

chest • bench press



Muscles used:

- Pectorals
- Anterior Deltoid
- Triceps

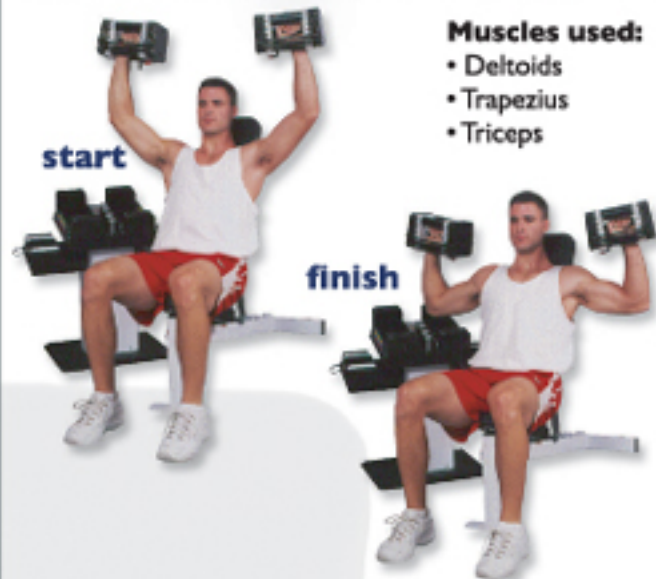
back • one arm row



Muscles used:

- Lats
- Rhomboids
- Rear Delts

shoulders • shoulder press



Muscles used:

- Deltoids
- Trapezius
- Triceps

1. Lie on bench with two weights extended directly above chest, palms facing forward.
2. Bring weights down toward chest, elbows slightly below body.
3. Pause briefly, return to starting position. Repeat.
4. Inhale as you bring arms down. Exhale as you press to starting position.

1. Grip dumbbell with left hand at arms length.
2. Support yourself with right hand.
3. Keeping your back straight, slowly raise dumbbell to hip.
4. Pause briefly, return to starting position. Repeat.
5. Repeat exercise with right hand.
6. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

1. Start with dumbbells in the overhead position with palms facing forward, do not lock elbows.
2. Slowly lower weights to the sides of your head keeping elbows turned outward.
3. Pause briefly, return to starting position. Repeat.
4. Inhale as you bring arms down. Exhale as you press to starting position.

arms • bicep curls

Muscles used:

- Biceps

start



finish



1. Sit on bench with back supported.
2. Hold dumbbells at sides with palms facing inward.
3. While keeping elbow in place, lift dumbbell as you turn palm facing forward as you pass thigh.
4. Bring dumbbell up close to shoulder height.
5. Pause briefly, return to starting position.
6. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

arms • tricep extensions

Muscles used:

- Triceps

start



finish



1. Lie on bench with dumbbells pressed overhead at arms length, palms facing inward.
2. While keeping elbows in place pointed upward, slowly lower dumbbells to a position from forehead to slightly behind head.
3. Pause briefly, return to starting position. Repeat.
4. For proper breathing, exhale on the exertion and inhale on return phase of exercise.

legs • squat

Muscles used:

- Quadriceps
- Hamstrings
- Glutes

start



finish



1. Stand with dumbbell in each hand as shown in start photo.
2. Head up, back straight, knees slightly bent.
3. Slowly squat down until your thighs are about parallel to the floor.
4. Pause briefly, return to starting position. Repeat.
5. For proper breathing, inhale as you lower into squat, exhale as you return to start position.

abs • weighted crunch

Muscles used:

• Abdominals

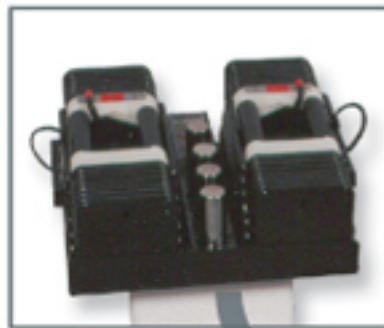
start



finish



2 second weight change



1. Lie on back with knees raised and feet flat on ground.
2. Grasp a dumbbell with both hands and place flat end carefully on chest.
3. Slowly curl forward, using only your abdominal muscles, controlling dumbbell with both hands at all times.
4. Pause briefly, return to starting position. repeat.
5. For proper breathing, exhale on exertion and inhale on return phase of exercise.

Caution

Always consult with your physician before starting any new exercise program. Read and understand manual before using PowerBlock products. Improper use of any exercise equipment could cause severe bodily injury to you or others around equipment. There is a risk assumed by individuals who use this type of equipment. To minimize risk please follow these rules: 1. Inspect equipment daily for loose or worn parts (including nuts, bolts and all cables). 2. Be alerted to possibility of injury. Do not be careless. 3. Minors and children should not be allowed to play on or around this equipment. 4. If you have any questions on proper use of equipment, do not hesitate to call your local PowerBlock Distributor or: 800-446-5215 PowerBlock/Intelbell, Inc and its distributors assume no liability or responsibility for accidents or injury to person or property that may result from the use of this product or any exercises shown.