

As an owner of a gym, you need a comprehensive list of exercise information to help you and your staff assist your members. This chart provides you with the information you need to help your members get the most out of their gym membership. The chart lists the name of the exercise, the muscles worked, the benefits, and the correct form. It also includes a list of common mistakes to avoid. This chart is a valuable resource for you and your staff. It is a comprehensive guide to the exercises available in your gym. It is a valuable resource for you and your staff. It is a comprehensive guide to the exercises available in your gym.

**Exercise 1**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 2**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 3**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 4**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 5**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



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**SAMPLE PROGRAM**

Day 1: Chest, Triceps, Front Deltoids  
Day 2: Back, Biceps, Rear Deltoids  
Day 3: Legs, Core  
Day 4: Rest  
Day 5: Chest, Triceps, Front Deltoids  
Day 6: Back, Biceps, Rear Deltoids  
Day 7: Rest

**Exercise 6**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 7**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 8**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 9**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 10**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**EXERCISE SAFETY**

Always use proper form to avoid injury. Start with a light weight and gradually increase as you become more comfortable. If you feel any pain or discomfort, stop the exercise immediately. Consult your doctor if you have any pre-existing conditions.

**Exercise 11**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 12**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 13**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 14**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 15**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**EXERCISE SAFETY**

Always use proper form to avoid injury. Start with a light weight and gradually increase as you become more comfortable. If you feel any pain or discomfort, stop the exercise immediately. Consult your doctor if you have any pre-existing conditions.

**Exercise 16**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 17**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 18**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 19**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 20**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**HOW TO USE THE CHART**



1. Select the exercise you want to perform.  
2. Read the instructions and form for the exercise.  
3. Follow the instructions and form to perform the exercise correctly.

**Exercise 21**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 22**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 23**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 24**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



**Exercise 25**  
Muscles: Chest, Triceps, Front Deltoids  
Benefits: Strengthens upper body, improves posture  
Form: Sit on bench, lean back, hold bar with hands shoulder-width apart. Lower bar to chest, then push up until arms are extended.



# Guide To Home Gym Workout

**Christian G. Meyer**



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