

This guided workout is designed to target a specific goal/muscle group.

Please ensure that you always train within your capabilities and ask one of our Fitness Consultants if you need technique advice on any of the exercises below. Once you have finished your session, please return this card ready for the next user.

Exercises

Goal based training guide:

Endurance: 3-4 Sets, 12-15 Reps

Muscle Gain: 3-4 Sets, 8-12 Reps

Strength Gain: 3-4 Sets, 4-6 Reps

Back:

Single Arm Row

Reverse Fly

Plate Loaded Pulldown

Narrow Grip Pulldown

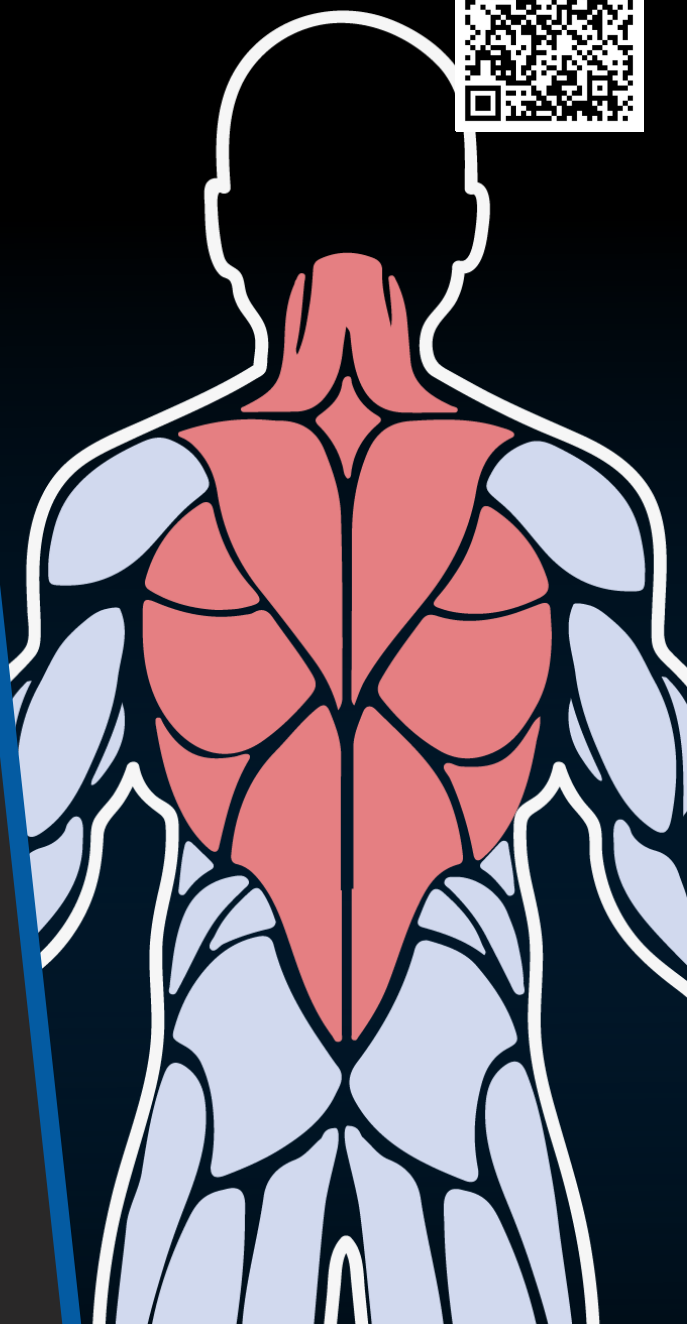
Biceps:

Dumbbell Curls

Barbell Curls

Rope Curls

Concentration Curls



BACK & BICEPS

FOCUS WORKOUTS

Wiltshire Council

Exercises Descriptions

Single arm row

- Set up with one knee and hand on bench with back parallel to ground.
- Pull dumbbell towards chest while squeezing back and shoulder muscles.
- Keep elbow tucked in and then return to start position.



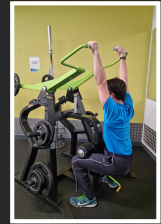
Reverse fly

- Tip forwards from the hip with dumbbells hanging underneath your shoulders.
- Maintain straight back and slight bend in elbow while raising dumbbells to side and squeezing shoulder blades together. Return with control to start position.



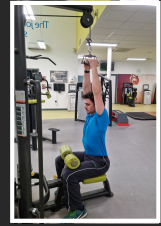
Plate loaded pulldown

- Take hold of handles and sit facing forward with pad tight to top of thighs.
- Lift your chest towards the sky while retracting your shoulder blades.
- Engage your Lats and pull handles down until they align with your chest.



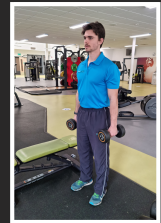
Narrow grip pulldown

- Grip pull down handle shoulder width apart with palms facing forward.
- While slightly leaning back, brace your core, bring your shoulder blades down and back, and pull the bar down until it touches the top of your rib cage.



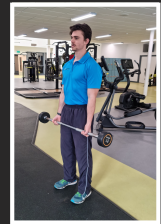
Dumbbell Curl

- Stand with a dumbbell in each hand with Elbows tucked in to sides.
- Bring the dumbbells up to the front your shoulders by bending your elbows.
- Hold for a second at the top before returning to start position.



Barbell Curl

- Hold the barbell with palms facing forward just outside of your hips.
- Maintaining tension on your biceps, curl the bar up to shoulder height.
- Lower the bar slowly, keeping your biceps tensed and engaged.



Rope Curls

- Set up cable to low position and clip in the rope. Hold below rope caps.
- Bring the rope up to the front your shoulders by bending your elbows.
- Hold for a second at the top before returning to start position.



Concentration curls

- Sit on bench with dumbbell in one hand and elbow resting inside your knee.
- Lean forward so your torso is over your legs and place free hand on free knee.
- Curl the dumbbell up to shoulder level then slowly lower to start position.

