

IGNITE

BY SPRI

FITNESS BENCH

EXERCISE GUIDE

EXERCISE INSTRUCTION

- Warm up before each session, perform each selected exercise 3–5 times without weights.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg 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.

–OR–

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or select a heavier weight.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Fitness Bench exercise session.

TRUNK CURL



Start: Lie on back on flat bench, bend legs and place feet under rollers. Bend arms and position on chest with head and shoulders resting on bench.

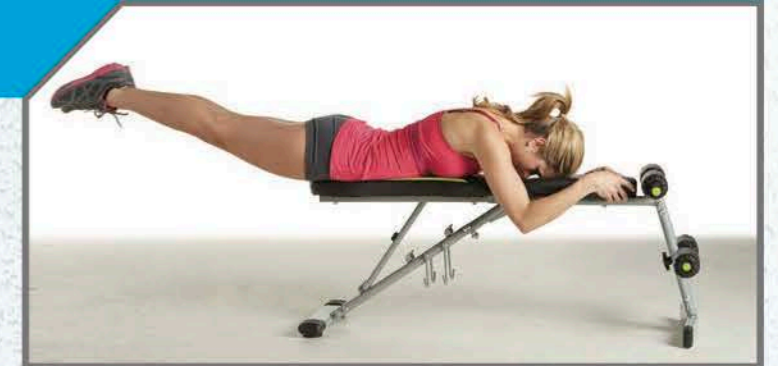


Finish: Tighten abdominal muscles, slowly raise head and shoulders up and forward while pulling ribs down toward hips. Return slowly to start position and repeat.

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 chest 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

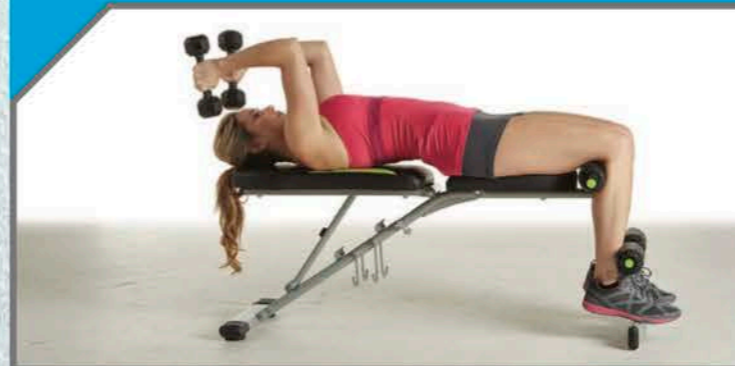


Start: Grasp dumbbells, lie on back on flat bench, bend legs and place feet under rollers. Bend arms and position hands directly above elbows with head and shoulders resting on bench.



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 elbows directly above elbows with head 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 toes 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 flared 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 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. Bend arms and position hands directly above elbows at shoulder height 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 toward shoulders with elbows directly under shoulders. Return slowly to start position and repeat.