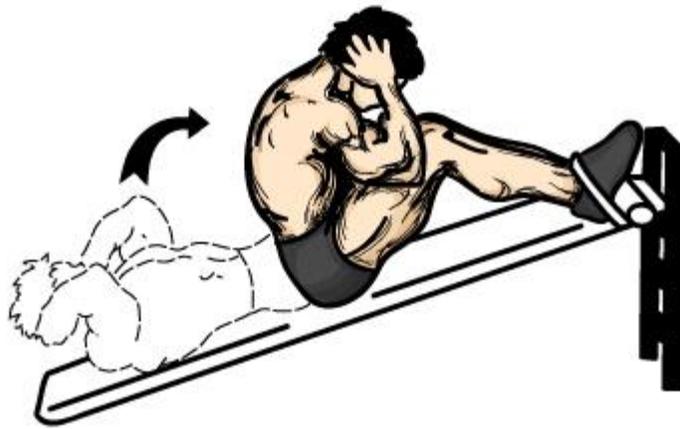


**Position**

1. Lie back on an incline bench, and hold on to the top bars (or suitable place). Keep your legs straight and back flat on the bench.

**Execution**

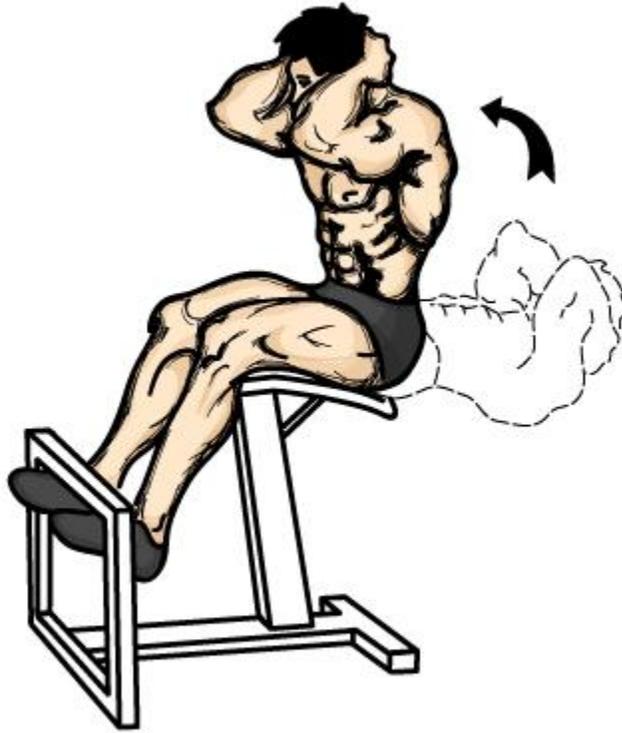
1. Raise your legs, bending at the knees as they raise and slowly lower your legs back down to the straight leg position. Repeat.
2. Keep the movement fluent, slow, and controlled.

**Position**

1. Lie back on an incline board set at an angle of your choosing. Hook your feet under the pad to secure your body. Keep your knees slightly bent. You can either place your hands behind your head or crossed in front of your body.

**Execution**

1. Slowly curl your body upwards to your knees and slowly descend back down. Repeat.
2. Keep the movement fluent, slow, and controlled.



**Position**

1. Hook your feet under the pad and get a comfortable position in the chair. Make sure your legs are anchored under the foot pad.

**Execution**

1. Slowly allow the trunk of your body to sink below parallel, then raise back up to the starting position.

2. Keep the movement fluent, slow, and controlled.

Always remember to use proper form on each weight lifting exercise.