



Aqualink Gym Team: Alternatives to Familiar Exercises

MACHINE EXERCISE



Cable Lat Pulldown



Cable Chest Fly



Leg Press



Machine Leg Curl

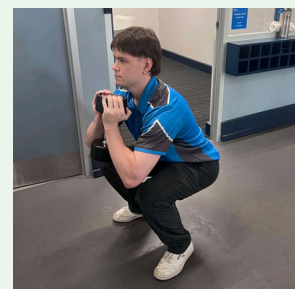
SMART ALTERNATIVES



Dumbbell Single Arm Row



Dumbbell Chest Press



Dumbbell Goblet Squat



Dumbbell RDL

- Feet shoulder width inline with bench
- Support arm on bench
- Hip and shoulders level
- Back flat
- Squeeze shoulder blades
- Pull dumbbell in rowing motion

- Flat bench
- Feet on floor
- back + head on bench
- Hold dumbbells at mid-chest height
- Elbows on 45 degree angle
- Squeeze chest
- push dumbbells straight up

- Feet shoulder width, flat on floor
- Chest up, with dumbbell held against chest
- Drop down in sitting motion
- Knees in line with toes
- Once thighs parallel to floor, drive up through feet

- Stand up, rest weights on outer thighs
- Slight bend at knees
- Bodyweight over heels
- Chest high, back flat, tense core and engage lats
- Hinge at hips as far as possible
- Squeeze glutes to drive your hips up, without extending knees