Weight Training Explanations
With Slides
1. **Leg Press.** Place the feet on the foot peddles (or foot plate) of the leg press machine. The knees should be placed at a 90 degree angle and shoulder width apart. From this position, press the feet against the peddles or foot plate until the knees are almost straight. A slight 5 degree bend is ok. Let the leg come back slowly and under resistance until the plates of the machine quietly touch. Repeat.
Squats – Squats are a more advanced form of quad and glute work. Walk into the squat rack. Place the bar across your back with hands grabbing the bar. Carefully back away from the squat rack until you have plenty of room to do the squats. With feet shoulder width apart and feet straight ahead, go down to a parallel position, stop and slowly come back up to standing position. Repeat. Important: keep the spinal column (back) straight at all times and eyes looking slightly up.
Weight Training – Beginning Exercises - Explanations

2. Calf Raises. Drop the balls of the feet to the lower portion of the peddles or foot plate on the leg press machine. Press the feet against the pedals until the legs are straight and locked. Press the toes forward as far as possible under resistance while maintaining the straight and locked position of the legs. Repeat
3. **Leg Extensions.** Sit in an upright position on the leg extension machine. Place the toes of the feet under the lower bar. Extend the legs up to a straight and locked position. Lower to a 90 degree angle. Repeat
4. Lie on your stomach on the leg curl machine. Place the Achilles (back of the areas of the heal) under the top bar of the leg curl machine. Be sure the patellas (knee caps) are off the pad of the machine. Curl the legs up to 90 degrees. Lower the legs to the straight position. Repeat. Note: There are also leg curl machines that you can sit up on. On the sit leg curl machines, you pull the legs down to 90 degrees and straighten up. Repeat
5. Stiff Leg Deadlift. Grab the bar shoulder width apart in an overhand grip. With legs straight, lean forward with bar and reach toward the ground until there is a comfortable stretch on the lower back and hamstrings (back of the leg). Stand to upright position (no further back). Repeat
Weight Training – Beginning Exercises - Explanations

6. Bent knee Situps. Place the sit up board on the first rung. Place the feet under the support bars for the feet. Keep the knees bent in approximately a 60 degree angle. (Many sit-up boards have an area on them that forces you to bend the knees). Sit up on the board and place the right hand on the back of the left shoulder. Place the left hand on the back of the right shoulder. (This will support the head instead of letting you pull on the head). Lower your body one-third to one-half of the way down. Pull your body to the up position. Repeat. (As your abdomen gets stronger, you may lower the body further down).
Weight Training – Beginning Exercises - Explanations

7. Bench Press. Lie flat on your back on the bench. With your arms locked out, take the bar off the uprights. Slowly lower the bar to the chest. Stop. Press the bar up and slightly towards the eyes. Repeat
8. Regular Grip Pulldowns. With the palms of the hands facing you, grip the bar to the pulldown machine shoulder width apart. Sit down so the arms and back are in a stretched position when you are seated. With arms straight and locked, drop the shoulders down toward the lats (back). Then, in a smooth manner, pull the bar to the clavicle with your hands by bending the arms. Next, let the arms go back to the stretched and straight position while under resistance. Repeat.
Weight Training – Beginning Exercises - Explanations

9. Upright Rows. Grip the bar in an overhead position with the hands close to each other (2 to 4 inches apart). Pull the bar to just under the chin, keeping the bar close to the body at all times and with the elbows high. The elbows should be at least ear high when the bar is under the chin. Lower the bar until the arms are in the straight position. Repeat.
10. Military Press. Grip the bar and place it on the shoulders, approximately shoulder width apart. The bar should be barely touching the shoulders. Press the bar overhead until the arms are in a straight and locked position. Slowly lower the bar to the shoulders against resistance. Repeat.
11. Barbell Curls. Grab the bar in the underhand position and shoulder width apart. With the arms hanging straight down alongside the body and the elbows in close to the body, curl the bar up to the chest. Keep the wrists straight and locked at all times. Lower the bar under resistance to the straight position. Repeat.
12. Pressdowns. Place the hands and thumbs on the top of the pulldown bar as close to the cable as possible. Keep the elbows close to the side at all times. Do not let the elbows move forward of the body. Start with the elbows bent and the hands gripping the bar so that the hands and bar are approximately in the area of the chest. Press the arms down to the straight position. Under resistance, let the elbows bend and the hands go back to the chest position. Always keep the elbows close to the body. Repeat.