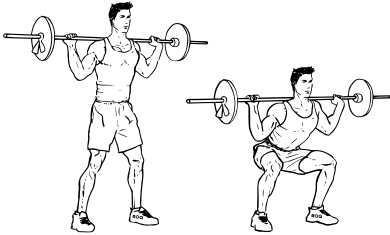


# Full Body Gym Routine

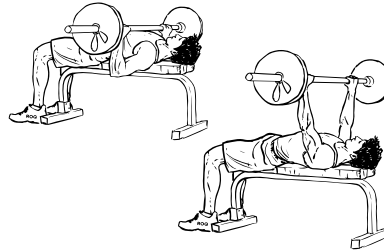
1 min · Back, Chest, Legs, Shoulders

Do 2 to 3 sets of each exercise with 10 to 15 reps aiming to reach failure. Rest 2 to 3 minutes between sets and reps. Increase weight every 4 to 8 weeks or when 15 reps is reached.

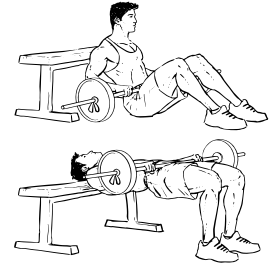
## Barbell Squats



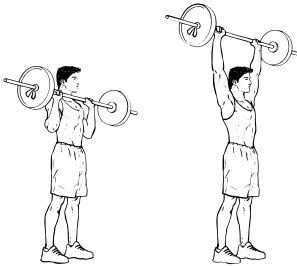
## Barbell Bench Press



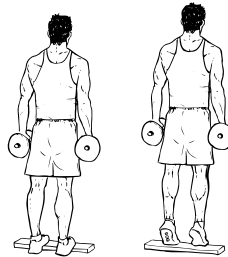
## Barbell Hip Thrusts



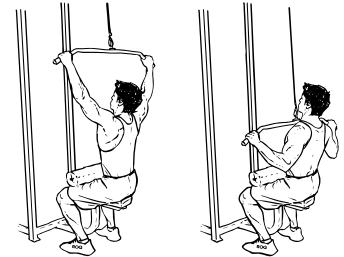
## Standing Overhead Military Barbell Shoulder Press



## Standing Dumbbell Calf Raises



## Wide-Grip Lat Pulldowns



## Barbell Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Abs, Calves, Hamstrings, Lower Back**

Set up the barbell on the squat rack so that it is at the same height as your upper chest.

Position your body under the bar, with knees bent so that the bar is resting high on the back of your shoulders.

Grip the bar with your hands comfortably wider than your shoulders.

Slowly straighten your legs to push upwards, lifting the barbell from the rack and take one step forward.

Stand with your legs shoulder width apart.

Bend your knees forward and allow your hips to bend back as if sitting down,

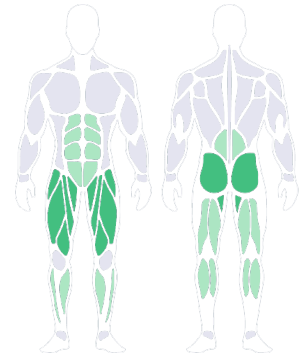
Continue this movement down until your thighs are parallel to the floor or slightly more, making sure your knees are pointing in the same direction as your feet.

Hold for a count of one.

Push up through your heels while straightening your hips and knees, until you are standing in the start position.

Make any adjustments necessary to your stance and grip before continuing on the next repetition.

**!** Do not rest the bar on your neck. Keep your head facing forward at all times. Keep your back straight throughout the entire movement.



## Barbell Bench Press / Chest Press

Primary muscle group(s):

**Chest**

Secondary:

**Shoulders, Triceps**

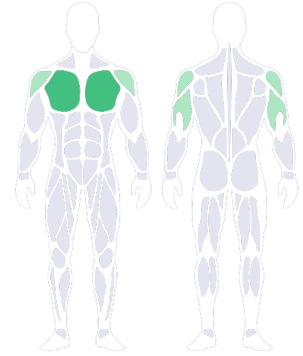
Position yourself with your back down on a flat bench placing the hands up on the bar using an underhand grip slightly wider than shoulder width apart.

After taking a deep breath in, extend the elbows and lift the bar up off the rack until elbows are extended but not locked. Pause for a brief moment as you fully extend your breath.

Lower the weight directly down to the chest as you breath inwards, keeping the movement pattern slow and steady.

Once just above the chest, pause, and then press directly up again, exhaling your breath.

Continue until all reps are completed and then re-rack the barbell.



## Barbell Hip Thrusts

Primary muscle group(s):

**Glutes & Hip Flexors**

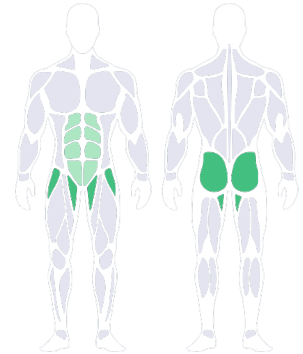
Secondary:

**Abs**

Sit on a padded surface with your legs out in front of you and the knees bent. Make sure your back is against a secured bench. Lay a barbell across your lap.

Focusing the tension in the glutes, raise your hips skyward, moving the bar up with you.

Pause when you feel the contraction in your glutes then slowly lower yourself to the starting position.



## Standing Overhead Military Barbell Shoulder Press

Primary muscle group(s):

**Shoulders**

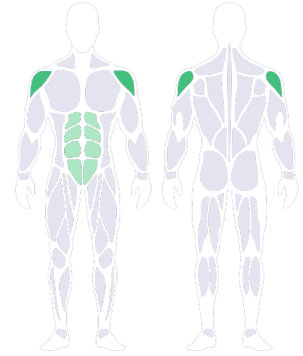
Secondary:

**Abs**

Position a barbell on a squat rack at shoulder height. Brace your core throughout the movement. Step underneath the barbell and grab onto it with shoulder-width hand placement. Step back with the barbell.

Slowly, push the barbell overhead, focusing the tension in the shoulders. Do not fully lock out the elbows.

Pause then slowly bring the barbell back to the starting position but do not allow it to rest on your shoulders. Move into the next repetition.



## Standing Dumbbell Calf Raises

Primary muscle group(s):

**Calves**

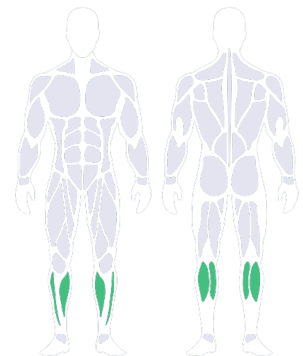
Place an exercise step or something similar on the floor in front of you. It should be two or three inches high.

Holding a dumbbell in each hand, place your toes and the balls of your feet on the step. Make sure the arches of your feet are not on the step and your heels are on the floor.

Raise your heels as high as possible by pushing through the balls of your feet and toes while extending your ankles. Hold for a count of one.

Return to the starting position by bending your ankles until you feel a stretch in your calves.

Repeat.



## Wide-Grip Lat Pulldowns / Pull Downs / Pullovers

Primary muscle group(s):

**Lower Back, Middle Back / Lats**

Secondary:

**Abs, Biceps**

Set up a cable station with a straight bar attached to the top pulley.

Sit on the seat facing the station. Keep your feet flat and planted firmly on the floor.

Using an overhand grip, hold the bar as wide as comfortable. (Your hands should be about 1 1/2 - 2 times body width apart.)

Lean back slightly without arching your back.

Pull the bar towards the top of your chest using your shoulders while arcing your elbows out to the sides of your body.

At the end of the movement squeeze your shoulders together slightly and hold for a count of one.

Return to the start position by arcing your elbows forward while relaxing your shoulders.

Repeat.

