GETTING THE MOST OUT OF YOUR EVERYDAY LIFTS

Bench Press:
One Inch from Chest; Don’t go too far forward

Bent Over Row (Barbell):
Bring into chest; Straight Back; Legs Bent; Working against Gravity

Shoulder Press (BB):
Bring Lower than Shoulder Level in front of Face

Upright Row:
Bring to Shoulder Level

Leg Press:
Beyond 90 Degrees

Squats:
Straight Back; Hinging the Hips; Knees beyond 90 Degrees

Deadlifts:
Straight Back; Keep Bar Close to Body; Reset after each Rep

Squat Machine (2 Variations):
1) Back Against Machine; Bend Legs beyond 90 Degrees
2) Follow Squat Directions Above

Bicep Curls:
Keep Chest Out; Shoulders Back; Full Extensions of the Arms

Preacher Curls:
Full Extension of the Arms

Skull Crushers:
Keep Upper Arms Stationary; Only Forearms Move beyond 90 Degrees; Bring One Inch Away from Forehead

Chest Press:
Bring Weights Together at Top; Bend Elbows beyond 90 Degrees

Bent Over Row (DB):
Straight, Horizontal Back; Keep Head Up; Full Extension of the Arm Down

Shoulder Press (DB):
Full Extension above Head; Bring Elbows Slightly below 90 Degrees

Chest Flies:
Slight Bend in Arms; Separate to Stretch in Chest

Back Flies:
Slight Bend in Arms; Squeeze in Back

Shoulder Lateral/Front:
Don’t Raise beyond Shoulder Level

Bicep Curls (+Hammer):
Full Extension of Arm; Chest Out; Shoulders Back (if shoulders slumping forward, use less weight)

Triceps Extension:
Full Extension of Arms; Keep Elbows Close to Head/Don’t Flare Out

PERSONAL TRAINER: MICHAEL O’NEILL

Interested in Personal Training? Contact the Fitwell Center:
Assistant Director: Jennifer Westendorf
Student Managers: Shannon Meggs & Madeline Bagby
Phone: 310.338.3049

FitWell Hours of Operation:
Monday: 8am-12pm; 2pm-5pm
Tuesday: 10am-5pm
Wednesday: 8am-12pm; 2pm-7pm
Thursday: 10am-5pm
Closed: Friday-Sunday