

Body Bar[®] Master Your Body[™]

EXERCISE CHART



The
BODY BAR[®]
one bar. infinite workouts.

www.bodybar.com

EXERCISE INSTRUCTIONS

- Perform 5-10 minutes of rhythmic movement warm-up activities before each exercise session.
- Slowly stretch all major muscle groups before and after each exercise session. Hold each stretch for 10-30 seconds.
- Complete 1-3 sets of 10-15 repetitions of each exercise performed during each exercise session.
- Rest approximately 30-60 seconds between each exercise set. If unable to complete (10) repetitions, rest for a longer period of time between exercise sets.
- If unable to achieve moderate to maximum muscular fatigue following the completion of (15) repetitions, rest for a shorter period of time between exercise sets.
- Perform each exercise 2-3 times per week.
- Allow 24-48 hours of complete rest between each Body Bar exercise session.
- Consult your physician before beginning any type of exercise program.
- Perform only the exercises shown in this chart.
- Mimic all exercises without the Body Bar until proficiency is achieved with each movement.
- Perform exercises in a slow and controlled manner.
- Avoid straining or holding breath while performing exercises.
- Discontinue any exercise that is uncomfortable or causes discomfort.

LUNGE

[upper legs/buttocks]

Start:
Grasp bar outside shoulder width and position on top of upper back with elbows flared under bar. Stand with one leg in front and the other leg behind the body. Straighten legs and position feet hip width apart.

Finish:
Tighten stomach muscles, keep heel of back foot off floor, toes pointed forward and knees aligned with feet. Slowly bend legs, lower hips toward floor until knee of back leg reaches height of back heel and front knee is directly above ankle of front foot. Slowly straighten the legs, return to start position and repeat. Switch leg positions and repeat an equal number of repetitions.

TRUNK CURL

[stomach]

Start:
Lie on back with legs bent, feet and head on floor. Grasp bar just inside shoulder width, bend arms, hug bar to chest and position elbows along sides of body.

Finish:
Keep arms and legs stationary, head and shoulders aligned. Tighten stomach muscles, bend forward at the waist and slowly curl head and shoulders toward upper legs. Return slowly to start position and repeat.

CHEST PRESS

[chest]

Start:
Lie face up on top of bench with head supported, legs bent and feet on floor. Grasp bar outside shoulder width, bend arms, flare elbows and position bar just above chest.

Finish:
Tighten stomach muscles, keep head and lower body stationary. Slowly straighten arms and press bar upward directly above shoulders. Bend arms, return slowly to start position and repeat.

TRICEP PRESS

[arms-back]

Start:
Lie face up on top of bench with head supported, legs bent and feet on floor. Grasp bar shoulder width apart, bend arms, position elbows directly above shoulders with bar just above forehead.

Finish:
Tighten stomach muscles, keep elbows above shoulders with head and lower body stationary. Slowly straighten arms and press bar upward directly above shoulders. Bend arms, return to start position and repeat.

ROW

[mid/upper back]

Start:
Stand in a staggered lunge position with front leg bent, foot on top of bench, and elbow of same side arm on top of leg. Bend forward at the waist and straighten back leg. Grasp middle of bar with same side hand, extend the arm and position hand directly below same side shoulder.

Finish:
Tighten stomach muscles, keep back flat and head aligned with shoulders. Slowly bend the arm and pull hand upward toward same side shoulder until upper arm is parallel to floor. Straighten arm, return slowly to start position and repeat. Reposition body and repeat an equal number of repetitions with the opposite arm.

OVERHEAD PRESS

[shoulders]

Start:
Stand with feet shoulder width apart, knees slightly bent, chest high and shoulders back. Grasp bar just outside shoulder width, bend arms, position elbows along sides of body with bar in front of chin.

Finish:
Tighten stomach muscles, keep lower body stationary and head over shoulders. Slowly straighten arms and press bar upward directly above shoulders. Return slowly to start position and repeat.

BICEP CURL

[arms-front]

Start:
Stand with feet shoulder width apart, knees slightly bent, chest high and shoulders back. Grasp bar shoulder width apart, straighten arms along sides of body and position bar in front of upper legs.

Finish:
Tighten stomach muscles, keep body stationary and elbows directly under shoulders. Slowly bend arms and lift bar up and forward until hands are in front of shoulders. Straighten arms, return slowly to start position and repeat.

SQUAT

[upper legs/buttocks]

Start:
Stand with feet shoulder width apart, knees slightly bent, chest high and shoulders back. Grasp bar outside shoulder width and position it on top of upper back with elbows flared under bar.

Finish:
Tighten stomach muscles, keep chest high, eyes forward, heels on floor, and knees aligned with feet. Slowly sit back and bend legs until knees are directly over toes. Press through the heels and slowly straighten the legs. Return to the start position and repeat.