

## Forearms Exercise Guides

### Palms-Down Dumbbell Wrist Curl Over A Bench

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Place two dumbbells beside a flat bench and then kneel on the opposite side of the bench. Hold dumbbells with your palms down. Place forearms flat on the bench with the back of your wrists on the edge of the bench. Lower dumbbells as far as possible, keeping a tight grip. Curl dumbbells up as high as possible. Do not let your forearms move! Can also be done with a barbell..

---

### Palms-Down Wrist Curl Over A Bench

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Place a barbell beside a flat bench and the kneel on the other side of the bench. Hold the bar palms down with your hands about 16 inches apart. Place your forearms flat on the bench and put the back of your wrists on the edge of the bench. Lower bar as far as possible, then curl bar up as high as possible. Do not move your forearms! Can also be done with two dumbbells.

---

### Palms-Up Barbell Wrist Curl Over A Bench

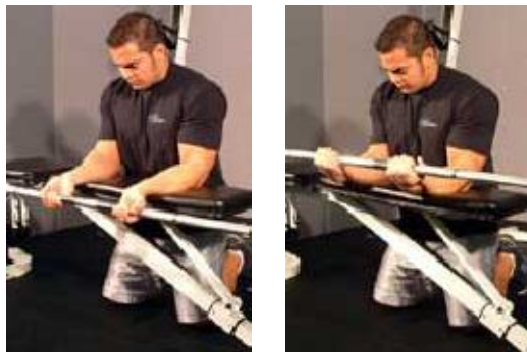
#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Place a barbell beside a flat bench and the kneel on the other side of the bench. Hold the bar palms up with your hands about 16 inches apart. Place your forearms flat on the bench and put the back of your wrists on the edge of the bench. Lower bar as far as possible, then curl bar up as high as possible. Do not move your forearms! Can also be done with two dumbbells.

---

### Palms-Up Dumbbell Wrist Curl Over A Bench

#### Exercise Data

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Place two dumbbells beside a flat bench and then kneel on the opposite side of the bench. Hold dumbbells with your palms up. Place forearms flat on the bench with the back of your wrists on the edge of the bench. Lower dumbbells as far as possible, keeping a tight grip. Curl dumbbells up as high as possible. Do not let your forearms move! Can also be done with a barbell.

---

### Plate Pinch

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Other

**Mechanics Type:** Isolation



**Tips:** The simplest way to train your pinch grip is to grab two wide-rimmed plates and put them together with the smooth sides facing outward. Now, put your thumb on one side, fingers on the other, and lift! The mark of a man with an excellent pinch grip is to be able to do this feat of strength with two, 45lb wide-rimmed plates. I assure you, it's

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

much more difficult than it sounds. You can also try this using four, 10lb plates. Just try to hold them as long as possible.

---

### Reverse Barbell Curl

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** Biceps

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Grasp bar with a shoulder width over hand grip. With the elbows to the side, raise the bar until forearms are vertical. Lower until the arms are fully extended. Repeat. When the elbow is fully flexed, the elbow should only travel forward a few inches allowing the forearm to be no more than perpendicular to the floor to allow for a relative release of tension in the muscles between repetitions.

---

### Reverse Barbell Preacher Curls

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** Biceps

**Equipment:** Barbell

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Sit on preacher bench placing back of arms on pad. The seat should be adjusted to allow the arm pit to rest near the top of the pad. Grasp curl bar with shoulder width overhand grip. Raise the bar until forearms are perpendicular to floor with the back of the upper arm remaining on the pad. Lower the barbell until arm is fully extended. Repeat.

---

### Reverse Cable Curl

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** Biceps

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Grasp cable bar that is attached to a low pulley with a shoulder width over hand grip. With the elbows to the side, raise the bar until forearms are vertical. Lower until the arms are fully extended. Repeat. Do not move your elbows during the exercise!

---

### Seated Dumbbell Palms-Down Wrist Curl

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Works the outer arm part of the forearms. Hold dumbbells and sit at the end of a flat bench with your feet flat on the floor and about 20 inches apart. Lean forward and lay your forearms on your upper thighs, palms down. Place your wrists over your knees. Lower dumbbells as far as possible keeping a tight grip. Curl dumbbells up as high as possible without moving your forearms. Can also be done with palms-up or with a barbell.

---

### Seated Dumbbell Palms-Up Wrist Curl

#### Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Works the inner arm side of your forearms. Hold two dumbbells and sit at the end of a flat bench with your feet on the floor about 20 inches apart. Lean forward and place forearms on upper thighs, palms up. Place the back of your wrists over your knees. Lower dumbbells as far as possible keeping a tight grip. Curl dumbbell up as high as possible. Do not let forearms move at all. Can also be done with a barbell or cable.

## Seated One-Arm Dumbbell Palms-Down Wrist Curl

### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Works your outer forearm. Hold a dumbbell in your right hand and sit on a flat bench with your feet flat on the floor, about 20 inches apart. Lean forward and place your right forearm on your upper right thigh with your palm down. Place back of wrist on your knee. Lower dumbbell as far as possible, keeping a tight grip. Curl dumbbell as high as possible. Do not let your forearm move! Switch arms when done with one set. Can also be done with two arms at a time, one on each knee.

---

## Seated One-Arm Dumbbell Palms-Up Wrist Curl

### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Works your inner forearms. Hold a dumbbell in your right hand and sit on a flat bench with your feet flat on the floor, about 20 inches apart. Lean forward and place your right forearm on your upper right thigh with your palm up. Place back of wrist on your knee. Lower dumbbell as far as possible, keeping a tight grip. Curl dumbbell as high as possible. Do not let your forearm move! Switch arms when done with one set. Can also be done with two arms at a time, one on each knee.

---

### Seated Palm-Up Barbell Wrist Curl

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Hold a barbell with both hands and your palms facing up. Your hands should be about 16 inches apart. Sit at the end of a bench with your feet flat on the floor and about 20 inches apart. Lean forward and place your forearms on your upper arms and the back of your wrists over your knees. Lower bar as far as possible, keeping a tight grip. Curl bar up as high as possible. Do not let your forearms move! Can also be done with two dumbbells.

---

### Seated Palms-Down Barbell Wrist Curl

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Hold a barbell with both hands and your palms facing down. Your hands should be about 16 inches apart. Sit at the end of a bench with your feet flat on the floor and about 20 inches apart. Lean forward and place your forearms on your upper arms and the back of your wrists over your knees. Lower bar as far as possible, keeping a tight grip. Curl bar up as high as possible. Do not let your forearms move! Can also be done with two dumbbells.

---

### Seated Two-Arm Palms-Up Low-Pully Wrist Curl

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Put a bench in front of low pulley. Move the bench far enough away to support the weight stack. Hold handle with both hands, palms up. Step back and sit on the bench with your feet about 16 inches apart firmly on the floor. Lean forward and place forearms on upper thighs with the back of your wrists over your knees. Lower handle as far as possible, keeping a tight grip. Curl handle up as high as possible. Do not let your forearms move!

---

### Standing Dumbbell Reverse Curl

---

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** Biceps

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** After gripping the dumbbells firmly with a pronated (palms down) grip, the lifter stands erect, with each elbow pressed firmly to the side of his or her body. Without moving at the shoulders, and with each elbow locked firmly in place, the lifter flexes the arms at the elbow, raising the dumbbells in upward arc until both arms are completely flexed. The dumbbells are then lowered through the same path, and this movement is repeated for the desired number of repetitions. This exercise may also be performed one arm at a time, or in alternating fashion.

---

### Standing Olympic Plate Hand Squeeze

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Other

**Mechanics Type:** Isolation



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Hold a weight plate by the ridge in each hand. Stand straight up, with the plates at arm's length at sides of thighs with your palms in. Lower plates until fingers are nearly extended but can still hold weights. Close hands, raising the plates a few inches. Continue raising and lowering the weights until your grip gives out. You can do both hands at the same time, alternate, or do one hand at a time.

---

### Standing Palms-Up Barbell Behind The Back Wrist Curl

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Hold a barbell behind your buttocks at arm's length, with your palms facing backwards and your hands about 20 inches apart. Curl your hands up as high as possible. Keep your arms straight. Lower bar back to starting position.

---

### Wrist Roller

#### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Other

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Hold a wrist roller device straight in front of you, with your arms completely straight and parallel to the floor. Rotate one wrist at a time in order to roll the rope around the roller. Go until the weight is all the way up to the top. Return the weight to the starting position and start again. Don't move your arms from the starting position.

---

### Abs Exercise Guides

#### Ab Crunch Machine

##### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** Machine

**Mechanics Type:** Isolation



**Tips:** This is like a situp or crunch, but the machine helps you to add resistance for greater strength increases. Follow the directions on the particular machine that you choose. Be sure to go slow and concentrate on using your abs to push the weight while relaxing your legs and feet.

---

#### Ab Roller

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** Other

**Mechanics Type:** Compound



**Tips:** Using the ab roller, start on the floor on all your hands and knees. Hold the ab roller in your hands while in this position. Slowly roll the ab roller forward, stretching your body into a straight position. Go down as far as you can without touching the floor with your body. Pause and pull yourself back to the starting position. Repeat for the desired number of reps. Go slow and do not touch the ground!

---

### Air Bike

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Lie on your back and put your hands behind your head. Raise your legs so your thighs are perpendicular and your lower legs are just above parallel to the floor. Curl up and bring your left elbow toward your right side while drawing your right knee in to meet it. It is like you are riding a bike. Alternate sides, continuing the motion back and forth.

---

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Remember, don't just flap your elbow across your body, actually rotate your shoulder across and squeeze your abs.

---

### Alternate Heel Touchers

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Works your obliques. In order to complete 1 repetition, each heel must be touched once. So, get into position, crunch over and touch your right heel once, then crunch over and touch your left heel once, and now you've completed 1 repetition. Lie down on the floor. Bend your knees and keep your feet 18-24 inches apart. Keep your arms straight down at your sides. Crunch forward and up about 3-4 inches. Remember to keep your lower back pressed flat against the ground. Keep your head in a neutral position. Alternate touching your right heel and then your left heel. Remember, touching each heel once is one rep!

---

### Barbell Ab Rollout

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** Lower Back, Shoulders

**Equipment:** Barbell

**Mechanics Type:** Compound



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** The elbows are to be locked and kept in a vertical line with the shoulders. Many ab wheel commercials show the user with their arms extended out but it is felt by some that this puts unnecessary stress on the shoulders and lower back. Keep the body locked in a straight position with no back "sag" when in the bottom position. All movement in this exercise is initiated by the hips, not the arms/lats. The emphasis should be on raising the butt as high as possible in a "piking" motion when in the upright part of the movement.

---

### Barbell Ab Rollout - On Knees

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** Lower Back, Shoulders

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Start on your knees with your hands about shoulder width apart on a barbell that is positioned in front of you. Slowly roll the barbell forward as far as you can comfortably go. Keep the body locked in a straight position with no back "sag" when in the bottom position. Do not touch your chest or any part of your upper body to the ground. Slowly pull yourself back up using the same motion but in reverse. Repeat. Can also be done with an ab wheel or on your toes.

---

### Barbell Side Bend

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Works your obliques. Stand straight up with your feet shoulder width apart. Place a light barbell on your shoulders. Keep your back straight and your head up. Bend to the right as far as possible then bend to the left as far as possible. Bend at your waist only, not at your hips or knees. You can also do this seated, or with dumbbells in your hands.

---

### Bent-Knee Hip Raise

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** This is like the Reverse Crunch but with a longer range of motion. Outstretch your hands to your sides with your knees bent at a 60 degree angle and your feet just off the floor. Using your lower abs, roll your pelvis backward to raise your hips off of the floor. Your knees will be over your chest. Squeeze your abs and then return to the starting position slowly. You can straighten your legs to make it harder or wear ankle weights.

---

### Butt-Ups

#### Exercise Data

**Main Muscle Worked:** Abdominals

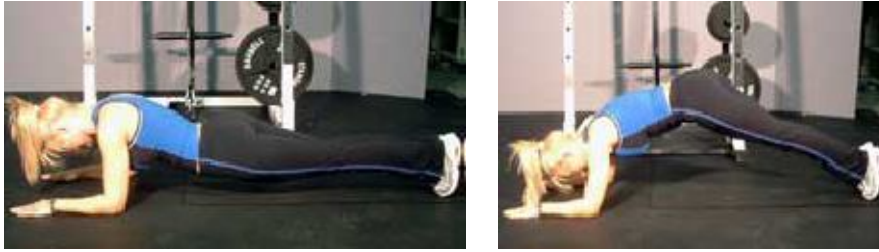
**Other Muscles Worked:** None

**Equipment:** BodyOnly



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Mechanics Type:** Compound



**Tips:** Begin a pushup position but with your elbows on the ground and resting on your forearms. Your elbows should be bent at a 90 degree angle. Arch your back slightly out rather than keeping your back completely straight. Raise your glutes toward the ceiling, squeezing your abs tightly to close the distance between your ribcage and hips so you end up in a high bridge position. Lower back down slowly to your starting position. Repeat. Don't let your back sag downwards.

---

### Cable Crunch

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Kneel below a high pulley. Grasp cable rope attachment and place wrists against the head. Flex hips slightly and allow the weight to hyperextend the lower back. With the hips stationary, flex the waist so the elbows travel toward the middle of the thighs. Return and repeat.

---

### Cross-Body Crunch

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Mechanics Type:** Compound



**Tips:** Lie on your back and bend your knees about 60 degrees and keep your feet flat on the floor. Place your hands loosely behind your head. Curl up and bring your right elbow and shoulder across your body while bring your left knee in toward your left shoulder at the same time. Reach with your elbow and try to touch your knee. Do one side for all your reps, then switch to the other side. Try to bring your shoulder up towards your knee rather than just your elbow.

---

### Crunch - Hands Overhead

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** This variation makes it tougher than regular crunches. Lie on the floor with your knees bent. Keep your feet flat on the floor. Stretch your arms overhead and cross your palms. Curl your upper body forward and bring your shoulder blades just off the floor. Keep your arms aligned with your head, neck and shoulder. Don't move them forward from that position! Slowly lower down after squeezing your abs tight!

---

### Crunch - Legs On Exercise Ball

#### Exercise Data

**Main Muscle Worked:** Abdominals

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Other Muscles Worked:** None

**Equipment:** Exercise Ball

**Mechanics Type:** Isolation



**Tips:** Lie flat on your back with your feet resting on an exercise ball with your knees bent at a 90 degree angle. Place your feet three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

---

### Crunches

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as

---

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

---

### Decline Crunch

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Using a decline bench, position yourself with your feet locked in at the top. Your upper body should be raised off the bench so that you have to contract your abs just to stay in place. Place your hands on each side of your head, over your heads. Don't lock your fingers! Raise your body slowly while you contract your abs. Crunch up until your elbows are on either side of your thighs. Hold and flex your abs, then slowly lower your body back to the starting position. Don't lower your body all the way down to the bench! If you can, hold a weight plate across your chest for added resistance.

---

### Decline Oblique Crunch

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Position yourself on a decline bench with your feet locked in. Your upper body should be raised off the bench. Cup your right hand over your right ear, and place your left hand on your thigh. Raise your upper body slowly while turning your torso to the left. Focus on keeping your abs tight and keeping the movement slow and controlled. Continue crunching up until your right elbow touches your left knee. Lower your body slowly back down to the starting position. After completing one set on the right, switch to your left side. TIP: Focus on really twisting your torso and feeling the contraction when you are in the UP position.

---

### Decline Reverse Crunch

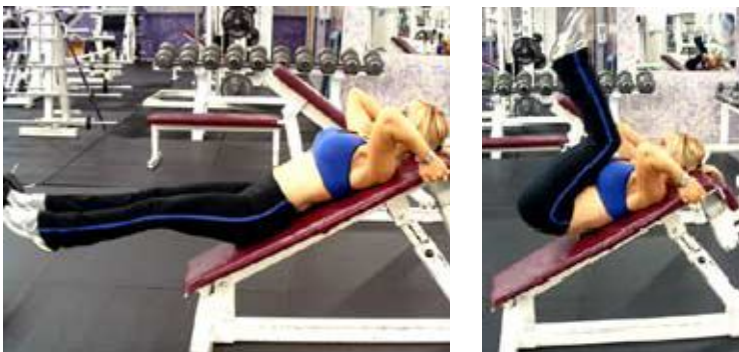
#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Lie on your back on a decline bench and hold on to the top of the bench with both hands. Don't let your body slip down from this position. Hold your legs parallel to the floor using your abs to hold them there. Keep your knees and feet together. Slowly contract your abs, focusing on bring your pelvis up and in towards your chest. Let your abs do the work! Slowly lower your pelvis to the starting position, keeping constant tension on the abs. Don't arch your back inwards while you are at the down position!

## Dumbbell Side Bend

### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Works the obliques. Stand straight up with your feet at shoulder width. Hold a dumbbell in your right hand with your palms in. Place your left hand on your waist. Keep your back straight. Bend to the right as far as you can, then bend to the left as far as possible. After finishing your desired reps, change the weight to your other hand and repeat. Bend at your waist only, not at your hips or knees! Can also be done with a barbell on your shoulders.

---

## Exercise Ball Crunch

### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** Exercise Ball

**Mechanics Type:** Isolation



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Sit on top of an exercise ball with your feet placed firmly on the floor. Roll the bottom half of your glutes off the ball by sliding forward. Your lower back should be centered on top of the ball. Place your hands on the sides of your head, but don't use your hands to pull. Crunch your upper body forward and roll your shoulders towards your hips. Squeeze at the top! Then lower back to the starting position and repeat. You can hold a weight to increase the difficulty.

---

### Exercise Ball Pull-In

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** Exercise Ball

**Mechanics Type:** Compound



**Tips:** Works more of the lower abs. Start in a push-up position and place your lower shins on top of the exercise ball. While keeping your back completely straight, pull your knees in towards your chest, allowing the ball to roll forward under your ankles. Squeeze your abs and then straighten your legs, rolling the ball back to the starting position.

---

### Flat Bench Leg Pull-In

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Works your lower abs. Lie on a flat bench with your legs off the end. Place your hands under your butt with your palms down. Put your legs straight out. Bend your knees, pulling your upper thighs into your midsection. Return to the starting position. You can hold a dumbbell between your legs to make it harder.

---

### Flat Bench Lying Leg Raise

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Works your lower abs. Place a light weight between your feet if you can. Lie flat on a bench with your legs off the end. Place your hands under your butt with your palms down. Keep your legs as straight as possible and your knees locked. Raise your legs as high as possible. Lower legs back down as far as they can go.

---

### Gorilla Chin/Crunch

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** Biceps,Lats

**Equipment:** BodyOnly



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Mechanics Type: Compound



**Tips:** Hang from a chinning bar with your knees bent at a 90 degree angle and your hands about 12 inches apart with an underhand grip. Pull yourself up with your arms and crunch your knees up at the same time. You should finish the chin and crunch at the same time. When fully contracted, your nose will be at the bar and your knees will be pulled up to your chest. Slowly reverse the movement and return to the starting position. You can also do this with a dumbbell or medicine ball between your feet or with a weight attached to a dip belt around your waist. When you have mastered this, try hanging from only one arm and grasp your wrist with your free hand. This works more of your obliques.

---

### Hanging Knee Raise To The Side

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Works the obliques and lower abs. Hang from a pull-up bar with your legs and feet together. Slowly lift your knees to one side as high as you can. Do this by curling your spine from the bottom up, not simply lifting your knees. Squeeze your lower abs

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

and obliques at the top of the movement, then slowly lower. Repeat and alternate sides. Do not SWING your legs up.

---

### Hanging Leg Raise

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Hang from a bar with your legs straight down. Raise your legs by flexing your hips while flexing your knees until your hips are fully flexed. Continue to raise knees toward shoulders by flexing your waist. Do NOT swing and use momentum. Go slow and concentrate on using your abs to pull your legs up. Return to the starting position. Repeat. You can place weight between your ankles for added resistance. You can also raise your knees to one side of your body to work the obliques.

---

### Hanging Pike

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Hang from a bar with your palms facing forward. You can use straps if needed to help with your grip. Start with your knees bent at a 90 degree angle and your upper legs parallel to the floor. Pull your legs up and try to touch your shins to the bar above you. Try to straighten your legs as much as possible while at the top. Lower your legs as SLOWLY as possible until you reach the starting position. Repeat. Don't swing and use momentum!

---

### Jackknife Sit-Up

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Lie on the floor on your back. Place your arms straight back behind your head. Bend at the waist while raising your legs and arms to meet in a jackknife position. Lower arms and legs back to the starting position. Keep your elbows and knees locked!

---

### Janda Sit-Up

#### Exercise Data

**Main Muscle Worked:** Abdominals

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** While there's some controversy to this exercise, I've found it to be a fun addition to training. Named after Czech exercise physiologist, Dr. Vladimir Janda, this is one of the most challenging sit-up variations as it completely isolates the rectus abdominals by eliminating the hip flexors. The performance of this exercise is done by sitting in a normal sit-up position, feet flat on ground but vigorously tightening hamstrings and glutes. This will cause the hip flexors to be inactivated in a process called reciprocal inhibition, which basically means that opposite muscles to the contracted ones will relax. The exercise can be done using a dedicated apparatus, having a workout partner exert pulling pressure on your calves (while you maintain your feet on the ground) or wrapping your legs over barbell and pulling back. As you begin the exercise, fill your lungs with air and in a slow (three to five second count) ascent, slowly exhale. Seems simple, but go ahead try it!

---

### **Knee / Hip Raise On Parallel Bars**

#### **Exercise Data**

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** Other

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** 1. This exercise is great because unlike crunches, this works mostly the lower abs. 2. Use your abs to pull your legs up. Rotate your pelvis forward to really "crunch" your abs. 3. Try not to swing. Using momentum in any exercise is cheating! 4. Squeeze your abs at the top! Keep your legs together.

---

### Leg Pull-In

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Work the lower abs. Lie on the floor with your hands under your butt, your palms down, and your legs extended. Bend your knees and pull your upper thighs into your midsection. Return to the starting position. Concentrate on your lower abs. You can hold a dumbbell between your feet to make it harder.

---

### Oblique Crunches

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Equipment: BodyOnly  
Mechanics Type: Isolation



**Tips:** Works your side obliques. Lie flat on your back with your knees bent (placing your knees on the floor or resting on a bench). Place your left hand over your left ear. Roll your upper body up to the right until your left elbow touches your right knee. Concentrate on tensing the sides of your waist and holding contraction throughout the movement. Slowly lower to the starting position. After completing a full set of reps on the left side, switch to your right side and do the same thing.

---

### Oblique Crunches - On The Floor

#### Exercise Data

Main Muscle Worked: Abdominals  
Other Muscles Worked: None  
Equipment: BodyOnly  
Mechanics Type: Isolation



**Tips:** Lie on your left side with your legs on top of each other with your knees bent a little. Loosely cup your head with your right hand. Crunch up as high as you can go, keeping the movement in the lateral plane as much as possible to work the obliques. Do both sides.

---

### Plate Twist

#### Exercise Data

Main Muscle Worked: Abdominals

---

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Other Muscles Worked:** None  
**Equipment:** Other  
**Mechanics Type:** Compound



**Tips:** Works more of your obliques. Sit on the floor and hold a plate out in front of your abdominals with your arms slightly bent. Lean back slightly with your upper body and elevate your legs off the floor. Rotate from side to side and touch the plate on the floor. Twisting to the left and touching the plate to the floor and then twisting to the right and touching the plate is 1 rep! Remember to breath throughout the exercise!

---

### Press Sit-Up

#### Exercise Data

**Main Muscle Worked:** Abdominals  
**Other Muscles Worked:** Triceps, Shoulders  
**Equipment:** Barbell  
**Mechanics Type:** Compound



**Tips:** Always start light on this exercise to understand the movement and increase the weight accordingly. Tips: Lie on either a flat or decline bench. For those that are stronger, use the decline. Start with the bar on the chest as though you were preparing to perform a bench press. Take a nice deep breathe, tighten the abdominals and glutes. Begin by simultaneously curling your torso and pressing the bar to an overhead position. Exhale only through pierced lips not to lose intra-abdominal pressure. Reverse the process by unrolling your body, but do not exhale all your air. Note: Even though your feet are anchored try to minimize the pull of the hips.

---

## Reverse Crunch

### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Lie on the floor on your back. Put your hands by your sides with your feet up and your thighs perpendicular to the floor. They should not go down lower than this during the movement. Using your lower abs, roll your pelvis backward to raise your hips off the floor. Your knees will now be over your chest. Return slowly to the starting position. You can use ankle weights to make it more difficult.

---

## Russian Twist

### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** Lower Back

**Equipment:** BodyOnly

**Mechanics Type:** Compound





## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Secure your feet either by placing them under something that won't move or by having a partner hold them. Start in the position shown above, leaning slightly back and clasping your hands in front of you. Moving only at the trunk, rotate to one side. At the end of your range of motion, quickly reverse the movement and rotate to the opposite side. Repeat in a rapid fashion for the full number of reps. You can also hold a weight or medicine ball to increase the difficulty.

---

### Scissor Kick

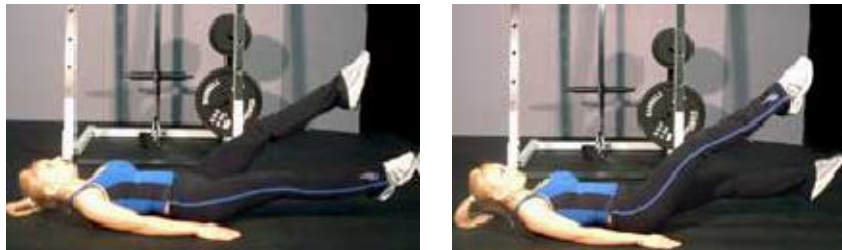
#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Start by lying on your back with your arms by your sides and your palms facing down. Extend your legs fully with a slight bend in your knees. Lift your heels about 6 inches off the floor. Make small, rapid up and down scissor-like motions as you lift each leg to about 45 degrees into the air and lower your heel until it is about 2 - 3 inches off of the floor.

---

### Seated Barbell Twist

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Works your obliques. Place a light barbell on your shoulders and sit at the end of a flat bench with your feet firmly on the floor. Twist your torso to the right, then to the left by twisting at your waist only. Do not move your head from side to side. Keep your back straight and your head up. Can also be done standing or by holding a dumbbell close to your chest.

---

### Seated Flat Bench Leg Pull-In

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Sit on the end of a flat bench. Place your hands behind your butt and grab the sides of the bench. Extend your legs straight out. Bend your knees and pull your legs into your midsection. Return to the starting position. Concentrate on working the abs. You can hold a light dumbbell between your feet for added resistance.

---

### Side Bridge

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Works your obliques and helps stabilize your spine. Lie on your side and support your body between your forearm and knee to your feet. Hold position for two to four seconds. Repeat on the other side. Build up to at least 60 seconds on each side of your body!

---

### Side Jackknife

#### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Works your obliques. Lying on your right side and keeping your left leg over your right one, place your right hand in a comfortable spot and clasp your left hand behind your head. Bring your torso and left leg toward each other as you pull with your obliques. Squeeze for a moment and return to the starting position. You can use ankle weights to make it tougher!

---

### Sit-Up

#### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Equipment: BodyOnly  
Mechanics Type: Isolation



**Tips:** Lie on your back on the floor with your feet about shoulder width apart. You may find it easier to put your feet under something to hold them down. Lift your upper body, bending at the waist, until you're sitting up vertically. Keep your arms at your sides, crossed in front of you, or behind your head, but do NOT attempt use your arms to pull yourself up. Do not raise your feet off of the ground. Smoothly lower your body back to the floor. Repeat.

---

### Stomach Vacuum

#### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Works the transversus abdominus and internal obliques. This gives you a flatter profile and a narrower waist! To execute the Stomach Vacuum, stand upright and place your hands on your hips, and exhale all the air out of your lungs, completely. Expand your chest, and bring your stomach in as much as possible, and hold. Visualize

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

trying to touch your navel to your backbone. One isometric contraction of "20" seconds is one repetition. You can work your way up to 40 or 60 seconds. Once mastered, the Stomach Vacuum can be performed in a standing, kneeling, seated, and lying position.

---

### Toe Touchers

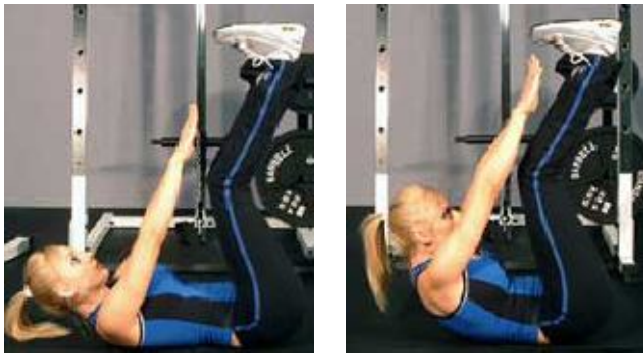
#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Lie back on the floor and elevate your legs up into the air. Make sure you keep your lower back pressed flat into the ground. Exhale and crunch forward to touch your toes. (Touching any part of your foot will work!) Remember, don't pull your chin down towards your chest. Keep your head in a neutral position.

---

### Tuck Crunch

#### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Lie on the floor with your hands either crossed over your chest or behind your head. Bend your knees and hips to form right angles. Keep your lower legs parallel to the floor and your feet crossed. Lift your shoulder.

---

### Quads Exercise Guides

#### Barbell Deadlift

##### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound



#### What NOT To Do:



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Think of a deadlift as a squat, only the bar is in your hands rather than on your back. **The Stance:** Approach the loaded barbell and assume a stance about as wide as your own shoulders while gripping the bar such that the inner aspects of your arms are slightly outside of your thighs. Another way to determine your optimal deadlift foot placement is to jump down from a box which is half your own height and "stick" the landing. Now look at your feet...this will approximate your ideal stance width and degree of foot turnout. **Feet and Shin Position:** Feet should point straight forward or turned out to a 25 degree angle at most. The best foot angle is one which provides the least amount of hip and knee restriction when you lower the hips in preparation to lift, so don't be afraid to experiment a bit. The shins should be two to three inches from the bar and then when you actually bend down and lower your hips in preparation to lift, the shins will touch the bar. Most of the weight will be on the heels of the feet. This facilitates maximal contribution of the glutes and hamstrings. During the ascent, the bar will travel as close to the leg and shins as possible. Ideally, wear cotton sweat pants or track pants with long socks to protect your shins. **Hand Position:** A "reverse grip" should be used when deadlifting. This means that one hand will be supinated (palm faces you) and the other pronated (palm facing away). This will help keep the bar in your hand. If grip strength is not one of your training targets, feel free to use wrist straps with a conventional grip. Hold the bar high up on the palm to compensate for any roll of the bar when pulling the weight up. Generally, the grip should start with the index finger and the little finger bordering the knurling in the middle of the bar. **Head Placement and Eye Contact:** The entire spine should remain neutral, which means you look neither up nor down, but instead, the head follows the body, almost like you're wearing a cervical cast on your neck. It's OK for the head to be SLIGHTLY up (this tends to improve muscular contraction of the low back muscles) but in all cases, the lift must start with the hips down, the entire spine neutral, and the feet flat on the floor. **The Ascent:** As you stand up with the weight, imagine pushing the earth away from you with your feet. When viewed from the side, your hips and shoulders should ascend together; if the hips rise before the shoulders, it means you're using your back rather than your legs. If this happens, reduce the weight until you can perform the lift correctly and add more specific quad-strengthening exercises to your program. **The Lockout:** Competitive powerlifters are required to demonstrate control over the weight by standing up and then extending the hips forward in an exaggerated manner. If you're NOT a competitive lifter, simply stand up with the weight without this exaggerated maneuver. **The Descent:** Simply return the bar to the floor, under control, by reversing the technique you used to lift the weight.

---

---

### **Barbell Full Squat**

#### **Exercise Data**

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Position a barbell on the back of the shoulders and grasp bar to the sides. Put your feet at shoulder width with your toes and knees slightly pointed outwards. Descend until knees and hips are fully bent. Extend knees and hips until legs are straight. Return and repeat. Some people believe this is damaging to your knee, but others believe it is a great exercise. Can also be done with dumbbells in your hands instead or on the Smith machine.

---

### Barbell Hack Squat

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Forearms, Hamstrings, Calves

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Hold a barbell behind you at arm's length. Keep the bar tucked against your butt and upper thighs. Palms up, facing back, and your hands as wide as your hips. Turn wrists up to lock bar solidly. Bars stays this way at all times! With your head and eyes up and your feet firmly on the floor at shoulder width, squat until your upper thighs are parallel to the floor. Return slowly to the starting position. Can also be done with your heels slightly elevated on a small block.

---



# လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

## Barbell Lunge

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Place a barbell on your upper back. Lift your chest up and look straight ahead. Position your right leg forward in a long stride. Your foot should be far enough in front of you so that when you bend your right knee, your thigh and lower leg form a right angle. Slowly bend your knees, lowering your hips so your rear knee just clears the floor. Pause briefly in this position, then slowly straighten your legs and raise your body back up to a standing position. Complete a full set, then switch legs and repeat, or alternate legs for each rep. Make sure your knee does NOT travel past your toes in the down position! Can also be done with dumbbells in each hand instead of using a barbell.

---

## Barbell Squat

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Lower Back, Hamstrings, Calves, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Rest a barbell on the upper portion of your back, not your neck. Firmly grip the bar with your hands almost twice your shoulder width apart. Position your feet about shoulder width apart and your toes should be pointing just a little outward with your knees in the same direction. Keep your back as straight as possible and your chin up, bend your knees and slowly lower your hips straight down until your THIGHS ARE PARALLEL TO THE FLOOR. Once you reach the bottom position, press the weight up back to the starting position. Don't lean over or curve your back forward! You can use a Belt to help reduce the chance of lower back injury. You can put your heels on a 1 inch block to further work the quads. You can also use a wider stance to work the inner quads even more.

---

### Barbell Squat To A Bench

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** This is like the regular Barbell Squat but you put a flat bench behind you. Squat down and barely touch the bench. Do NOT sit on it or rest at all. It is just there to help make sure you go all the way down on each repetition.

---

### Barbell Step Ups

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Barbell

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Place a barbell on your shoulders like you would if you were doing Barbell Squats. Step up onto a flat bench with your left leg. Then step up with your right leg so you are now standing on the bench. Step down with your left leg, then your right leg. Repeat, starting with your right leg this time. Be careful not to fall! Use lighter weights. Can also be done with two dumbbells in your hands instead of a barbell.

---

### Dumbbell Lunges

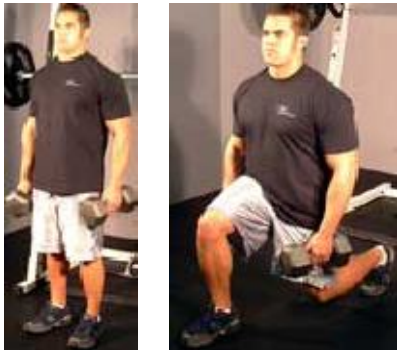
#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves, Glutes

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Hold a dumbbell in each hand and pull your shoulders back. Lift your chest up and look straight ahead. Position your right leg forward in a long stride. Your foot should be far enough in front of you so that when you bend your right knee, your thigh and lower leg form a right angle. Slowly bend your knees, lowering your hips so your rear knee just clears the floor. Pause briefly in this position, then slowly straighten your legs and raise your body back up to a standing position. Complete a full set, then switch legs and repeat, or alternate legs for each rep. Make sure your knee does NOT travel past your toes in the down position!

---

# လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

## Dumbbell Rear Lunge

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Calves, Glutes

**Equipment:** Dumbbell

**Mechanics Type:** Compound



---

**Tips:** Stand with dumbbells grasped to sides. Extend one leg back on forefoot. Lower body on other leg by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by extending the hip and knee of the forward leg. Repeat by alternating lunge with opposite leg. Keep torso upright during lunge; flexible hip flexors are important. A long lunge emphasizes the Gluteus Maximus; a short lunge emphasizes Quadriceps.

---

## Dumbbell Squat

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Dumbbell

**Mechanics Type:** Compound



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Stand with your feet at shoulder width apart with your toes and knees slightly pointing outward. Hold dumbbells in your hands with your arms at your sides. Keep your back straight and your head up. Squat down until your thighs are parallel to the floor. Slowly return to the starting position. Can also be done with a barbell on your back instead of dumbbells.

---

### Dumbbell Squat To A Bench

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Same as the Dumbbell Squat except you put a bench behind you. Go down and barely touch the bench, but do NOT sit on it at all. This is just to help you make sure that you go all the way down on each rep.

---

### Dumbbell Step Ups

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Dumbbell

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Hold two dumbbells, one in each hand, at your side. Step up onto a flat bench with your left leg. Then step up with your right leg so you are now standing on the bench. Step down with your left leg, then your right leg. Repeat, starting with your right leg this time. Be careful not to fall! Use lighter weights. Can also be done with a barbell on your shoulders instead of dumbbells.

---

### Freehand Jump Squat

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Calves, Glutes

**Equipment:** Body Only

**Mechanics Type:** Compound



**Tips:** Cross your arms over your chest. With your head up and your back straight, position your feet at shoulder width. Squat down until your upper thighs are parallel, or lower, to the floor. Jump straight up in the air as high as possible, using thighs like springs. Immediately squat down and jump again. Can also be done with a barbell on your upper back or with dumbbells hanging at your sides.

---

### Front Barbell Squat

#### Exercise Data

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Place a barbell on your upper chest and rest it on your front deltoids and upper thorax. Place right hand on the bar even with your left deltoid and your left hand on the bar even with your right deltoid. Keep your upper arms slightly above parallel to keep the bar from sliding. Keep your head up and your back straight with a shoulder width stance. Your toes and knees should be slightly pointed outwards. Squat down until your upper thighs are parallel to the floor. Return slowly to the starting position. Can also be done with your heels on a 1 inch block or with a wider stance.

---

### Front Barbell Squat To A Bench

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Same as the normal Front Barbell Squat but you put a flat bench behind you. Squat down and barely touch the bench. Do NOT sit on it or rest at all. It is just there to

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

help make sure you go all the way down on each repetition. Can also be done with your heels on a 2 X 4.

---

### Hack Squat

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Machine

**Mechanics Type:** Compound



**Tips:** Lie face up on a hack squat machine with shoulders against pad. Place feet on platform. Your feet should be together, toes pointed slightly out. Extend hips and knees. Release dock levers. Flex hips and knees to descend until knees are just short of complete flexion. Raise sled by extending knees and hips. Repeat. Great for developing the lower area of the thigh.

---

### Iron Cross

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Lower Back, Traps, Hamstrings, Shoulders, Glutes

**Equipment:** Dumbbell

**Mechanics Type:** Compound



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Stand in a low parallel squat position, feet shoulder width apart and holding dumbbells parallel to the ground with palms facing in. Move arms out away from your sides in a giant "T" as you stand upright.

---

### Leg Extensions

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** None

**Equipment:** Machine

**Mechanics Type:** Isolation



**Tips:** Using a leg extension machine, sit in the seat and hook your feet under the padded bar. Adjust the pad and/or the seat so that your knees hang off the end of the seat and the footpad rest on the lowest part of the shins. Grasp the handles on the machine or the edges of the seat to keep your hips from lifting up as you perform the exercise. Extend your legs until knees are straight, making sure you remain seated flat on the machine. Raise the weight all the way, lock and hold briefly, then slowly lower the weight back to the starting position. Get the full range of motion and feel the muscle being worked during the entire movement. Do not SWING the weight up!

---

### Leg Press

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Machine

**Mechanics Type:** Compound



**Tips:** Sitting on a leg press machine, position your feet together against the crosspiece about should-width apart and toes pointed slightly outward. Grasp the handle grips or sides of the seat. Bend your knees and lower the weight as far as possible without changing the position of your hips. Do not lower the weight so far that your hips start to curl up off the seat! Then slowly push the weight back up using your heels, not your toes. Do not lock your knees at the top, but rather take the weight to just before lock. Then being to lower the weight again SLOWLY. You can change your foot positions to vary the angle on the muscle.

---

### Lying Machine Squat

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Machine

**Mechanics Type:** Compound



**Tips:** Using a machine like the one shown above, follow the directions that are listed on it.

---

## One Leg Barbell Squat

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Use a 12 to 18 inch box or bench for this exercise. The higher the box, the more difficult the exercise. Place a barbell behind your head at the base of your neck. Grasp the barbell with both hands with a wider than shoulder width grip. Stand approximately 2 to 3 feet from the box and turn so that the box is directly behind you. Reach one foot back and place your toe on the box. Keep your opposite foot flat on the floor and point your toes forward. Stand up straight. Keep your back tight and your chest out throughout the entire exercise. Keep your head and neck in line with your torso so that you are looking forward. Your shoulders should be directly over your front foot. Keeping your front foot flat on the floor, sit your hips back (like you are going to sit in a chair), bend your knee (of your front leg), and lean forward slightly at the waist. Lower yourself in a controlled fashion until your thigh (of your front leg) is parallel to the ground. If you have difficulty lowering yourself down this far, lower yourself until the knee of your front leg is bent 90 degrees. At this point, your knee should be directly over your toe, your hips should be sitting back, and your chest should be directly over the middle of your thigh. Now, leading with your head and chest, raise yourself by pushing your hips slightly forward and up toward the ceiling, and straightening your leg. Return to the starting position. At this point, your shoulders should be directly over front foot.

---

## One-Arm Barbell Snatch

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Lower Back, Traps, Hamstrings, Calves, Abdominals, Shoulders

**Equipment:** Barbell

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Start from the hang position (holding the bar slightly above the knees). With an explosive pull upwards with the hips, drive the weight overhead. Since the grip will typically be the first to fatigue, the repetitions should remain on the lower end, 3 to 5 reps. This will normally encourage a higher number of sets be implemented to compensate for the lower repetitions. Lifters will also find their performance will vary depending upon the size of the bar. Having been in many different gyms, I know that the grip size of bars will vary a lot, thicker bars will seem heavier, but may be more appropriate for those that are trying to challenge their grip.

---

### One-Arm Side Deadlift

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves, Abdominals, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Standing to the side of barbell resting on the ground, grasp weight directly in the center. Drop into a low deadlift position and drive off as with a standard deadlift but with particular emphasis of pushing off the obliques. Repeat for your desired reps and then switch sides. Can also be done with a dumbbell.

---

# လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

## Overhead Squat

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Lower Back, Hamstrings, Calves, Shoulders, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Place the bar overhead using a side snatch grip with the arms locked out. The feet are placed wide with your toes pointing outward in the receiving position for the snatch. Squat by lowering your hips between your heels until your upper legs are below parallel with the floor. Maintain an upright posture with back tight and chest up. Keep the feet flat on the floor and maintain eyes straight ahead. Do not lean forward from the waist and push the hips back. This is a very dangerous exercise since you could fall over. Start with light weight and use a spotter if possible.

---

## Plie Dumbbell Squat

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Dumbbell

**Mechanics Type:** Compound



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Position your feet 2-4 inches wider than your shoulders. Hold one dumbbell in front of your body. Point your toes out at a 45 degree angle. While standing upright, keep your knees slightly bent with your hips in a neutral position. Don't arch your lower back. To begin the exercise, start by moving your hips back like you were going to sit in a chair. Then, bend your knees letting them follow the exact angle of your toes. Lower your body until your thighs are parallel to the floor or to a position that feels comfortable to you. Exhale and return to the starting position. Remember to maintain good posture with your chest up. Also, keep your feet flat on the ground throughout the movement. You can also do this with a barbell on your back.

---

### Smith Machine Squat

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves, Glutes

**Equipment:** Machine

**Mechanics Type:** Compound



**Tips:** Just like a Barbell Squat but in the Smith Machine. Using the safety locks, this is safer than regular barbell squats. It may not be as effective though since your stabilizer muscles are not used quite as much, as with all machine exercises.

---

### Thigh Abductor

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings

**Equipment:** Machine

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** The outer thighs are tough to work effectively, and the abductor machine is a welcome addition for both body-sculptors and serious bodybuilders alike. Angles are crucial in getting the most out of this movement. Keeping your back and butt where they belong, wedged well against the backrest and on the seat, respectively, is key. The movement is elementary in that you simply keep the OUTside of your knees pressed firmly against the pads as you move them apart.

---

### Thigh Adductor

#### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings

**Equipment:** Machine

**Mechanics Type:** Isolation



**Tips:** The inner thighs are tough to work effectively, and the adductor machine is a welcome addition for both body-sculptors and serious bodybuilders alike. Angles are crucial in getting the most out of this movement. Keeping your back and butt where they belong, wedged well against the backrest and on the seat, respectively, is key. The movement is elementary in that you simply keep the inside of your knees pressed firmly against the pads as you move them together.

---

### Wide Stance Barbell Squat

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

### Exercise Data

**Main Muscle Worked:** Quadriceps

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Works more of the inner thighs. Place a barbell on your upper back. Use a comfortable hand grip. Keep your head up and your back straight with your feet about 30 inches apart. Point your toes and knees a little outwards. Squat until your upper thighs are parallel to the floor. Slowly return to the starting position.

---

### Lats Exercise Guides

#### Close-Grip Front Lat Pulldown

### Exercise Data

**Main Muscle Worked:** Lats

**Other Muscles Worked:** Biceps, Middle Back

**Equipment:** Cable

**Mechanics Type:** Compound



**Tips:** Works the lower lats. Sit at a lat pulldown machine or kneel in front of a cable pulley. Hold lat bar with hands about 8 inches apart. Start with arms extended

---



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

overhead. Pull bar straight down until it is even with your upper chest. Return slowly to starting position. Do not swing or lean back!

---

### Full Range-Of-Motion Lat Pulldown

#### Exercise Data

**Main Muscle Worked:** Lats

**Other Muscles Worked:** Biceps, Middle Back

**Equipment:** Cable

**Mechanics Type:** Compound



**Tips:** Either standing or seated on a high bench, grasp two stirrup cables that are attached to the high pulleys. Grab with the opposing hand so your arms are crisscrossed about you and your palms are facing forward. Keeping your chest up and maintaining a slight arch in your lower back, pull the handles down as if you were doing a regular pulldown. The range of motion will be more of an arc. During the movement, rotate your hands so that in the bottom position your palms face each other rather than forward. Return slowly to the starting position and repeat.

---

### Gorilla Chin/Crunch

#### Exercise Data

**Main Muscle Worked:** Lats

**Other Muscles Worked:** Biceps, Abdominals

**Equipment:** Body Only

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Hang from a chinning bar with your knees bent at a 90 degree angle and your hands about 12 inches apart with an underhand grip. Pull yourself up with your arms and crunch your knees up at the same time. You should finish the chin and crunch at the same time. When fully contracted, your nose will be at the bar and your knees will be pulled up to your chest. Slowly reverse the movement and return to the starting position. You can also do this with a dumbbell or medicine ball between your feet or with a weight attached to a dip belt around your waist. When you have mastered this, try hanging from only one arm and grasp your wrist with your free hand. This works more of your obliques.

---

### Pullups

#### Exercise Data

**Main Muscle Worked:** Lats

**Other Muscles Worked:** Biceps, Middle Back

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Reach up and grab the bar with a firm overhand grip. Your hands should be roughly twice your shoulder width apart. This helps work more of your lats, rather than your biceps. Straighten your arms and let your body hang from the bar. You can keep your legs straight or bend your knees and cross your feet. Slowly pull your

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

body up to the bar so that the top of your chest nearly touches the bar and your chin is over the bar. Try to keep your body straight without arching or swinging. As you move upwards, focus on pulling your elbows down at an angle toward your rib cage. Once your lats have completely contracted at the top, slowly lower your body to the starting position. A spotter can lift your legs slightly if you need help on the last few reps. You can also add weight by using a special Dip Belt.

---

### **Straight-Arm Pulldown**

#### **Exercise Data**

**Main Muscle Worked:** Lats

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Stand in front of a lat pulldown bar with your arms outstretched towards the bar. Place your palms flat on the bar and pull it down to shoulder level. Keeping your elbows slightly bent and your wrists locked, pull the bar down towards your body in an arcing motion. Once you contracted the lats fully and the bar has touched or come close to your thighs, slowly allow the bar to come back up to the starting position. Keep your torso erect!

---

### **Underhand Cable Pulldowns**

#### **Exercise Data**

**Main Muscle Worked:** Lats

**Other Muscles Worked:** Biceps

**Equipment:** Cable

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Grasp a cable bar from a high pulley with an underhand grip. Sit with thighs under supports. Pull down cable bar to upper chest until elbows are to the sides. Return until arms and shoulders are fully extended. Repeat. Do not lean back!

---

### V-Bar Pulldown

#### Exercise Data

**Main Muscle Worked:** Lats

**Other Muscles Worked:** Biceps, Middle Back

**Equipment:** Cable

**Mechanics Type:** Compound



**Tips:** Attach a V-Bar attachment to the pulldown machine. Using a palms-in grip, grasp the V-Bar and extend your arms completely straight above your head. Keeping your back straight and your torso vertical (do not lean back) pull the V-Bar down to your upper chest. Touch the chest and slowly return to the starting position. Do not swing!

---

### V-Bar Pullup

#### Exercise Data

**Main Muscle Worked:** Lats

**Other Muscles Worked:** Biceps, Middle Back

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Place a V-Bar attachment over a pullup bar. Hold the handles with both hands with your palms in. Pull yourself up and try to touch your chin to the bar. Slowly return to the starting position with your arms completely extended. Do not swing back and forth! You can also do this on a pull-down cable machine.

---

### Wide-Grip Lat Pulldown

#### Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps, Middle Back

Equipment: Cable

Mechanics Type: Compound



**Tips:** Start with your legs positioned snugly under the kneepads of a pulldown machine. Your feet should be flat on the floor. Grasp the wide bar firmly with an overhand grip. Your hands should be almost twice your shoulder width apart. Pull the bar down on top of your chest, arching your back slightly. Focus on keeping your elbows directly below the bar. Pause briefly with the bar in position right on top of your collarbone. Slowly raise the bar back to the starting position. Do NOT lean back too far and pull the weight down using your body weight!

## Wide-Grip Pulldowns Behind The Neck

### Exercise Data

**Main Muscle Worked:** Lats

**Other Muscles Worked:** Biceps, Middle Back

**Equipment:** Cable

**Mechanics Type:** Compound



**Tips:** Some experts believe this exercise should not be used because it can cause injuries. Hold lat bar with hands about 36 inches apart. Pull bar straight down until it touches the back of your neck just above shoulders. Return slowly to starting position. Can also be done with a closer grip.

---

## Wide-Grip Rear Pull-Up

### Exercise Data

**Main Muscle Worked:** Lats

**Other Muscles Worked:** Biceps, Middle Back

**Equipment:** BodyOnly

**Mechanics Type:** Compound



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** This is like a normal wide-grip pull-up but you finish with the bar behind your neck instead of in front. Some people believe this is a dangerous exercise that can cause injuries.

---

### Middle Back Exercise Guides

#### Bent Over Barbell Row

##### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps,Lats

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Position your feet at about shoulder width. Bend over so your back is as close to parallel to the floor as you can and hold bar with an overhand grip and with hands a little wider than shoulder width. Keep legs slightly bent. Hold bar at arm's length straight down. Pull bar straight up to the lower part of your chest. Slowly lower bar back to starting position. Keep your head up and back straight at all times, and do NOT swing or use momentum to lift the weight!

---

#### Bent Over One-Arm Long Bar Row

##### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps,Lats

**Equipment:** Barbell

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Put weight on one end of a long barbell. It is helpful to put something at the other end of the barbell on the ground so it can not slide backward. Straddle the bar and bend forward until torso is as close to parallel with the floor as you can go. Keep your knees slightly bent. Hold bar just behind plates with one hands. Put your other hand on your knee. Pull bar straight up with your elbows in until the plates touch your lower chest. Lower bar slowly to starting position. Finish set and then switch arms. Do not let the plates touch the floor at the bottom. You can get a better range of motion by using many small plates rather than one big plate. Keep your back straight and head up!

---

### Bent Over Two-Arm Long Bar Row

#### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps,Lats

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Put weight on one end of a long barbell. It is helpful to put something at the other end of the barbell on the ground so it can not slide backward. Straddle the bar and bend forward until torso is as close to parallel with the floor as you can go. Keep your knees slightly bent. Hold bar just behind plates with both hands. Pull bar straight up with your elbows in until the plates touch your lower chest. Lower bar slowly to starting position. Do not let the plates touch the floor at the bottom. You can get a better range of motion



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

by using many small plates rather than one big plate. Keep your back straight and head up!

---

### Bent Over Two-Dumbbell Row

#### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps,Lats

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Put your feet close together and grab two dumbbells. Bend forward as far as you can go, so your torso is close to parallel to the floor. Bend your knees slightly and keep your head up and back arched inwards. Hold dumbbells at arm's length straight down. Pull dumbbells straight up to your sides keeping your elbows out. Concentrate on squeezing with your middle back. Return slowly to starting position. You can also do this with a barbell or with an underhand grip.

---

### Bent Over Two-Dumbbell Row With Palms-In

#### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps,Lats

**Equipment:** Dumbbell

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Put your feet close together and grab two dumbbells. Bend forward as far as you can go, so your torso is close to parallel to the floor. Bend your knees slightly and keep your head up and back arched inwards. Hold dumbbells at arm's length straight down with your palms facing in. Pull dumbbells straight up to your sides keeping your elbows in next to your body. Concentrate on squeezing with your middle back and lats. Return slowly to starting position. Can also be done with a T-bar row machine or with an overhand grip.

---

### Lying T-Bar Row

#### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps, Lats

**Equipment:** Machine

**Mechanics Type:** Compound



**Tips:** Adjust the leg height so that your upper chest is at the top of the pad. Lay face down on the pad and grab the handles. You can use a palms down, palms up, or palms in position depending on what part of your back you want to work more. Extend your arms completely to start. Slowly pull the weight up and squeeze your back at the top of the movement. Do not lift your body off of the pad! Return to the starting position.

---

### Middle Back Shrug

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Shoulders,Lats

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Here's a truly unique exercise that hits the upper back muscles - the rhomboids and teres major and minors - like no other. To do this exercise, lie facedown on an incline bench. Grab two dumbbells. Now, rather than shrug them, as the name implies, squeeze your shoulder blades together and hold the contraction for a full second. It's nothing more than the reverse action of a hug, or trying to perform rear laterals as if you had no arms. The effect is an amazing pump, as this is probably the first time in your life these muscles will have received direct work.

---

### One-Arm Dumbbell Row

#### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps,Lats

**Equipment:** Dumbbell

**Mechanics Type:** Compound



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Begin with your right foot flat on the floor and your left knee resting on a flat bench. Then lean forward so that you're supporting the weight of your upper body with your left arm on the bench. Your back should be flat, almost parallel with the floor. Reach down and pick up a dumbbell with your right hand. Your left arm should be locked at the elbow so it will support the weight of your upper body. Before starting, look straight ahead instead of at the floor in order to keep your back straight. Tighten your abs to keep your body from turning to the side as you lift the dumbbell. Concentrate on pulling your elbow back as far as it can go. The dumbbell should end up roughly parallel with your torso. After you've rowed the dumbbell up as far as you can, slowly lower it to the starting position. Switch arms after one set.

---

### Reverse Grip Bent-Over Rows

#### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps,Lats

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Bending over at a slight angle, knees bent, back straight, abs tight, grab straight bar with a reverse grip (palms are facing forward or up). Pull bar towards your upper stomach, squeezing you back as you pull. Return bar to starting position slowly. Can also be done with dumbbells. Sometimes it helps to imagine you are squeezing your shoulder blades together or imagine a string attached to your elbows and the string is pulling your elbows back. This will help keep the concentration on the back instead of just pulling the bar with the arms.

---

### Seated Cable Rows

#### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps,Lower Back,Lats

**Equipment:** Cable

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Sit down at a low-pulley rowing machine with your feet flat against the footrests and your knees slightly bent. Bending only at the waist, lean forward and grasp the pulley handle in front of you. Your palms should be facing each other. Keep your back FLAT and looking forward, slowly draw the handles back to your stomach while simultaneously leaning back at the waist until your torso is perpendicular to the floor. The handles should reach your stomach just as your upper body reaches the upright position. Slowly return to the starting position by leaning forward from the waist while extending your arms in front of you. TO ISOLATE YOUR LATS ONLY do not bend forward at all, just keep your back straight up and down and move only your arms and squeeze your back.

---

### Smith Machine Bent Over Row

#### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps, Lats

**Equipment:** Machine

**Mechanics Type:** Compound



**Tips:** Just like the Barbell Bent Over Row but with a Smith Machine bar instead.

---

### T-Bar Row

#### Exercise Data

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps, Shoulders, Lats

**Equipment:** Machine

**Mechanics Type:** Compound



**Tips:** Straddle a T-bar rowing machine with your feet firmly on the ground. Using a narrow grip, hold the bar slightly off the ground so your back is straight and not hunched. Lift the bar up toward your body with your back by squeezing your shoulder blades together. Bring the weight up as high as you can, or until it touches your lower chest. Your elbows should be pointing up and slightly out as you lift. Return to the starting position in a

---

### Lower Back Exercise Guides

#### Hyperextensions (Back Extensions)

##### Exercise Data

**Main Muscle Worked:** Lower Back

**Other Muscles Worked:** Hamstrings

**Equipment:** Other

**Mechanics Type:** Isolation



**Tips:** Lie face down on a hyperextension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist without any restriction. Start with your body in a straight line. Cross your arms in front of you or behind your head. You

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

can also hold a weight for extra resistance. Slowly bend forward at the waist as far as you can while keeping your back FLAT. Do not round your back. Slowly raise your torso until your legs and upper body are in a straight line again. Do NOT arch your back past a straight line!

---

### Hyperextensions With No Hyperextension Bench

#### Exercise Data

**Main Muscle Worked:** Lower Back

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Good if you don't have access to a hyperextension bench. You will need a partner to sit on your legs or hold them down. Slide yourself down to the edge of the bench, until your hips hang off the end of the bench. Your entire upper body should be hanging down towards the floor. You will be in the same position as if you were on a perextension bench; just the range of motion will be shorter. The height of the flat bench is lower than the height of the hyperextension bench. Cross your arms in front of you, but keep your elbows in close to your body. This method is much harder than the regular hyper but sometimes in order to achieve your goal, obstacles must be overcome.

---

### Smith Machine Stiff Legged Deadlift

#### Exercise Data

**Main Muscle Worked:** Lower Back

**Other Muscles Worked:** Hamstrings

**Equipment:** Machine

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Like the Stiff Legged Deadlift but with a Smith Machine.

---

### Stiff Leg Barbell Good Morning

#### Exercise Data

**Main Muscle Worked:** Lower Back

**Other Muscles Worked:** Hamstrings

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Place a barbell on your shoulders. Keep your head up and your back completely straight. Bend at your waist with your legs locked, until your upper body is parallel to the floor. Return slowly to the upper position. Can also be done with your knees slightly bent.

---

### Stiff-Legged Barbell Deadlift

#### Exercise Data

**Main Muscle Worked:** Lower Back

**Other Muscles Worked:** Hamstrings, Calves

**Equipment:** Barbell

**Mechanics Type:** Compound



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Bend at your waist with your head up, back straight and knees nearly locked. Hold bar with hands about 16 inches apart. Straighten up while holding the bar at arm's length. Lower back down to the floor but do not let plates touch. This can be a dangerous exercise if not done correctly or done with weights that are too heavy. Can also be done standing on a bench or box (so that plates don't touch the floor) or with dumbbells.

---

---

### Stiff-Legged Dumbbell Deadlift

#### Exercise Data

**Main Muscle Worked:** Lower Back

**Other Muscles Worked:** Hamstrings

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Bend at your waist with your head up, back straight and knees nearly locked. Hold dumbbells at arm's length with palms facing in. Straighten up while holding the dumbbells at arm's length. Lower back down to the floor. This can be a dangerous exercise if not done correctly or done with weights that are too heavy. Can also be done standing on a bench or box or with a barbell.

---

---

### Superman

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

### Exercise Data

**Main Muscle Worked:** Lower Back

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Lie face down on the floor with your arm stretched out directly overhead (like Superman flying, hence the name). Raise your arms, chest and legs off the floor and hold it there for 2 seconds and squeeze. Lower back to the ground and repeat. You can also do these one arm and leg at a time as follows: Raise your left arm and right leg into the air at the same time, also raising your chest slightly off the floor. Hold there for a second and squeeze the muscles of your lower back. Lower your limbs back to the ground then raise your right arm and left leg and hold for a second. You can push down with the hand that is on the ground to help raise your other arm and chest higher off the ground. This exercise, even though it only uses your limbs as resistance, provides an excellent way to strengthen the lower back muscles.

---

## Glutes Exercise Guides

### Butt Lift (Bridge)

#### Exercise Data

**Main Muscle Worked:** Glutes

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Lying on your back with your knees bent, lift your hips off the floor while keeping your back straight. Remember to keep your glutes tight!

# လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

## Glute Kickback

### Exercise Data

**Main Muscle Worked:** Glutes

**Other Muscles Worked:** Hamstrings

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** While on the floor on all fours, extend one leg and with the foot cocked to a point that places it in line with the head. Then raise it to a 45-degree angle with the foot elevated above the head. The key to maximum results is to concentrate on contracting the glutes throughout the full range of motion.

---

## Leg Lift

### Exercise Data

**Main Muscle Worked:** Glutes

**Other Muscles Worked:** Hamstrings

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Grabbing the top of a chair back to brace yourself, stand up straight, lift one leg behind you while keeping the other leg straight. Bring the raised leg back to the floor

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

and raise it again for 10 repetitions. Then do the same for the other leg. Concentrate on flexing the glutes to that you feel them do the work. This should begin to tighten and firm these muscles.

---

### One-Legged Cable Kickback

#### Exercise Data

**Main Muscle Worked:** Glutes

**Other Muscles Worked:** Hamstrings

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** The one-legged cable kickback is a great way to carve shape into those sagging buns. Hook a leather ankle cuff to a low cable pulley and then attach the cuff to your ankle. Face the weight stack from a distance of about two feet, grasping the steel frame for support. While keeping your knees and hips bent slightly and your abs tight, contract your glutes to slowly "kick" the working leg back in a semicircular arc as high as it will comfortably go. At full extension, squeeze your glutes for peak contraction. Bring your working leg forward, resisting the pull of the cable until you reach the starting position. After completing the desired number of reps, switch legs and repeat this movement for the other bun.

---

### Hamstrings Exercise Guides

#### Barbell Lunge

#### Exercise Data

**Main Muscle Worked:** Hamstrings

**Other Muscles Worked:** Quadriceps, Calves, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Place a barbell on your upper back. Lift your chest up and look straight ahead. Position your right leg forward in a long stride. Your foot should be far enough in front of you so that when you bend your right knee, your thigh and lower leg form a right angle. Slowly bend your knees, lowering your hips so your rear knee just clears the floor. Pause briefly in this position, then slowly straighten your legs and raise your body back up to a standing position. Complete a full set, then switch legs and repeat, or alternate legs for each rep. Make sure your knee does NOT travel past your toes in the down position! Can also be done with dumbbells in each hand instead of using a barbell.

---

### Dumbbell Lunges

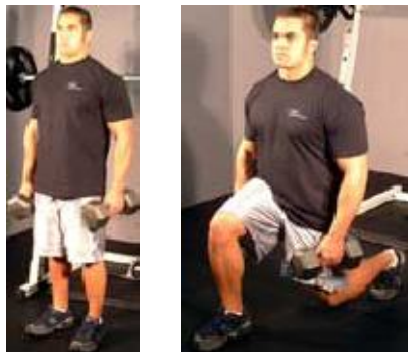
#### Exercise Data

**Main Muscle Worked:** Hamstrings

**Other Muscles Worked:** Quadriceps, Calves

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Hold a dumbbell in each hand and pull your shoulders back. Lift your chest up and look straight ahead. Position your right leg forward in a long stride. Your foot should be far enough in front of you so that when you bend your right knee, your thigh and lower leg form a right angle. Slowly bend your knees, lowering your hips so your rear knee just clears the floor. Pause briefly in this position, then slowly straighten your legs and raise your body back up to a standing position. Complete a full set, then switch legs

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

and repeat, or alternate legs for each rep. Make sure your knee does NOT travel past your toes in the down position!

---

### Lying Leg Curls

#### Exercise Data

**Main Muscle Worked:** Hamstrings

**Other Muscles Worked:** None

**Equipment:** Machine

**Mechanics Type:** Isolation



**Tips:** Lie face down on a leg-curl machine and hook your heels under the roller pad. Your legs should be stretched out straight so that the pads rest on the back of your ankles. Grasp the handles under the bench for support. Remaining flat on the bench, curl your legs up until your hamstrings are fully contracted. Release and lower the weight slowly back to the starting position. Concentrate on using a full range of motion and do not SWING the weight up. You can point your toes to intensify the burn in your hamstrings.

---

### Romanian Deadlift

#### Exercise Data

**Main Muscle Worked:** Hamstrings

**Other Muscles Worked:** Quadriceps, Calves, Glutes

**Equipment:** Barbell

**Mechanics Type:** Compound



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

**Tips:** Put a barbell in front of you on the ground. Standing on a box if needed, grab the dumbbell with a little wider than shoulder width grip. Bend the knees slightly. The position should be shins vertical, hips back and back straight. Keeping your back completely straight at all times, use your hips to lift the bar. The movement should not be fast but steady and under control. The arms should remain straight. Once you are standing completely straight up, lower the bar by pushing the hips back, only slightly bending the knees, unlike when squatting. Take a deep breath at the start of the movement and keep your chest up. Hold your breath as you lower and exhale as you complete the movement. Start with light weights to get used to it and be careful!

---

### Seated Leg Curl

#### Exercise Data

**Main Muscle Worked:** Hamstrings

**Other Muscles Worked:** None

**Equipment:** Machine

**Mechanics Type:** Isolation



**Tips:** Follow the directions on the seated leg curl machine.

---

### Smith Machine Stiff Legged Deadlift

#### Exercise Data

**Main Muscle Worked:** Hamstrings

**Other Muscles Worked:** Lower Back

**Equipment:** Machine

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Like the Stiff Legged Deadlift but with a Smith Machine.

---

### Standing Leg Curl

#### Exercise Data

**Main Muscle Worked:** Hamstrings

**Other Muscles Worked:** None

**Equipment:** Machine

**Mechanics Type:** Isolation



**Tips:** Using a standing leg curl machine, keep your body erect at all times and do not bend over. Using one leg, position the pad so it is at your ankle. Grab the handles with your hands to stabilize yourself. Pull up with your hamstring and go up as far as you can. Do NOT use momentum to swing the weight up. Perform the desired reps and then do the other leg.

---

### Stiff-Legged Barbell Deadlift – Hamstrings

#### Exercise Data

**Main Muscle Worked:** Hamstrings

**Other Muscles Worked:** Lower Back, Calves

**Equipment:** Barbell

**Mechanics Type:** Compound

---



## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Bend at your waist with your head up, back straight and knees nearly locked. Hold bar with hands about 16 inches apart. Straighten up while holding the bar at arm's length. Lower back down to the floor but do not let plates touch. This can be a dangerous exercise if not done correctly or done with weights that are too heavy. Can also be done standing on a bench or box (so that plates don't touch the floor) or with dumbbells.

---

---

### Calves Exercise Guides

#### Barbell Seated Calf Raise

##### Exercise Data

**Main Muscle Worked:** Calves

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Place a block about 12 inches in front of a flat bench. Sit on the bench and place the balls of your feet on the block. Place a barbell over your upper thighs about 3 inches above your knees. Raise up on your toes as high as possible and squeeze the calves. Lower down to the starting position and stretch as far as you can. Repeat.

---

---

## Calf Press On The Leg Press Machine

### Exercise Data

**Main Muscle Worked:** Calves

**Other Muscles Worked:** None

**Equipment:** Machine

**Mechanics Type:** Isolation



**Tips:** While sitting a leg press machine, press the weight rack up as if you were going to do a leg press. Lock your knees and slide your feet down so that only the balls of your feet are on the rack and your heels are hanging off. Push with your toes and point the feet like a ballet stance, pushing the rack along with you. Let the rack come back down bringing the toes closer to your body and repeat. Make sure the handles remain in the locked position. If your feet were to slip off the rack and you don't have the handles locked you can be injured. Don't bounce the rack up and down. Use the muscles slowly with control. You can also focus on the inner or outer calves by pointing your toes in or out instead of keeping them straight.

---

## Calf Raise On A Dumbbell

### Exercise Data

**Main Muscle Worked:** Calves

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** When doing one-legged calf raises, stand on a dumbbell handle (preferably one with round plates so it rolls). This tendency to roll will make you work to stabilize yourself as you're doing the calf raise, increasing the effectiveness of the exercise. Be sure to hang onto something solid as you're doing this exercise as you don't want to slip off. The tendency for the dumbbell to roll will allow you to roll your foot over the top of the handle, giving you full extension of the calf at the top. As you come up, roll the dumbbell slightly backward. Roll it slightly forward as you come down to get a better stretch. You can also do these standing on the actual dumbbell plate, using a large 85 pound dumbbell that is wider.

---

### Dumbbell Seated One-Leg Calf Raise

#### Exercise Data

**Main Muscle Worked:** Calves

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Place a block on the floor about 12 inches from a flat bench. Sit on the bench and rest a dumbbell on your upper left thigh about 3 inches above your knee. Place the ball of your left foot on the block. Raise your toes up as high as possible. Squeeze your calves, then return to the starting position, stretching as far down as possible. Repeat for your desired number of reps and then switch legs.

---

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

### Rocking Standing Calf Raise

#### Exercise Data

**Main Muscle Worked:** Calves

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** This is a great option to calf training without fancy machines. From a standing squat position with a barbell on your back, perform a standard calf raise, but as you return your feet flat to the ground raise the toes off, hence "rocking back." Now a word of caution to those over-zealous types: perform with caution and get the feel of the exercise as tempo should be slow with total control. Can also be done by holding two dumbbells in your hands.

---

### Seated Calf Raise

#### Exercise Data

**Main Muscle Worked:** Calves

**Other Muscles Worked:** None

**Equipment:** Machine

**Mechanics Type:** Isolation



**Tips:** Sit on a calf raise machine. Place your upper thighs under the leg pad just above your knees. Disengage any weight lock that may be in place. Lower your heels to the lowest possible position. Slowly raise up on your toes as high as you can go. Hold for a

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

moment and return to the starting position. Do not "swing" the weight up using momentum! Repeat.

---

### Standing Barbell Calf Raise

#### Exercise Data

**Main Muscle Worked:** Calves

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Set a barbell on a power rack and put a block of wood or something similar nearby. Position your back under the barbell with both hands to sides, just like if you were doing squats. Position your toes and balls of feet on the block with arches and heels extending off and resting on the floor. Raise your heels by extending ankles as high as possible. Lower heels by bending your ankles until your calves are stretched. Repeat. Keep your knees straight throughout exercise or bend knees slightly only during stretch. You can also do this with dumbbells in your hands, or in a smith machine.

---

### Standing Calf Raises

#### Exercise Data

**Main Muscle Worked:** Calves

**Other Muscles Worked:** None

**Equipment:** Machine

**Mechanics Type:** Isolation

## လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ



**Tips:** Stand with your toes on the block of a standing-calf-raise machine and your heels hanging off the end of the platform. Hook your shoulders under the pads and straight your legs, lifting the weight clear of the support. Do not hunch, but rather keep your body straight. Keeping your legs straight, lower your heels and the weight as far as possible toward the floor. Rise up on your toes as far as possible. Hold the contraction briefly, then slower return to the starting position. You can also point your toes in or out to vary the area of emphasis in your calf muscle.

---

### Standing Dumbbell Calf Raise

#### Exercise Data

**Main Muscle Worked:** Calves

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Place a wooden block or something similar on the ground that is at least 2 - 3 inches tall. Grasp a dumbbell in each hand. Position your toes and balls of feet on the block with arches and heels extending off and resting on the floor. Raise your heels by extending ankles as high as possible. Lower heels by bending your ankles until your calves are stretched. Repeat. Keep your knees straight throughout exercise or bend knees slightly only during stretch. Can also be done with a barbell on your back instead.

