

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

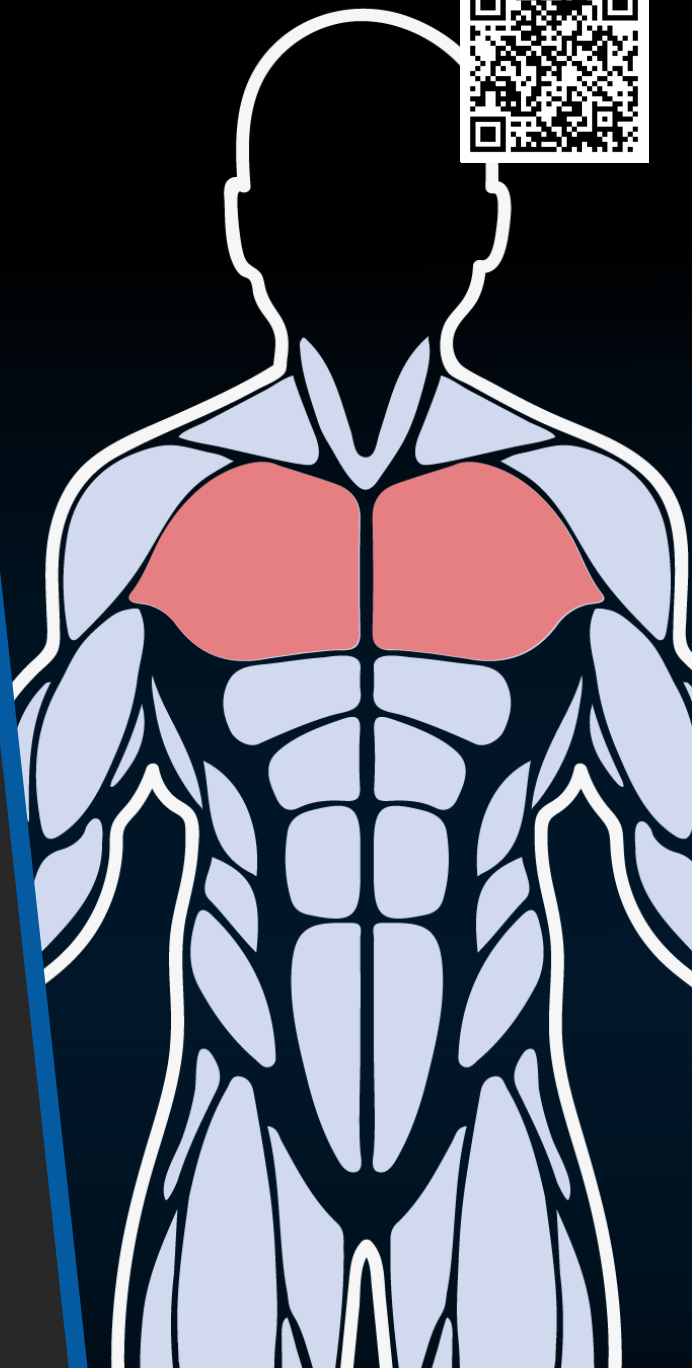
**Strength Gain:** 3-4 Sets, 4-6 Reps

### Chest:

Bench Press  
Incline Dumbbell Press  
Incline Dumbbell Flys  
Cable Low Flys

### Triceps:

Cable Press Down  
French Press  
Tricep Kickbacks  
Tricep Dips



# CHEST & TRICEPS

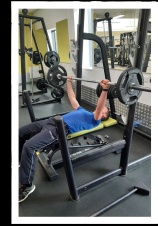
# FOCUS WORKOUTS

Wiltshire Council

# Exercises Descriptions

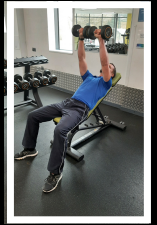
## Bench Press

- Lie on a flat bench with feet on floor and back on bench.
- Grasp bar slightly wider than shoulder width and extend arms above chest.
- Slowly lower the bar under control to just touch the chest then return to top.



## Incline Dumbbell Press

- Lie on inclined bench with head supported and dumbbells by shoulders.
- Keep wrists straight and press dumbbells until they almost touch at the top.
- Lower dumbbells back to start position with elbows at 45-degree to torso.



## Incline Dumbbell Flys

- Lie on inclined bench with dumbbells together above chest.
- With slight bend at your elbows open arms and lower weights until extended to side, level with chest. Lift back to top maintaining slight elbow bend.



## Cable Low Flys

- Set both pulleys at lowest point. Grasp handles with palms facing forward.
- Keep a slight bend at elbows and rotate only from the shoulder to lift hands.
- Lift hands until they meet in front of chest, then slowly return to start position.



## Cable Press Down

- Attach bar to top of cable stack. Stand holding bar with knuckles pointing upwards and elbows tucked in to your sides.
- Extend arms down until elbows are almost straight, then return to start.



## French Press

- Lie flat on bench with a close grip, with bar extended above shoulders.
- Slowly bring the bar down towards your forehead, keeping elbows pointing upwards and shoulder width apart. Extend back to start position at top.



## Tricep Kickback

- Place knee and one hand on flat bench. Lift elbow up to start position at ribs.
- Extend arm backwards to almost straight, keeping shoulder still and elbow tucked in. Return to start position of 90-degree angle at elbow.



## Tricep Dips

- Hold parallel bars and jump/step up to straighten your arms.
- Lower your body by bending your arms until shoulders are below elbows.
- Lift your body back up by straightening your arms until fully extended.

