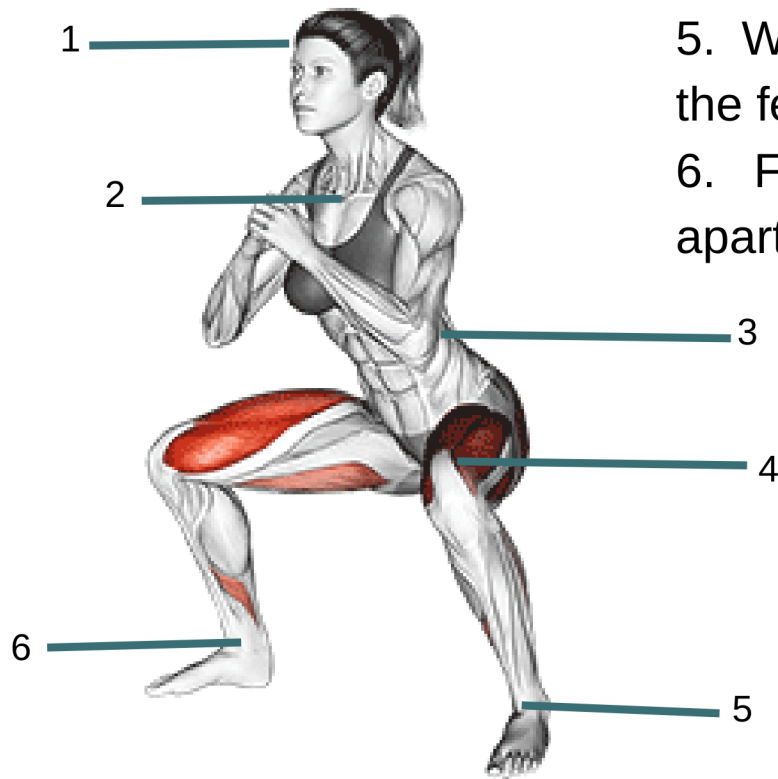


# Squat

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1. Head faces forward.
2. Chest is upright.
3. Back is straight.
4. Knees are bent at a 90-degree angle.
5. Weight is on the heels of the feet.
6. Feet are shoulder width apart.



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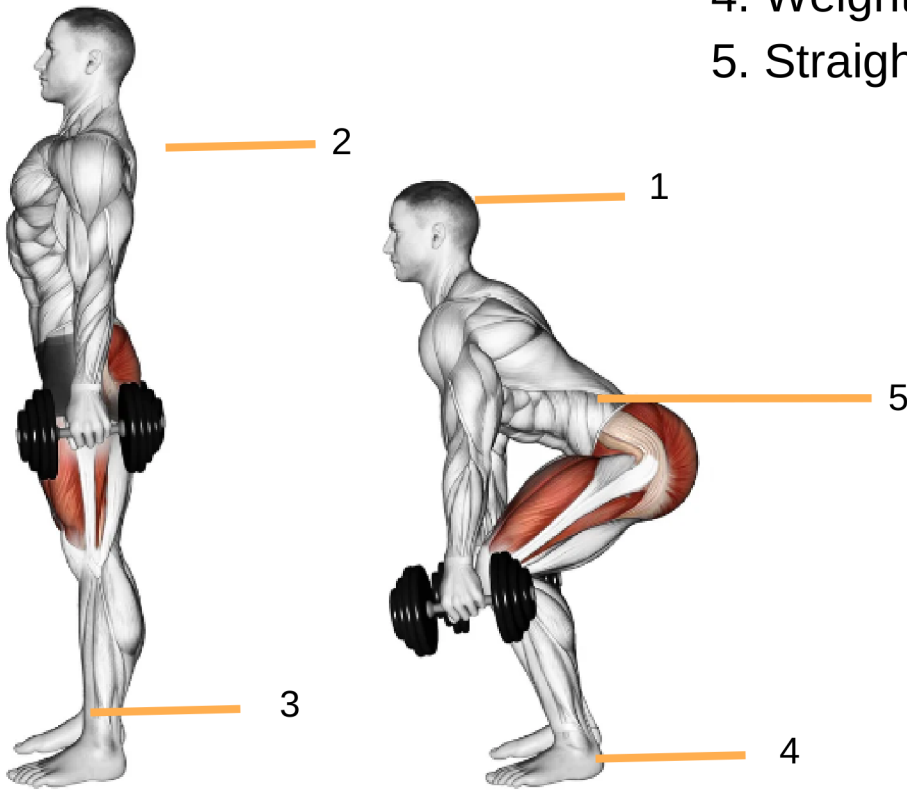
Motion: From standing the glutes are pushed back and the legs bend at the knee. This is the “squat” position. Following the squat, the legs are flexed, and hips are brought forward to return to starting position.

\* Chest remains upright, and back is straight throughout the motion. \*

# Dumbbell Deadlift

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1. Head is facing forward.
2. Chest is upright.
3. Feet are shoulder width apart.
4. Weight is on heels.
5. Straight back.



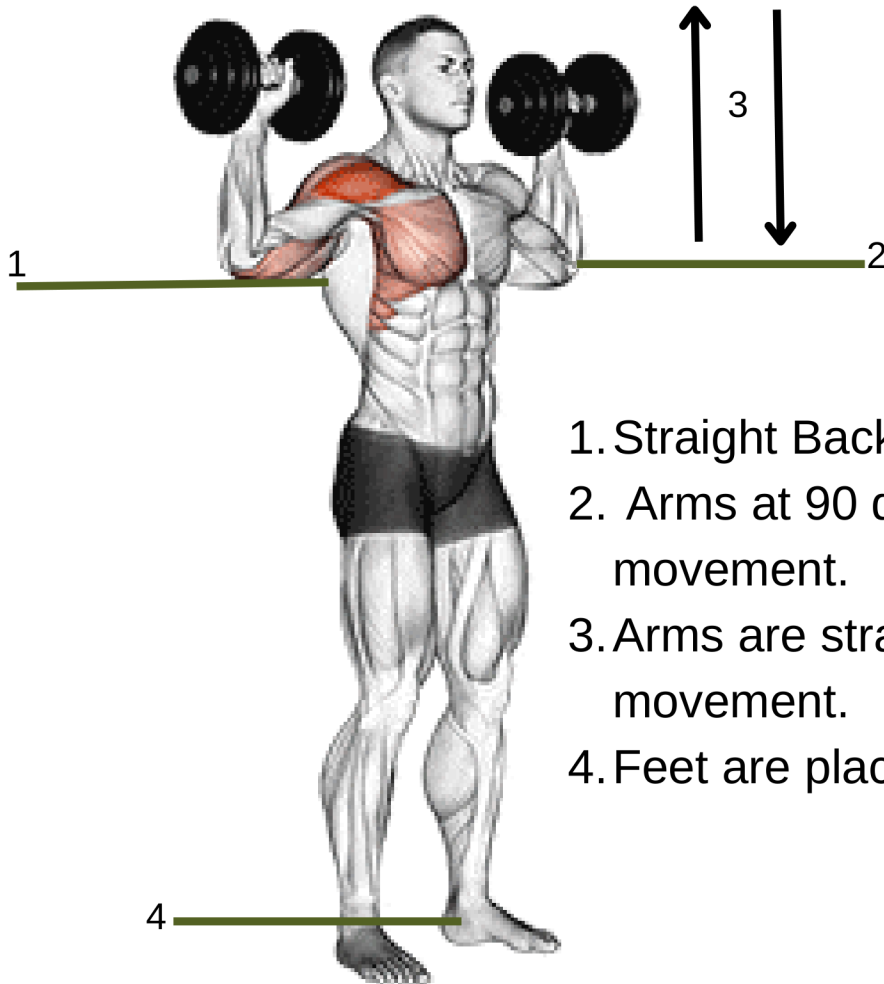
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Motion: From the upright position the glutes are pushed back, and the legs bend at the knees down to a 45-degree angle. Then the hips are pushed forward, and the legs are extended to bring the body back to the standing position.

\*Chest remains upright and the back remains straight throughout the lift.\*

# Dumbbell Shoulder Press

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1. Straight Back.
2. Arms at 90 degrees on bottom of movement.
3. Arms are straight at the top of the movement.
4. Feet are placed shoulder width apart.

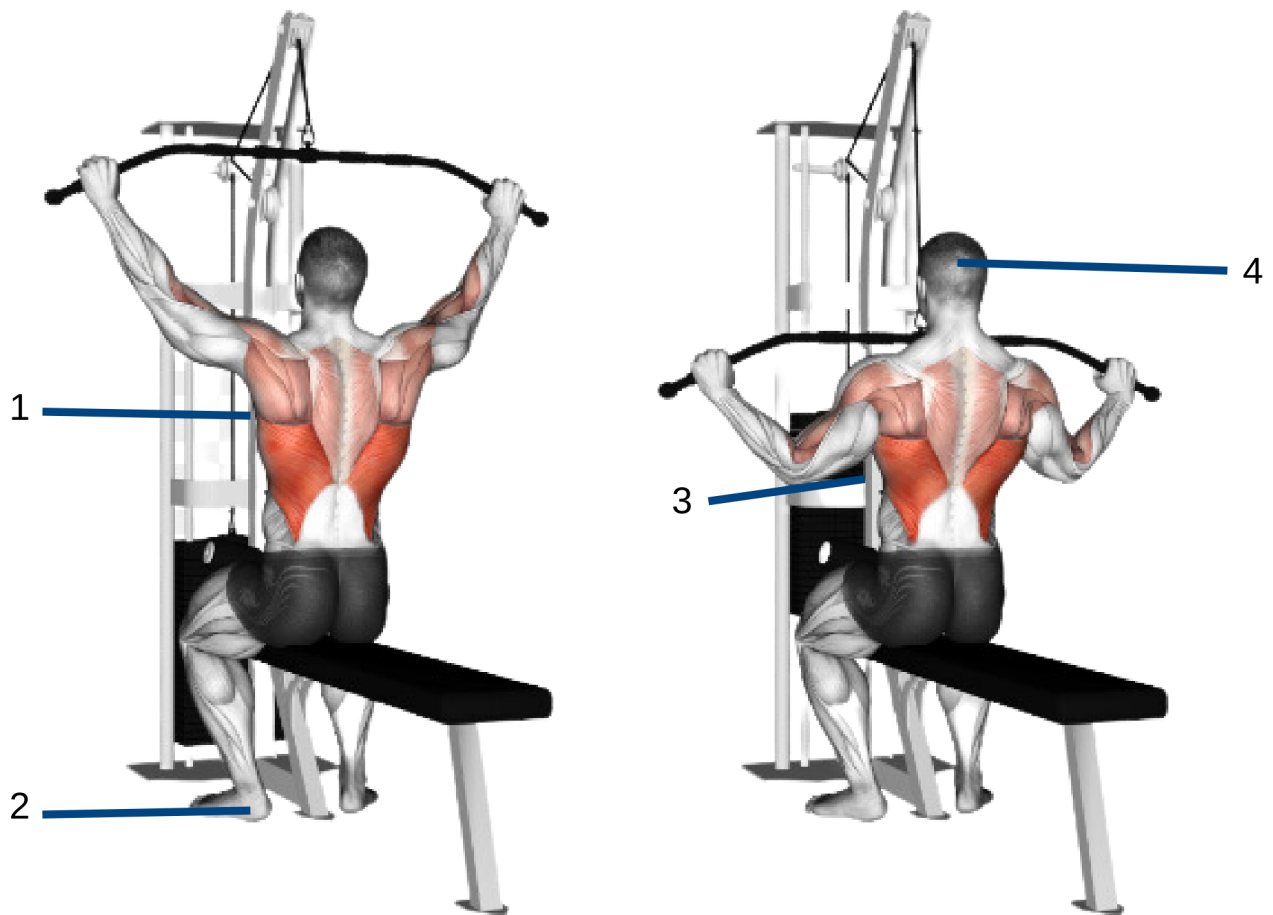
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Motion: Dumbbells are pressed up from the 90-degree arm position and lowered back down to the starting position.

# Lat Pull Down Machine

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1. Back is straight.
2. Feet are placed flat on the floor.
3. Chest is up right.
4. Head is faced forward.



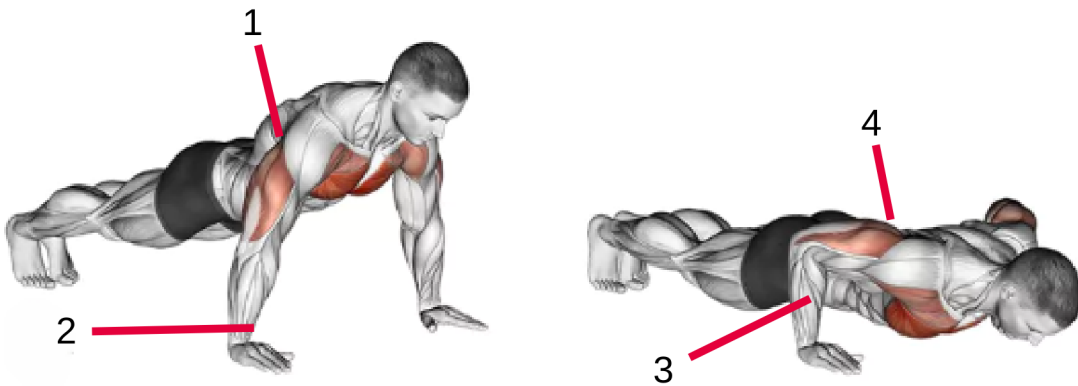
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Motion: The bar is pulled down using the back muscles and biceps. The bar is lowered below the chin and slowly raised back to the up position.

# Push Up

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1. Body is parallel to the floor.
2. Hands are placed just outside the shoulders.
3. Arms are bent to 90 degrees on the downward motion.
4. No arch or bend in the torso or lower body.



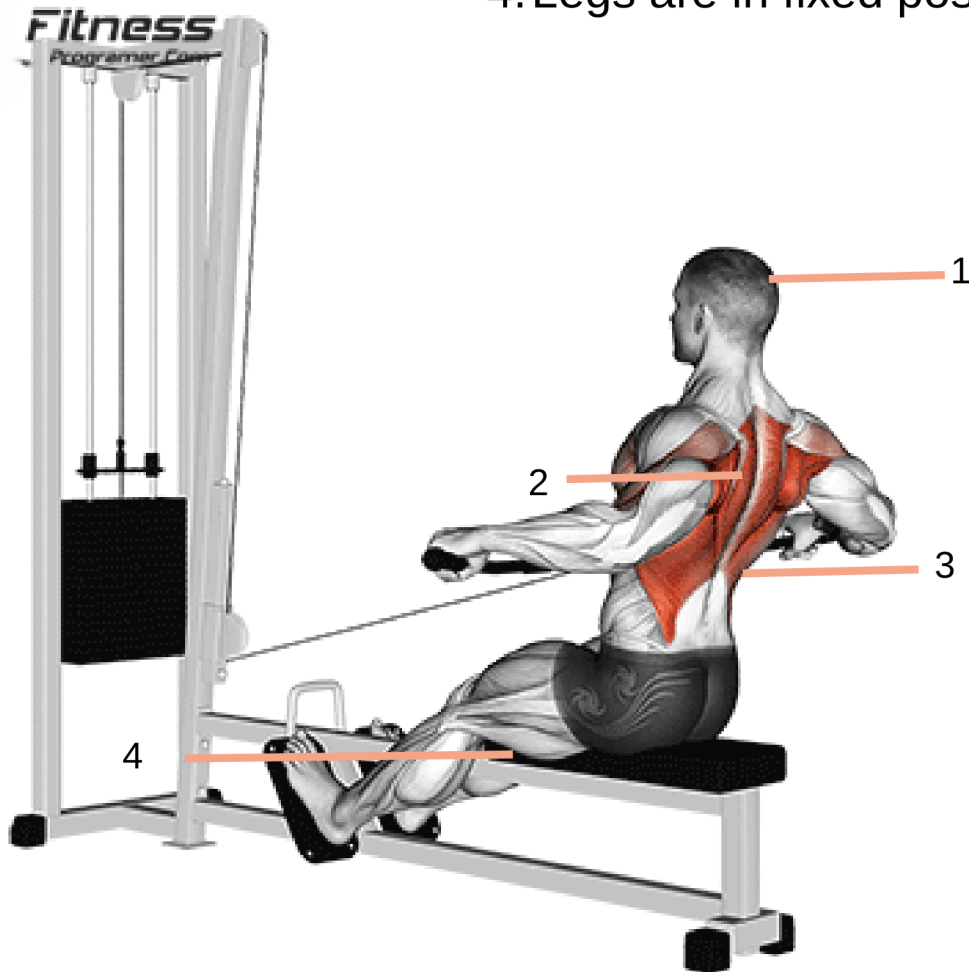
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Motion: The body is lowered to the ground and pushed back up by engaging the chest and triceps muscles.

# Low Row Machine

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1. Head is faced forward.
2. Chest is upright.
3. Back is straight.
4. Legs are in fixed position.



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Motion: The bar is pulled toward the bottom of the chest by engaging the back muscles. The back remains straight during the whole motion