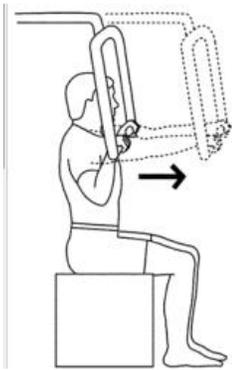


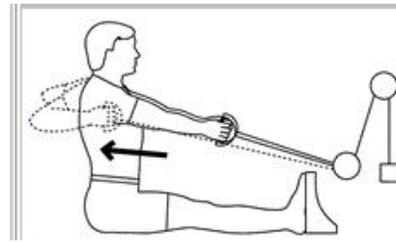
Basic Strength Training Exercise Routine with Weight Machines

Chest Exercise: **Chest Press**



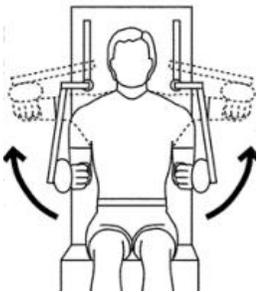
- Sit at chest press machine.
- Grasp handles and push forward.
- Return to start position and repeat.

Back Exercise: **Seated Rows**



- Sit with straight legs at pulley system.
- Grasp row handle with both hands.
- Pull handles to mid chest keeping elbows close to body.
- Return to start position and repeat.

Shoulder Exercise: **Lateral Raise**



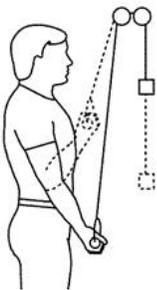
- Sit in lateral deltoid machine.
- Place outside of arms against pads, elbows bent.
- Begin with arms at side.
- Raise arms up and outward.
- Return to start position and repeat.

Biceps Exercise: **Preacher Curl**



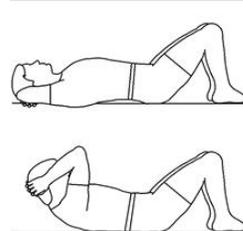
- Sit at preacher curl bench with upper arms supported.
- Grasp bar on angle portion, palms upward.
- Raise bar up to chest and lower.
- Repeat.

Triceps Exercise: **Tricep Extension**



- Stand in front of pulley.
- Grasp handle in hand, palms up or palms down.
- Pull up, bending at elbow.
- Straighten elbow and repeat.

Abdominal Exercise: **Crunches**



- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets, raise left shoulder toward right knee, return to floor.
- Lift right shoulder toward left knee, return to floor.