

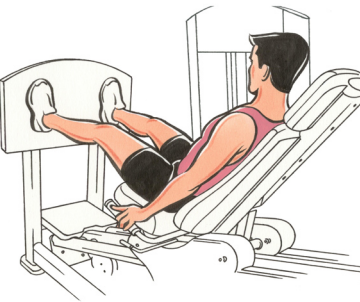

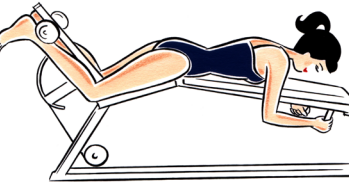
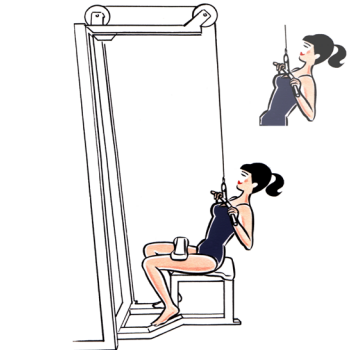
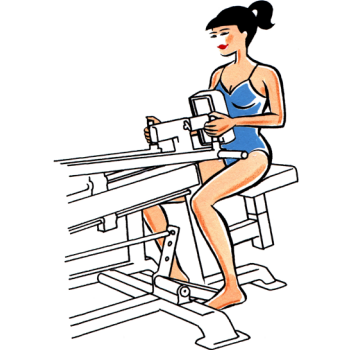
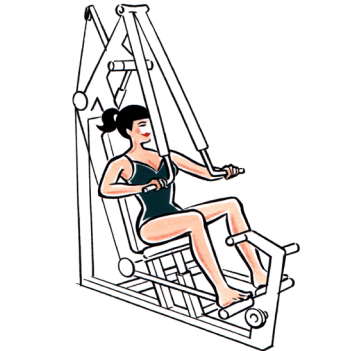

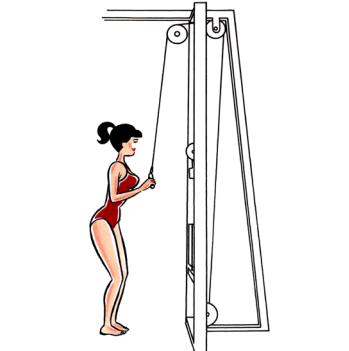
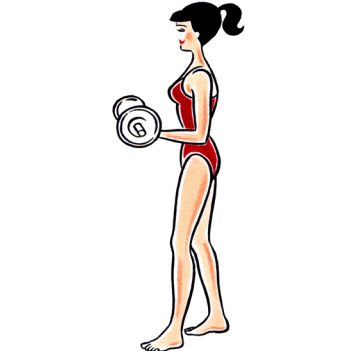



Gym Program

Health Club training means great variety, specialist exercise equipment and friends to train with.

Rest Between Sets: 0-30sec, Sets: 1-2, Repetitions: 12-20, Frequency: 3 times a week

Exercise Program

<p>Leg Press</p>  <p>Back supported. Brace abdominals. Feet shoulder width. Press forward without locking knees. Knees track over middle toes. Return slowly.</p>	<p>Leg Extension</p>  <p>Sit tall. Back supported. Slight gap behind knee. Shins under pads. Brace abdominals. Press up with out locking knees. Release slowly.</p>	<p>Leg Curl</p>  <p>Edge of bench above knees. Feet under pads. Squeeze bottom. Keep hips down. Brace abdominals. Curl heels up. Lower slowly. Knees soft.</p>	<p>Lat Pull Down</p>  <p>Wide grip. Long spine. Slight lean back. Brace abdominals. Draw bar down toward chest. Elbows back. Squeeze shoulder blades together.</p>	<p>Seated Row</p>  <p>Vertical handles. Sit tall. Lift Chest. Shoulders down. Brace abdominals. Squeeze shoulder blades together. Elbows in by sides. Release slowly.</p>
<p>Seated Chest Press</p>  <p>Sit tall. Back supported. Handles in line with mid chest. Elbows level with wrists. Brace abdominals. Press forward. Elbows soft. Slow release.</p>	<p>Overhead Press</p>  <p>Sit tall. Back supported. Brace abdominals. Chest lifted. Press up without locking elbows. Elbows follow handles. Release slowly.</p>	<p>Triceps Extension</p>  <p>Rope/Bar. Stand tall facing cable. Brace abdominals. Keep elbows still at sides. Press rope/bar down to full extension. Return slowly to start.</p>	<p>Bicep Curl</p>  <p>B/B / EZ bar. Feet split / hip width. Shoulder width grip. Stand tall. Brace abdominals. Elbows at sides. Curl bar up to chest. Release slowly.</p>	<p>Basic Crunch</p>  <p>On back with knees bent. Head and shoulders off the floor. Curl forward without pulling on head. Draw ribs and hips together. Lower slowly.</p>

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For Sample Purposes Only.

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