

CREATED BY: JOONAS BERGSTRÖM

GYM PROGRAM DIVIDED IN TWO

10.1.2022 - 7.3.2022

**FRESSI**  
PINTAA SYVEMMÄLTÄ.

Program 1 | 4 exercises

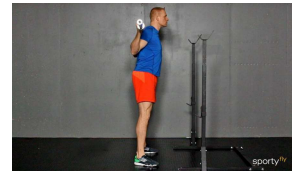
### Instructions

This gym program has been divided to two parts. The first workout is for lower body + back and the second workout is for upper body + abs. Use these two programs in every second training session (i.e. if you train 4 times a week, you should do both workouts 2 times that week). Remember to warm up before the workout for 5-10 minutes and cool down after the workout for 5-10 minutes.

## Lower Body + Back

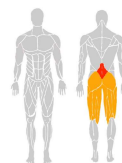
### Low bar squat

1. Hold the bar against the upper back and the back of the shoulders with a wide grip. Squeeze your shoulder blades together so that the bar is secured firmly on top of the shoulders.
2. Raise the bar from the rack, take a couple of steps backwards and stand with feet hip width apart. Toes are pointed slightly outward. Contract your abdominal and trunk muscles.
3. Push your hips first backwards so that the weight moves to the heels and begin descending thereafter. Hold your breath while descending.
4. Ascend back to the starting position while breathing out.



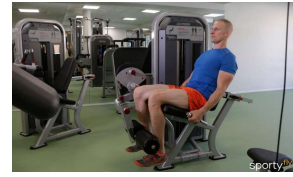
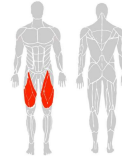
### Roman-chair 45° back extensions

1. Position the thigh support to the top of the thighs. Place the feet so that the support roll is on top of the calf muscles. Descend.
2. Grasp a weight plate and hold it against your chest. Draw in the stomach lightly and breathe in.
3. Rise up, so that your body forms a straight line from head-to-toe. Breathe out during the rise.
4. Lower the upper body in a controlled manner while breathing in.



## Machine leg extension

1. Sit on the bench and position the back pad so that the knee joint is close to the edge of the seat. The ankle pad should be slightly above the ankle.
2. Set the machine's range of motion to a large as possible. Choose a suitable load from the weight-stack.
3. Grasp the handles firmly to give a supportive position and breathe in.
4. Extend the knee completely straight while breathing out.
5. Lower the load in a controlled manner and breathe in.



## Machine leg curl

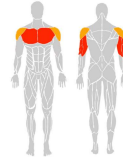
1. Sit on the machine. Choose an appropriate load on the weight-stack.
2. Adjust the backrest so that the top of your shin is against the padding. In the starting position the knees are extended. Position the thigh support tight enough so that the legs do not rise up during the exercise.
3. Grasp the handles to hold your body against the padding. Draw your stomach in and tighten your trunk muscles. Breathe in.
4. Bend at the knee, moving the heels as far as possible towards the seat, and breathe out.
5. Let your knees to extend in a controlled manner while breathing in. Do not let the weight-stack touch, but maintain the tension in the hamstrings throughout the exercise.



## Upper Body + Abs

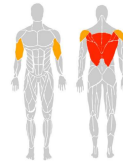
### Barbell bench press

1. Draw the shoulder blades together and lie on a bench so that your eyes are directly under the bar. Grasp the bar with an overhand grip about shoulder width apart and place the feet firmly on the floor.
2. Raise the bar from the rack so that the arms are straight. Breathe in and lower the bar to the lower chest in a controlled manner.
3. Push the bar back to the top position while breathing out.



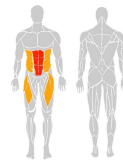
### Lever machine row (vertical grip)

1. Adjust the seat and the pad to desired height. Sit on the seat and position chest and abdomen against pad. Grasp the vertical handles and breathe in.
2. Begin the row with retracting your shoulders and continue the pull by bending your elbows. Finish the pull by squeezing your shoulder blades together. Breathe out during the pull.
3. Return to the starting position in a controlled manner while breathing in.



### Full-body crunch

1. Lie on your back. Tuck your knees in toward your chest and straighten your arms diagonally upward.
2. Pull the stomach in and tighten the lower abdominals. Breathe out.
3. Extend your legs out straight, kicking the legs out close to the ground. Simultaneously, extend the arms in a wide arc to behind the head. Keep the hip position fixed during the extension phase, do not let it rotate to the side. Also, maintain the natural arch in the lower back. Breathe in during the extension phase.
4. Return arms and legs to the starting position. Crunch your lower and upper body together at the top of the motion, by bringing the knees in toward your chest. Breathe out during the crunch.



## Dumbbell lateral shoulder raise

1. Stand with a straight back, feet shoulder width apart.
2. Hold two dumbbells one on each side of the body. Keep the arms slightly bent at the elbow and breathe in.
3. Raise the dumbbells to the side of body until the elbows are at shoulder height (the forearms are parallel to the floor). Breathe out during the raise.
4. Lower the dumbbells slowly down while breathing in.

