













# Weight/Strength Exercises

<p><b>Pull Down</b> Controlled movement both up and down</p>		
<p><b>Bench Pull</b> Isolate the upper body by laying relaxed on the bench. Do not engage your lower back</p>		
<p><b>Bench Press</b> This is an arms and chest exercise. Do not engage the back or legs</p>		
<p><b>Upright Row</b> Hands should be about one hand width apart, pull up with high elbows</p>		
<p><b>Leg Press</b></p>		
<p><b>Leg Extension</b> Extend and retract your legs slowly.</p>		

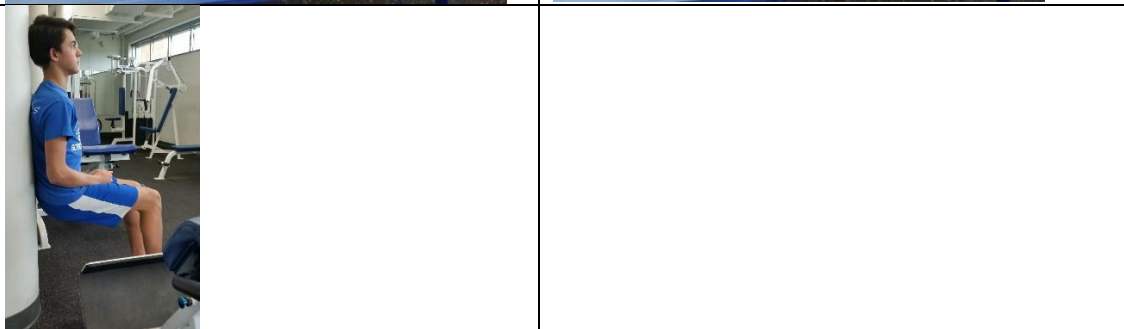
**Squats**  
Feet should be parallel about shoulder width apart. Lower back should remain straight and constantly look above the horizon



**Back Extension**  
To be done slowly. Pad should be on the hip bones not the waist. It should not impede going to 90 degrees.



**Wall Sit**  
Back straight, thighs parallel to the floor





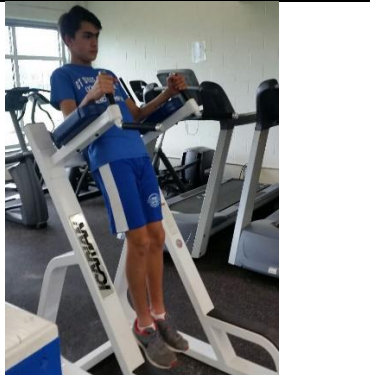
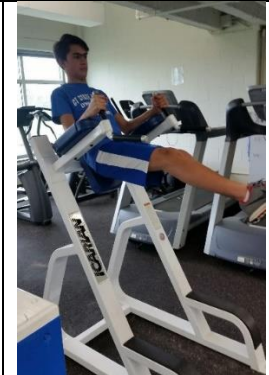
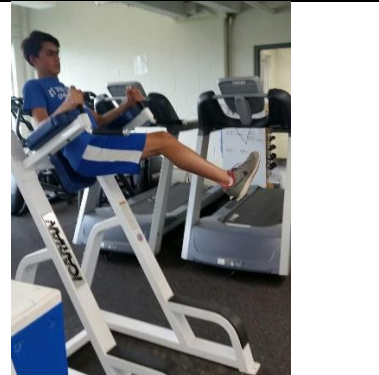


**Erg Situps**  
Slightly past horizontal when straight come up to 45 degrees. Done slowly.



**Stand Ups**  
Squat down with lower back straight, pick up dumbbells, stand up



<p><b>Pull Up</b> Overhand grip on the bar at shoulder width, pull up with legs relaxed. May be done on a machine.</p>				
<p><b>Step Up</b> Do a set with one leg then the other. Do not bounce when going down. The step should be higher than shown here.</p>				
<p><b>Knee Lift</b> Lift legs straight up, rotate to each side and down. Always in control.</p>				
<p><b>Leg Curl</b> Slow in both directions</p>	