

Exercises Guide.

Standing Exercises

Dead Lift

Exercise

Muscles Targeted

Instructions

Sets and Reps

Dead Lift

Hamstrings, glutes

- Stand on the footplates and hold the bar horizontally in both hands at shoulder distance apart with palms facing inwards at hip level.
- Hinge from the hips and maintain a tall torso as you fold your body forward and glide your hands to knee level.
- Return to standing.

3 sets of 15

1



2



3



4



Dead Row

Exercise

Muscles Targeted

Instructions

Sets and Reps

Dead Row

Hamstrings, glutes, lower & mid back

- Stand on the footplates and hold the bar horizontally in both hands at shoulder distance apart with palms facing inwards at hip level.
- Hinge from the hips and maintain a tall torso as you fold your body forward and glide your hands to knee level.
- Bend your elbows and slowly pull the bar to your torso at navel level, keeping it horizontal as you do so. Extend your arms to knee level and then return to the starting position.

3 sets of 15



Upright Row

Exercise

Upright Row

Muscles Targeted

Shoulders, upper back

Instructions

- Stand on the footplates and hold the bar horizontally in both hands at shoulder distance apart with your palms facing inwards.
- Bend your arms and raise the bar to mid chest level bringing it close to your torso.
- Return to the start position.

Sets and Reps

3 sets of 15

1



2



3



4



Frontal Raise

Exercise

Muscles Targeted

Instructions

Frontal Raise

Shoulders, Mid & Upper Back

- Stand on the footplates and hold the bar horizontally in both hands at shoulder distance apart with your palms facing inwards.
- Bend your knees and hinge from the hips to tilt your torso forward – the more you lean forward the easier the exercise.
- Hinge from the shoulders and bring the bar up and forwards to shoulder height, keeping your back stable, your arms extended and the bar horizontal.
- Return to the starting position.

Sets and Reps

3 sets of 12

1



2



3



Bicep Curl

Exercise

Muscles Targeted

Instructions

Sets and Reps

Bicep Curl

Biceps

- Stand on the footplates and hold the bar horizontally in both hands at shoulder distance apart with your palms facing outwards.
- Hinge from your elbows and bring your knuckles towards your shoulders. Keep a stable torso and avoid collapsing your elbows against your waist throughout.
- Extend your arms to return to the starting position.

3 sets of 12

1



2



3



4



Tricep Extension

Exercise

Muscles Targeted

Instructions

Tricep Extension

Triceps

- Stand on the footplates and hold the bar horizontally in both hands at shoulder distance apart with your palms facing down.
- Bend your knees and hinge from the hips to tilt your torso forward. The more you bend your legs and lean forward, the easier the exercise is.
- Lift your arms long to align with your shoulders.
- Hinge from your elbows and bring your knuckles to face the ceiling, keeping a stable torso and ensuring the bar remains horizontal. Then extend your arms to return to the starting position.

Sets and Reps

3 sets of 10

1



2



3



4



Single Side Row

Exercise

Muscles Targeted

Instructions

Single Side Row

Biceps, triceps, shoulders, chest

- Stand with one foot on the footplate and the other on the floor behind the footplate, on the other side of the rower.
- Hold the centre of the bar in the hand opposite to the front foot, with your palm facing your front foot.
- Hinge from the hips to tilt your torso forward 45 degrees and rest your empty hand on your front thigh.
- Bend your arm slowly and draw it back until it reaches the side of your waist.
- Extend your arm to the starting position.

Sets and Reps

3 sets of 10 each side

1



2



3



4



Sitting Exercises

Double Leg Press

Exercise

Double Leg Press

Muscles Targeted

Glutes, hamstrings, quads

Instructions

- Sit on the seat with your feet on the footplates.
- Hold the bar in both hands and draw it into your waist and hold it there.
- Slowly extend both legs and bend them again.

Sets and Reps

3 sets of 25

1



2



Single Leg Press

Exercise

Single Leg Press

Muscles Targeted

Glutes, hamstrings, quads

Instructions

- Sit on the seat with one foot on the footplate and the other resting on your toes on the floor with your knee bent.
- Hold the bar in both hands and draw it into your waist and hold it there.
- Slowly extend the working leg and bend it again.

Sets and Reps

3 sets of 20 on each side

1



2



Seated Alternate Twist

Exercise

Seated Alternate Twist

Muscles Targeted

Abs and Obliques

Instructions

- Sit on the seat with your feet on the footplates and your knees slightly bent.
- Hold the bar in both hands with your palms facing down and draw it into your waist and hold it there.
- Rotate your ribs to one side, return to centre, and then repeat on the other side.

Sets and Reps

2 sets of 20 each side

1



2



Seated One-Sided Twist

Exercise

Muscles Targeted

Instructions

Sets and Reps

Seated One-Sided Twist

Chest, Abs and Obliques

- Sit on the seat with your feet on the footplates and your knees slightly bent.
- Hold the bar in one hand with your palm facing down, resting your free hand on your hip.
- Lift the bar so your hand is at waist level and your arm is long. Rotate from your ribs to the side on which the handle is held, bending your arm and drawing it back as you do so.
- Return to centre and then repeat.

2 sets of 15 each side

1



2



Wide Chest Pull

Exercise

Wide Chest Pull

Muscles Targeted

Chest and shoulders

Instructions

- Sit on the seat with your feet on the footplates and your knees slightly bent.
- Hold the bar at chest height in both hands, with hands as wide as possible and palms facing down.
- Slowly draw the bar into your chest, keeping your elbows high and making them wide as you do so.
- Re-extend the arms to the starting position.

Sets and Reps

3 sets of 15

1



2



Single Arm Chest Pulls

Exercise

Single Arm Chest Pulls

Muscles Targeted

Chest, biceps and shoulders

Instructions

- Sit on the seat with your feet on the footplates and your knees slightly bent.
- Hold the centre of the bar at chest height in one hand, with your palm facing down.
- Slowly draw the bar to the side of your chest, keeping your elbows high and taking it wide as you do so.
- Re-extend your arm to the starting position.

Sets and Reps

3 sets of 15

1



2



Seated Bicep Rise

Exercise

Seated Bicep Rise

Muscles Targeted

Chest, shoulders, biceps

Instructions

- Sit on the seat with your feet on the footplates and your knees slightly bent.
- Hold the bar in both hands at shoulder distance apart with your palms facing up.
- Bend both elbows to 90 degrees and rest them on your knees.
- Keeping your arms bent, lift them from your shoulders until your elbows reach shoulder height.
- Return to the starting position.

Sets and Reps

3 sets of 10

1



2



Seated Tricep Extensions

Exercise

Seated Tricep Extensions

Muscles Targeted

Triceps

Instructions

- Sit on the seat with your feet on the footplates and your knees slightly bent.
- Hold the bar in both hands at shoulder distance apart with your palms facing down.
- Bend your elbows and rest them on your knees. Extend your arms long. Bend your arms back to the starting position and repeat.

Sets and Reps

3 sets of 10

1



2



