IGNITE
SPRI
FITNESS BENCH
EXERCISE GUIDE

EXERCISE INSTRUCTION
- Warm-up before each session, perform each selected exercise 3-6 times without weights.
- Complete 2-3 sets for each exercise set.
- Rest approximately 30-60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform a normal number of exercise repetitions with each arm to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or select a lighter weight.

TRUNK CURL
Start: Lie on back on flat bench, bend legs and place feet under rollers. Bend arms and position hands directly above elbows with heads and shoulders resting on bench.
Finish: Tighten abdominal muscles, slowly raise head and shoulders up and forward while pushing hands down toward hips. Return slowly to start position and repeat.

LEG LIFT
Start: Lie on stomach on flat bench, straighten legs and place toes on floor. Bend arms and grasp sides of bench with head and shoulders resting on bench.
Finish: Tighten low back muscles, slowly raise straight legs upward to hip height. Return slowly to start position and repeat.

FLAT CHEST PRESS
Start: Grasp dumbbells, lie on back on flat bench, bend legs and place feet under rollers. Bend arms and position hands directly above elbows with heads and shoulders resting on bench.
Finish: Tighten abdominal muscles, slowly straighten arms directly over shoulders. Return slowly to start position and repeat.

ARM EXTENSION
Start: Grasp dumbbells, lie on back on flat bench, bend legs and place feet under rollers. Bend arms and position hands directly above shoulders with heads and shoulders resting on bench.
Finish: Tighten abdominal muscles, slowly straighten arms directly over shoulders. Return slowly to start position and repeat.

INCLINE ROW
Start: Grasp dumbbells, lie on stomach on incline bench, straighten legs and place back of legs under rollers and face on floor. Straighten arms and position directly below shoulders with chest and shoulders resting on bench.
Finish: Tighten abdominal muscles, slowly bend arms with elbows raised and hands directly below elbows. Return slowly to start position and repeat.

INCLINE CHEST PRESS
Start: Grasp dumbbells, lie on back on incline bench, bend legs and place feet under rollers. Bend arms in front and position hands directly above elbows with upper back and shoulders resting on bench.
Finish: Tighten abdominal muscles, slowly straighten arms directly over shoulders. Return slowly to start position and repeat.

OVERHEAD PRESS
Start: Grasp dumbbells, sit on upright bench, bend legs and place feet under rollers. Straighten arms and position hands directly above shoulders with upper back resting on bench.
Finish: Tighten abdominal muscles, slowly straighten arms directly over shoulders. Return slowly to start position and repeat.

ARM CURL
Start: Grasp dumbbells, sit on upright bench, bend legs and place feet under rollers. Straighten arms and position hands directly below shoulders with upper back resting on bench.
Finish: Tighten abdominal muscles, slowly bend arms and bring hands through shoulders with elbows directly under shoulders. Return slowly to start position and repeat.