

Weight Training Guide

- *Improve your form!*
- *Full Descriptions!*
- *Fully illustrated!*

**Learn how to properly
perform the most popular
weight training exercises
for peak performance!**

Distributed By
Building-Muscle101.com

@ Copyright Building Muscle 101
building-muscle101.com

Medical Disclaimer

The information in Building-muscle101.com exercise book is strictly for information purposes only. Building-muscle101.com exercise book is not intended for use as a substitute for consultation or advice given by a qualified medical practitioner, health practitioner, or fitness professional.

Before beginning any exercise and diet program, you should consult a physician. All matters regarding your health require medical supervision.

Building-muscle101.com shall not be liable or responsible for injury, loss, or damage occasioned to any person acting or refraining to act as a result of any information or suggestion in Building-muscle101.com.

Building-muscle101.com will not be held responsible for the conduct of any companies and/or web sites recommended in Building-muscle101.com.

The opinions expressed in Building-muscle101 represent the personal views of Building-muscle101.com. If you have any questions, please email:

building_muscle@nf.sympatico.ca

Thank you

A handwritten signature in black ink, appearing to read "Blah Blah M." with a stylized flourish at the end.

www.building-muscle101.com

The exercises in this guide will help explain some of the best ways to perform some of the more popular weight training exercises. These weight training exercises have been taken from the website www.building-muscle101.com .

The information in building muscle 101 is geared towards the novice weight trainer but it can also be a nice refresher for those seasoned weight lifters and athletes.

The main goal of this web site is to give you quality information you need to put together a muscle building plan from start to finish. No gimmicks and no hype. If you are looking to build muscle and power, this website can be a great help.

With this web site you will find great weight lifting information and weight lifting tips to help you build muscle and get you started on your life long pursuit of health and fitness.

Here's what you can expect from Building muscle 101:

- How to design and implement your weight lifting routine;
- How to build a complete nutritional plan;
- Weight lifting supplements;
- Fitness equipment reviews;
- Tasty body building recipes and menus;
- Weight lifting tips and techniques;
- Beginner weight lifting routines to the advanced;
- Specialized training routines;
- Figuring out your optimal nutritional needs;
- Full exercise illustrations and descriptions;
- And much, much more...

[Visit the building muscle 101 website today!](http://www.building-muscle101.com)

Exercises

Chest

- Flat Bench press
- Flat bench press with dumbbells
- Flat bench dumbbell fly
- Incline bench press
- Incline dumbbell press
- Parallel bar dips
- Decline dumbbell bench press
- Incline dumbbell fly
- Dumbbell pullover

Back

- Bent over rowing
- Wide grip chins
- Lat machine pull downs
- Low cable pulley rows
- One arm dumbbell rows
- Dead lifts
- Shrugs
- Good mornings
- Hyperextensions
- T bar rowing
- Dumbbell Dead lift

Shoulders

- Press behind the neck
- Seated dumbbell press
- Side lateral raises
- Alternate front dumbbell raises
- Bent over laterals
- Arnold presses
- Single arm dumbbell lateral raise

- Side cable laterals

Quadriceps (Upper Legs)

- Squats
- Leg press
- Leg extensions
- Hack squats
- Dumbbell lunges
- Dumbbell squat
- Sissy squats

Hamstrings

- Lying leg curls
- Stiff legged dead lifts
- Dumbbell stiff legged dead lifts

Calves

- Standing calf raise
- Seated calf raise
- Donkey calf raise

Biceps

- Standing barbell curls
- Seated alternate dumbbell curls
- Concentration curls
- Preacher curl
- Incline dumbbell curl
- Standing dumbbell curls

Triceps

- Close grip bench press
- Lying triceps extensions
- Standing cable press downs

- Seated over head barbell extensions
- Triceps kick backs
- Overhead rope extensions
- One arm dumbbell extensions

Abs

- Crunches
- Knee ups
- Hanging leg raise
- Incline knee raises
- Incline sit ups
- Roman chair sit ups

Forearms

- Reverse barbell curl
- Wrist curl
- Reverse wrist curl

Muscles of the front body

Muscles of the back of body

Building Muscle 101 Weight Training Guide

Chest

Exercises

- Flat Bench press
- Flat bench press with dumbbells
- Flat bench dumbbell fly
- Incline bench press
- Incline dumbbell press
- Parallel bar dips
- Decline dumbbell bench press
- Incline dumbbell fly
- Dumbbell pullover
- Cable cross over

[Back to weight training exercise menu](#)

Bench Press



<http://www.building-muscle101.com>

Position

1. Lie back on the bench with your feet firmly planted on the floor and back pressed firmly against the padding.
2. Take a tight grip of the barbell (overhand) with your thumbs roughly 3 feet (90cm) apart. Make sure that your grip is balanced between both sides of your body. Once your grip is set, press your shoulders down and back into the bench. This will push up your pectoral girdle and allow for a much better stimulation.
3. Lift the bar from the rack.

Execution

1. Take the barbell from the rack and lock your elbows at the top position. Lower the barbell to the nipple area of the chest, slowly and under control, keeping your elbows away and outward from the trunk of your body.

2. As the weight lowers, be sure not to bounce the weight - very important - do not bounce the weight from the chest. Lightly touch the chest and push the weight back up in a controlled fashion. Beginners may find that the weight starts to fall forward or backward or that the weight is rising unevenly because one arm is stronger than the other.

Don't worry too much about this and concentrate on the movement itself. After a couple of weeks you will develop a groove and this movement will be second nature.

Flat Bench Dumbbell Press



<http://www.building-muscle101.com>

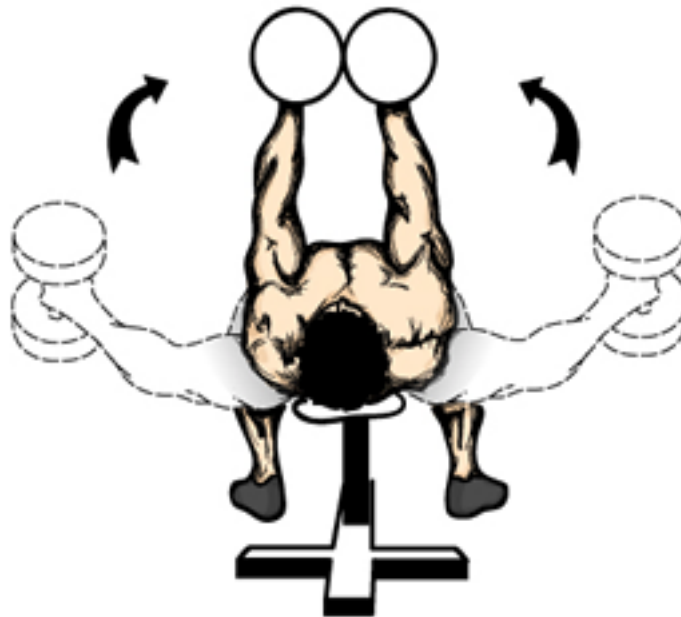
Position

1. While seated on the edge of a flat bench, grasp two dumbbells in an overhand grip.
2. Rest the dumbbells in an upright position on the edge of your knees. Carefully lie on the flat bench bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.
3. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing forward.

Execution

1. Slowly bend your arms and lower both dumbbells in a slow, controlled fashion to your chest. The dumbbells should be at the sides of your chest.
 2. Slowly press the weight back up from the sides of your chest to the starting position. Do not bounce the weight from the chest. Keep your elbows out and away from the trunk of your body.
 3. Keep the movement fluent, slow, and controlled.
-

Flat Bench Dumbbell Fly



<http://www.building-muscle101.com>

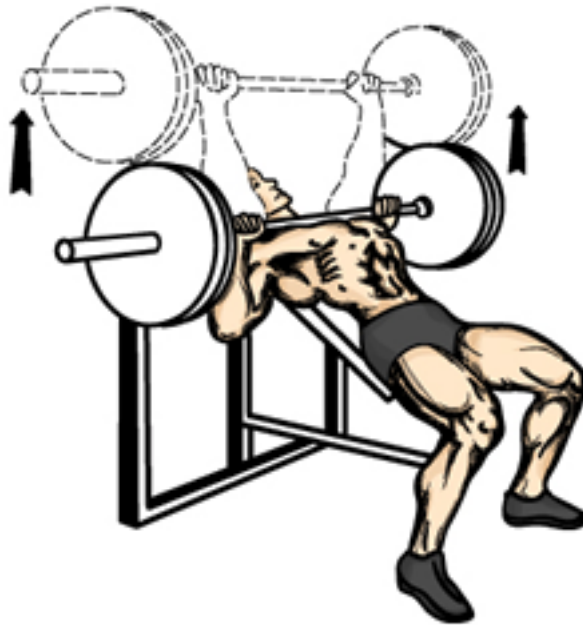
Position

1. While seated on the edge of a flat bench, grasp two dumbbells in an overhand grip.
2. Rest the dumbbells in an upright position on the edge of your knees.
3. Carefully lie on the flat bench, bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.
4. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing inward.
5. Elbows must remain flexed throughout the entire movement.

Execution

1. Slowly lower your arms out to the side of your body with your arms at right angles. The dumbbells should be slowly lowered in an arc like motion toward the floor until your chest is comfortably stretched.
2. At the bottom position of the exercise your hands should be parallel the trunk of your body. Raise and repeat. The elbows should be slightly bent throughout the whole movement and should not be altered from start to finish (imagine your arms wrapping around a large tree).
3. Keep the movement fluent, slow, and controlled

Incline Bench Press



<http://www.building-muscle101.com>

Position

1. Lie back on an incline bench (35 to 45 degrees) with your feet firmly planted on the floor. Your back should be pressed firmly against the padding.

2. Grip the barbell with your thumbs roughly 3 feet (90 cm) apart. Make sure that the grip is balanced between both sides of your body. Lift the bar from the rack.

Execution

1. Take the barbell from the rack and lock your elbows at the top position. Keeping the arms away from the body, lower the barbell to the upper chest area slowly and controlled.

2. Lightly touch the upper chest area and push the weight back up in a controlled manner to the starting position. Try

and keep your eyes on the barbell at all times as this will help out with balancing the weight and movement.

3. Keep the movement fluent, slow, and controlled.

Incline Dumbbell Press



<http://www.building-muscle101.com>

Position

1. While seated in an incline bench, grasp two dumbbells in an overhand grip.
2. Rest the dumbbells in an upright position on the edge of your knees.

3. Carefully lie on the incline bench, bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.

4. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing forward.

Execution

1. Slowly bend your arms and lower both dumbbells in a slow, controlled fashion to your chest. The dumbbells should be at the sides of your chest.

2. Lower the dumbbells to a position where you feel a comfortable stretch.

3. Slowly press the weight back up from the sides of your chest to the starting position. Do not bounce the weight from the chest. Keep your elbows out and away from the trunk of your body.

4. Keep the movement fluent, slow, and controlled.

Parallel Bar Dips



<http://www.building-muscle101.com>

Position

1. Support your body at straight arm's length.
2. Keep your back straight, torso straight, knees flexed, and feet behind you.

Execution

1. Lower your body to a point where you feel a comfortable stretch.
 2. Slowly push your torso upward back to the starting position.
 3. Keep the movement fluent, slow, and controlled.
-

Decline Dumbbell Press



<http://www.building-muscle101.com>

Position

1. Grab a pair of dumbbells and position yourself on the decline bench (This will take some practice so start light). While on the decline bench, grasp two dumbbells in an overhand grip.
2. Rest the dumbbells in an upright position on the edge of your knees.
3. Carefully lie on the flat bench, bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.
4. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing forward.

Execution

1. Slowly bend your arms and lower both dumbbells in a slow, controlled fashion to your chest. The dumbbells should be at the sides of your chest.
 2. Slowly press the weight back up from the sides of your chest to the starting position. Do not bounce the weight from the chest. Keep your elbows out and away from the trunk of your body.
 3. Keep the movement fluent, slow, and controlled.
-

Incline Dumbbell Fly



<http://www.building-muscle101.com>

Position

1. While seated on the edge of an incline bench, grasp two dumbbells in an overhand grip. Rest the dumbbells in an upright position on the edge of your knees.
2. Carefully lie on the incline bench, bringing the dumbbells to the sides of your torso at chest level. Make sure to bring the dumbbells up simultaneously. Feet should be planted firmly on the floor.
3. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing inward.
4. Elbows must remain flexed throughout the entire movement.

Execution

1. Slowly lower your arms out to the side of your body with your arms at right angles. The dumbbells should be slowly lowered in an arc like motion toward the floor until your chest is comfortably stretched.
2. At the bottom position of the exercise your hands should be parallel the trunk of your body. Raise and repeat. The elbows should be slightly bent throughout the whole movement and should not be altered from start to finish (imagine your arms wrapping around a large tree).
3. Keep the movement fluent, slow, and controlled

Dumbbell Pullover



<http://www.building-muscle101.com>

Position

1. Lie down on a bench with your shoulders near the end of the bench. Your head should be off the bench. Now, you can either reach to the floor for a dumbbell and pull it up, have someone hand you the dumbbell or you can start with the dumbbell on your chest. Personally, I start with a dumbbell on my chest.

2. Grasp the dumbbell (as in the picture) and press the weight up. Your arms should have a slight bend to them at the starting position.

Execution

1. Slowly lower the dumbbell so to stretch your arms as they reach the floor. Remember, all muscles should be totally stretched as the weight approaches the floor. The back should have a maximum arch when the weight is lowered to

this position. The dumbbell will actually be behind your head in this position.

2. Slowly raise the dumbbell back to it's starting position.

Cable Cross Over



<http://www.building-muscle101.com>

Position

1. Grab one handle with your left hand and then move over and grab the other handle with your right hand.
2. Stand in the centre and slightly bend your body forward.

Execution

1. Bend your arms slightly at the elbow and bring your hands together in front of your chest or hips. Whatever feels more comfortable for you.

2. Try to concentrate the action on the chest area.

3. Once you get to the bottom of the movement, it is very important for you to squeeze the handles together and hold for a half second.

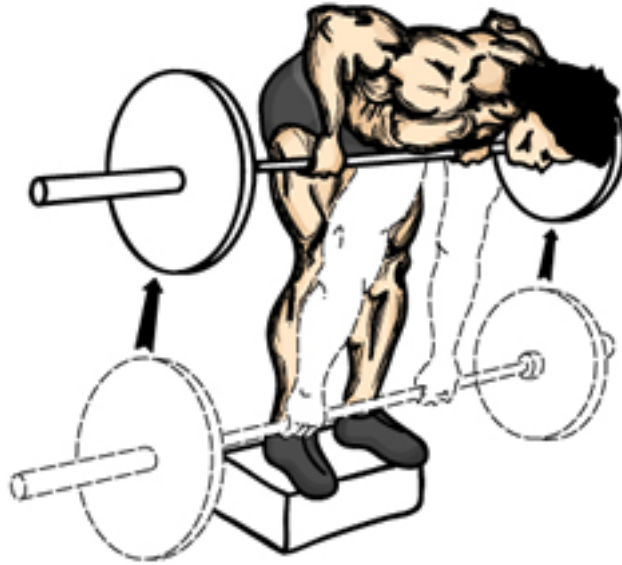
[Back](#)

Exercises

- Bent over rowing
- Wide grip chins
- Lat machine pull downs
- Low cable pulley rows
- One arm dumbbell rows
- Dead lifts
- Shrugs
- Good mornings
- Hyperextensions
- T bar rowing
- Dumbbell Dead lift

[Back to weight training exercise menu](#)

Bent Over Rowing



<http://www.building-muscle101.com>

Position

1. This exercise can be done while on a block or bench. Grab a barbell with your hands placed about 24" (60cm) apart and remove the bar from the racks.
2. Place your feet at shoulder width and keep them flat on the ground.
3. Slowly bend forward at the hips keeping your back flat.
4. Slightly bend your knees and keep your head as high as possible. Remember to keep your torso parallel to the floor and keep your lower back flat and your butt thrust outward.

Execution

1. In a controlled fashion, pull the bar upwards until you touch the lower part of your rib cage.
 2. Lower the weight until your arms are straight. Repeat the movement without letting the bar rest on the bench.
 3. Keep the movement fluent, slow, and controlled.
-

Wide grip chins



<http://www.building-muscle101.com>

Position

1. Grasp an overhead bar using an overhand grip (palms down) at least one foot wider than your shoulders on each

side. Keep your back straight and legs slightly bent at the bottom position.

Execution

1. Pull your body upward in a vertical line, keeping your elbows back. Gently pull upwards to either your chin or neck area making sure the bar is directly in front of you.
 2. Gently lower your body down until your arms are straight and repeat.
 3. Keep the movement fluent, slow, and controlled.
-

Lat Machine Pull downs



<http://www.building-muscle101.com>

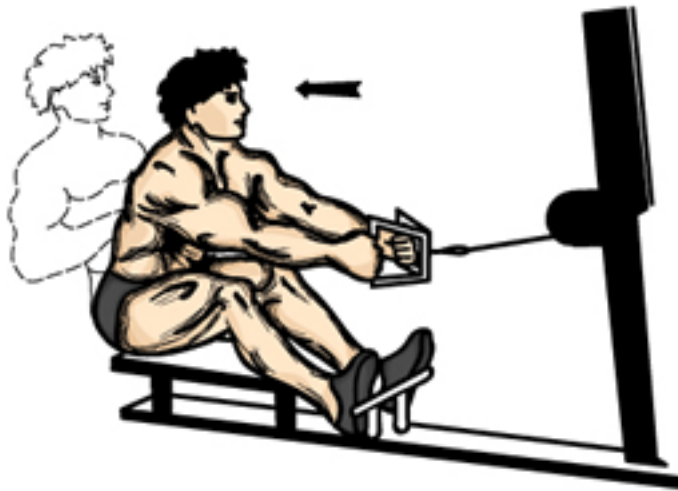
Position

1. Stand in front of a lat pull down apparatus and grasp the bar using an overhand grip at least one foot wider than your shoulders on each side.
2. Sit down with your feet firmly planted on the floor with your body straight and thighs secured underneath the thigh pads.
3. Slightly arched your torso. Keep your body straight and rigid throughout the whole movement.
4. Hold the bar overhead with your arms at full extension.

Execution

1. In a controlled fashion, pull the bar down in front of your head until you gently touch the upper chest area. Pause.
2. Slowly bring the bar back to the starting position. until your arms are straight.
3. Keep the movement fluent, slow, and controlled.

Low Pulley Cable Rowing



<http://www.building-muscle101.com>

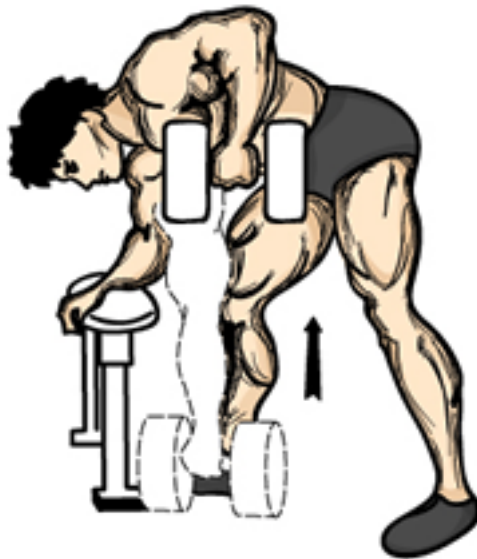
Position

1. Grasp the seated pulley handles with palms facing inward.
2. Slowly straighten your arms, sit down and secure your feet firmly on the feet apparatus.
3. Make sure your knees are slightly bent in the start position with your back straight.
4. Slightly lean forward.

Execution

1. Pull the cable horizontally into your mid section while keeping your back straight. Keep your elbows close to your body and pull your arms back. Hold for a second and slowly allow your arms to straighten, slowly stretching your lats. Repeat the movement.
2. Keep the movement fluent, slow, and controlled.

Single Arm Dumbbell Rowing



<http://www.building-muscle101.com>

Position

1. Using a flat bench, grasp a dumbbell with your left hand.
2. Rest your right knee on the flat bench. Balance your body using your free arm.
3. Bend forward at the hips.
4. Your torso should be parallel to the floor keep and your lower back flat.

Execution

1. Pull the dumbbell up in a vertical line into your mid section keeping your elbows in close to your torso. 2. Slowly lower the dumbbell until your arm is fully extended, fully stretching your lats. Repeat movement.
2. Keep the movement fluent, slow, and controlled.

3. Repeat movement with your right hand.

Dead Lifts



<http://www.building-muscle101.com>

Position

1. Standing in front of a barbell with your feet under the bar, grasp the barbell in an alternate grip (one hand under grip, one hand over grip) with your hands roughly 2 feet apart. Bend over the bar keeping your back straight, knees slightly bent, head up and thrusting your butt out.

Execution

1. Without bending your arms, lift the weight from the floor until your body is completely upright. Lower the weight to the floor and repeat the movement.

2. Keep the movement fluent, slow, and controlled.

Shrugs



<http://www.building-muscle101.com>

Position

1. Stand straight with your feet planted firmly with a shoulder width stance. Your knees should be slightly bent.
2. Grasp a barbell with your hands spaced shoulder length apart. Keep the bar held at straight arms length with a slight bend in your arms.

Execution

1. Raise the barbell upwards toward the ears, as high as possible and rotate them backwards and down. Repeat. This

exercise can be performed with dumbbells or a universal machine bench press.

2. Keep the movement fluent, slow, and controlled.

Good Mornings



<http://www.building-muscle101.com>

Position

1. Place a light barbell across the back of your shoulders. Keep your feet firmly planted on the floor and spaced roughly shoulder length apart.

Execution

1. Lean forward at the waist. Keep your knees locked, back flat and straight, and head up. Bend forward as far as possible (stop bending if you start feeling uncomfortable). Straighten up and repeat.
 2. Keep the movement fluent, slow, and controlled.
-

Hyperextensions



<http://www.building-muscle101.com>

Position

1. Place your legs and hips downwards on the apparatus with your body turned around facing the floor.
2. Your upper body should be free to rise up and down. Either place your hands behind your head or in front of your body in a crossed position.

Execution

1. Lower the trunk of your body towards the floor.
 2. Rise until your body is in a straight line. Lower and repeat.
-

T Bar Rows



<http://www.building-muscle101.com>

Position

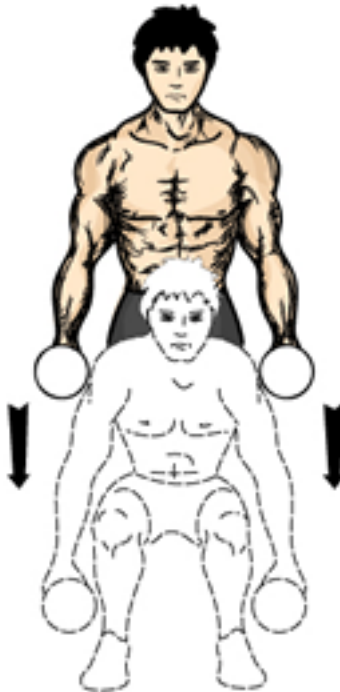
1. Keep your feet firmly planted on the platform and bend forward at the hips keeping your back flat and knees bent.
2. Grasp the lever/T-bar with both hands.
3. Keep your head as high as possible and keep your torso parallel to the floor.

4. Fully extend your arms.

Execution

1. Pull the lever/T-bar until it touches your chest remembering to keep your torso parallel to the ground.
 2. Slowly lower the lever/bar until your arms straight. Repeat movement.
 3. Keep the movement fluent, slow, and controlled.
-

Dumbbell Dead Lift



<http://www.building-muscle101.com>

Position

1. Standing with feet at shoulder length, bend at the knees and pick up two pairs of dumbbells. Stand up until the dumbbells are at your sides.

Execution

1. Slowly bend at the knees until the dumbbells reach the floor. Remember to bend with your knees and not the back.

2. Your thighs should be almost parallel to the ground while your arms are held straight with no bend.

3. Slowly stand back up to the starting position. The arms should remain straight as you come to a standing position.

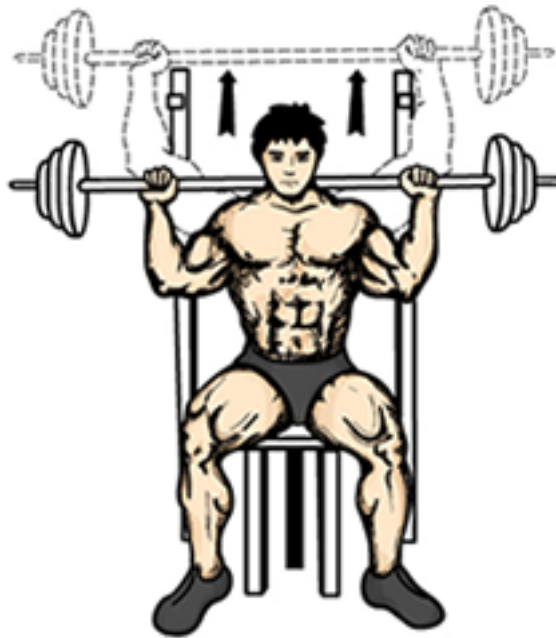
Shoulders

Exercises

- Press behind the neck
- Seated dumbbell press
- Side lateral raises
- Alternate front dumbbell raises
- Bent over laterals
- Arnold presses

[Back to weight training exercise menu](#)

Press Behind The Neck



<http://www.building-muscle101.com>

Position

1. Sitting down on a bench with back support and special supports. Press your back firmly against the padding for support.
2. Grasp a barbell with your hands spaced a little wider than shoulder width. Keep your back and head straight with your feet firmly planted on the floor.
3. Take the weight off the rack and press the bar directly over your head in a vertical line.

Execution

1. Slowly lower the bar behind your head to just below the ears.

2. Push the bar back up without bounding the weight. Remember to keep the back straight and flat (no arching) Repeat the movement.

3. Keep the movement fluent, slow, and controlled.

Seated Dumbbell Presses



<http://www.building-muscle101.com>

Position

1. In a seated position with your feet firmly planted on the floor, grasp two dumbbells with both hands.

2. Curl the weight up to the shoulder area. Hold the dumbbells at shoulder level. Keep your back straight and your head up.

3. Make sure you rotate your palms so they are facing forward.

Execution

1. In a controlled fashion, press the dumbbells simultaneously upwards to the overhead position. The dumbbells should lightly touch each other at the top position. Do not arch the back. Slowly lower the weight down and repeat the movement.

2. Keep the movement fluent, slow, and controlled.

Side Lateral Raises



<http://www.building-muscle101.com>

Position

1. This exercise can be performed standing or seated.
2. With both hands, grasp the dumbbells with the palms facing each other. The arms must be bent in order to stress the lateral deltoids.

If you are standing, make sure your feet are firmly planted on the floor spaced evenly at a little less than shoulder length. If you are seated, make sure your feet are firmly planted on the floor and the ankles almost touching each other.

Execution

1. Keeping elbows slightly bent, raise the dumbbells in an arc from the side of your body to level with your head. Slowly lower the dumbbells back to the start position. Repeat movement.
2. Keep the movement fluent, slow, and controlled.

Alternate Front Dumbbell Raise



<http://www.building-muscle101.com>

Position

1. Stand with your feet about shoulder length apart.
2. Lift a pair of dumbbells and allow them to rest on your upper thighs with your palms facing downward. Your arms should be straight.

Execution

1. Lift one dumbbell with your arm in front of your body until the palm is just above shoulder height.
2. Slowly lower the dumbbell back to it's starting position.

Bent Over Dumbbell Laterals



<http://www.building-muscle101.com>

Position

1. In a seated position with your feet firmly planted on the floor, grasp two dumbbells with both hands.
2. Bend over until your body is roughly parallel to the ground or slightly above. Your chest should almost be touching your thighs.

Execution

1. In a controlled fashion, raise the dumbbells with both hands using your shoulders, out and away from the body. You should raise the dumbbells to each side until they are parallel with the upper back.
2. Pause for a moment and slowly lower the weight to the initial position.

The Arnold Press



<http://www.building-muscle101.com>

Position

1. In a seated position with your feet firmly planted on the floor, grasp two dumbbells with both hands.
2. Curl the weight up to the shoulder area. Hold the dumbbells at shoulder level with palms facing the body . Keep your back straight and your head up.

Execution

1. In a controlled fashion, slowly press the dumbbells simultaneously upwards and rotate your hands forward until you have fully extended your arms upwards. Slowly lower the weight down and repeat the movement.

2. Keep the movement fluent, slow, and controlled.

3. Remember, the real trick to the Arnold press is not the upwards motion but the downwards motion. The real work of this exercise occurs when you return the weight to its starting position. Really concentrate on the negative portion of this movement for maximum effect.

Single Arm Dumbbell Lateral Raise

This is one of my favorite exercises and one held in high regard by the old time trainers. Besides being a fantastic shoulder builder, this exercise does not cause a whole lot of back discomfort. The exercise fixes your position thereby avoiding all possibility of cheating.

This is one exercise you don't see being done very often these days but trust me, it is very effective.



Position

1. Place your left arm on a suitable support. I usually use the back of an incline bench. You can use an incline bench or the dumbbell rack.
2. Standing with your legs apart, hold a dumbbell in your right hand. Adopt a comfortable position with your torso bent slightly forward at a 70 degree angle.

Execution

1. Raise the dumbbell out to the side, keeping the palm of your hand facing downward. Try and really concentrate on using your shoulder to lift the weight. Remember, your arm should be slightly bent and unlocked).
2. Don't start this exercise with a thrust. You will use the momentum instead of muscle to raise the weight which you don't want.

Side Cable Lateral Raise



<http://www.building-muscle101.com>

Position

1. Hold your torso bent forward slightly in order to put stress exclusively on the lateral deltoid head.

Execution

1. Slowly raise your arm without any pause. Your arm should be at shoulder height when you stop and slowly bring it back down.
 2. Make this a continuous tension movement by keeping constant pressure on the deltoids.
 3. Keep the movement fluent, slow, and controlled.
-

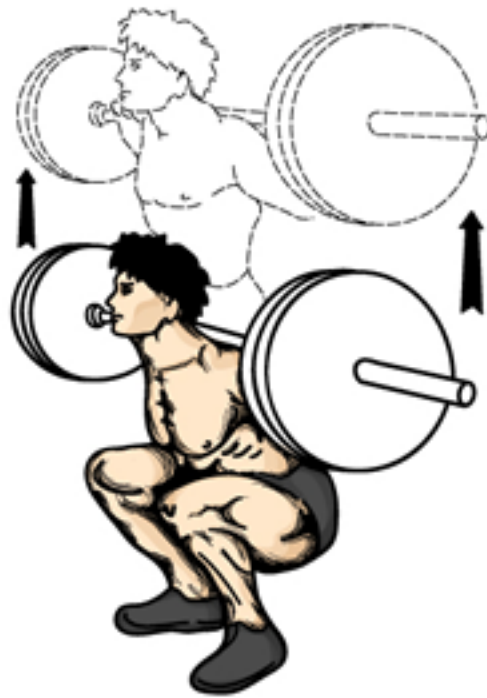
Quadriceps (Upper Legs)

Exercises

- Squats
- Leg press
- Leg extensions
- Hack squats
- Dumbbell lunges
- Dumbbell squat

[Back to weight training exercise menu](#)

Squats



<http://www.building-muscle101.com>

Position

1. Take a barbell from a squat rack and hold it at the back of your neck with your hands on the bar. Keep your back and head straight. Your feet should be spaced at shoulder width. If you cannot squat flat footed, try placing a two by four block of wood under your heel to improve balance.

2. Grasp the bar with your hands spaced slightly wider than shoulder width apart. The bar should be resting comfortably across your trapezius muscle.

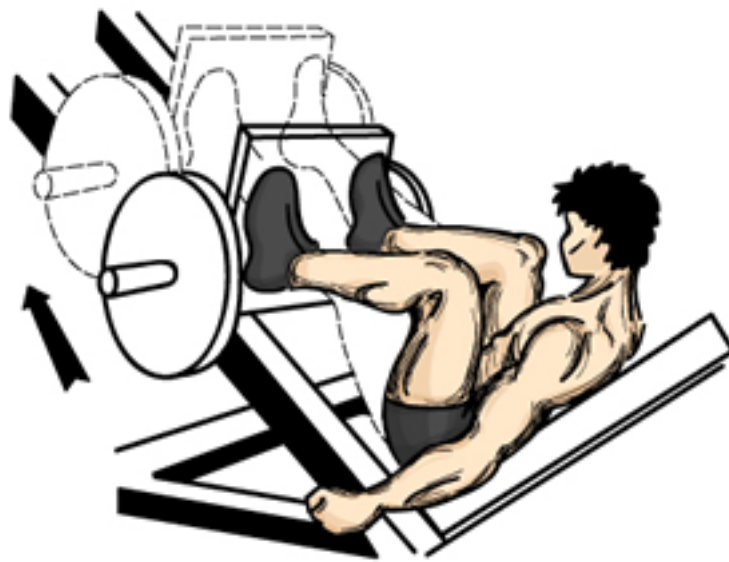
Execution

1. In a controlled fashion, slowly squat down until your knees are parallel to the floor. Remember not to bounce at the bottom of the movement.

2. Slowly straighten your legs and return to the start position. Keep your head level at all times.

3. Keep the movement fluent, slow, and controlled.

Leg Press



<http://www.building-muscle101.com>

Position

1. While seated on a leg press, place your feet about 1 feet (30 cm) apart under the leg press plate. Your buttocks should be supported on the seat and your back pressed firmly against back rest.

2. Your head should be straight and slightly angle your toes outward.

3. Grasp the handles and unhook the weight making sure your legs are ready to perform the lift.

Execution

1. Slowly bend your legs, allowing your knees to travel towards your chest.

2. Once your knees are at roughly 90 degrees, press your legs upwards until they are straightened.

Leg Extensions



<http://www.building-muscle101.com>

Position

1. Sit on the leg extension with your back firmly on the back rest.

2. Press the back of your knees firmly against the edge of the seat.

3. The leg extension pads should be set just above your ankles. Place your ankles under the extension pads. Keep your head level and place your hands on the grips.

Execution

1. Slowly raise the weight by extending both legs upwards to the straightened position. Do not jerk the weight up.

2. Hold this position for one second. Slowly lower the weight back to the start position. Repeat movement.

3. Keep the movement fluent, slow, and controlled.

Hack Squats



<http://www.building-muscle101.com>

Position

1. Firmly plant your feet on the hack apparatus. Keep your back straight and flat against the hack rest with your trapezius muscles under the shoulder pads.
2. Place your hands on the hack handles. Keep your head level.
3. Slightly angle your toes outward.

Execution

1. Slowly bend your knees bringing your upper body downward.
2. When your knees are at 90 degrees, slowly push your body upwards back to the start position. Repeat the

movement.

Dumbbell Lunges



<http://www.building-muscle101.com>

Position

1. With your feet at should width, pick up a pair of dumbbells.
2. Stand up straight with the dumbbells with your arms fully extended. Make sure your toes are pointed forward.

Execution

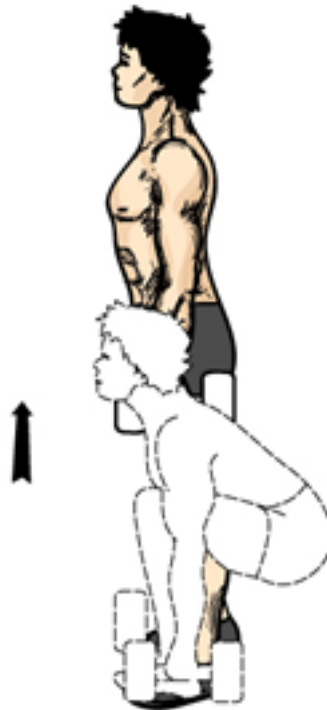
1. Lunge the right leg forward in a stepping motion to a position where your knee joint forms a 90 degree angle (roughly 3 feet). Your thigh should be parallel with the floor

and your shin perpendicular to the floor. Your back knee should almost touch the floor.

2. Using the muscles of the right leg, tighten your contraction and return to the standing position.

3. Repeat with the left leg.

Dumbbell Squat



<http://www.building-muscle101.com>

Position

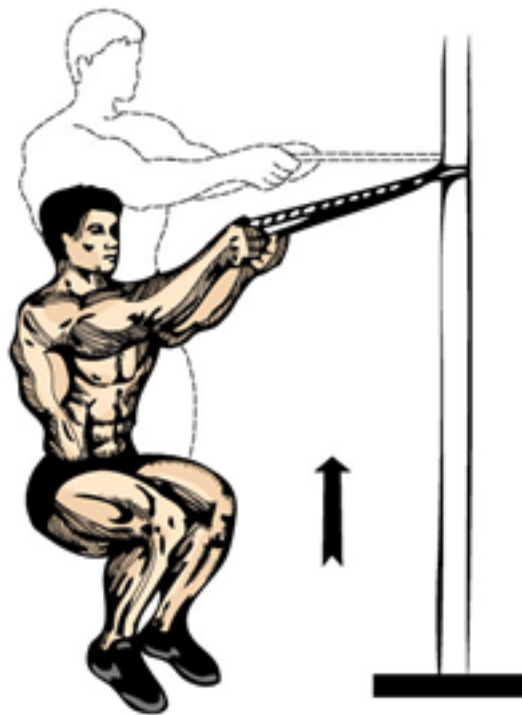
1. With your legs shoulder width apart, bend at the knees to pick up a pair of dumbbells. The dumbbells should be at your sides with your arms fully extended downwards.

Execution

1. In a controlled fashion, slowly squat down until your knees are parallel to the floor. Remember not to bounce at the bottom of the movement.
2. Slowly straighten your legs and return to the start position. Keep your head level at all times.

Sissy Squats

www.building-muscle101.com



<http://www.building-muscle101.com>

Position

1. Adopt a position with your feet about 18 inches apart.

2. I usually use a towel but you can use a rope and hook it around a pole or something similar. Now, you can also use one arm and hold onto the pole as well. Let your comfort levels guide you.

Execution

1. Rise up on your toes, and lower into a squat while leaning as far back as possible.

2. The point to bear in mind is to keep your thigh and torso in the same plane throughout the exercise.

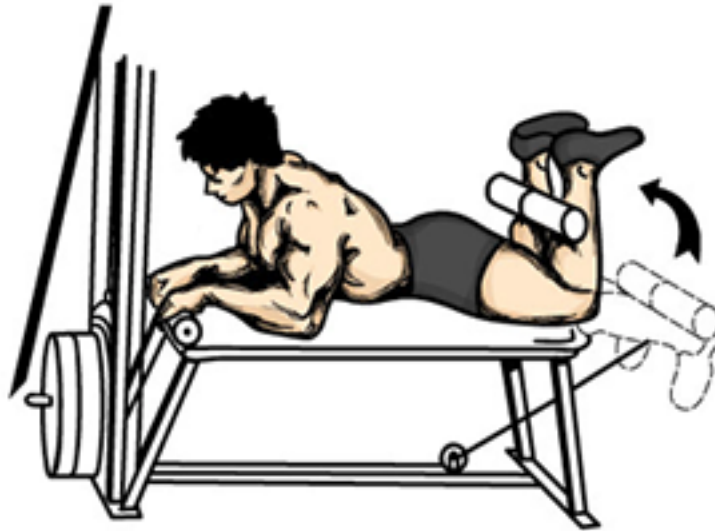
Hamstrings

Exercises

- Lying leg curls
- Stiff legged dead lifts
- Dumbbell stiff legged dead lifts

[Back to weight training exercise menu](#)

Lying Leg Curl



<http://www.building-muscle101.com>

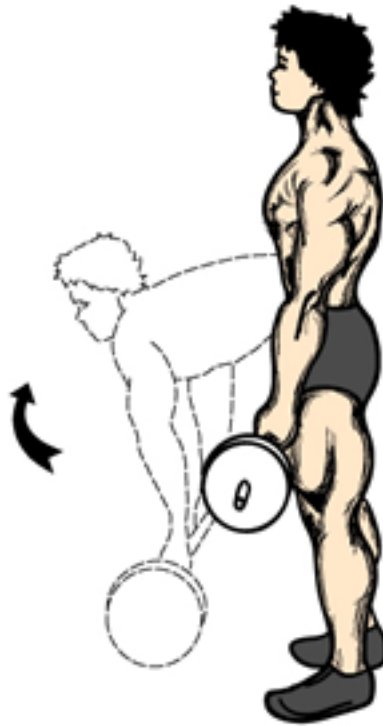
Position

1. Lying face down on a leg curl machine, hook your heels under the leg curl pad and grab hold of the handles.

Execution

1. In unison, curl your legs upwards until you cannot go any further. Hold for a second and slowly extend your legs back out. Do not bounce the weight at the bottom.

Stiff Legged Dead Lifts



<http://www.building-muscle101.com>

Position

1. You can either perform this exercise on a bench or block. Standing on a bench, grab a light barbell and hold in the arms down position. Keep your back straight and head level.

Execution

1. Keep your knees slightly bent and buttocks out.
2. Slowly bend at the waist while lowering the bar past your knees.
3. You should feel a slight stretch in your hamstrings and glutes.

4. Slowly raise the bar upwards back to the starting position. Remember to squeeze your buttocks and hamstrings on the way up. Always keep your back straight and keep the weight moderate on this exercise.

Dumbbell Stiff Leg Dead Lifts



<http://www.building-muscle101.com>

Position

1. With your feet about shoulder length apart, pick up a pair of dumbbells. The dumbbells should be at your sides with your arms fully extended downwards.

Execution

1. Keep your knees slightly bent and buttocks out.
 2. Slowly bend at the waist while lowering the dumbbells past your knees. You should feel a slight stretch in your hamstrings and glutes.
 4. Slowly raise the bar upwards back to the starting position. Remember to squeeze your buttocks and hamstrings on the way up.
 5. Always keep your back straight and keep the weight moderate on this exercise.
-

Calves

Exercises

- Standing calf raises
- Seated calf raises
- Donkey calf raise

[Back to weight training exercise menu](#)

Standing Calf Raise



<http://www.building-muscle101.com>

Position

1. Standing upright, place your toes on the apparatus platform. Ensure that you are on the balls of your feet at the edge of the apparatus platform.
2. Slowly drop your heels as far as they can go.
3. Place your hands on the shoulder pads.

Execution

1. Rise up as high as possible on the balls of your toes without excessive knee bending.

2. Slowly lower your heels as far as possible. Do not bounce at the bottom of the movement. Repeat.

Seated Calf Raise



<http://www.building-muscle101.com>

Position

1. Sit down on the apparatus and place the balls of your feet on the platform with your knees under the pads.
2. Grasp the handles. Unhook the safety latches for the weight. Slowly drop your heels as far down as they can go.

Execution

1. Raise your heels until your calves are fully contracted. Slowly lower your heels and repeat movement.
-

Donkey Calf Raise

www.building-muscle101.com



Position

1. Lean on a bench or tabletop so that your upper body is comfortably supported parallel to the floor. Now, you don't have to have someone sit on top of you. Start out by using your own body weight. Once you can easily do 5 sets of 30, use a weight belt and add another 25 pounds.

Execution

1. Rise up and down on your toes until you cannot perform another rep. Use a 4 inch block under your toes to give you greater range of movement.

Biceps

Exercises

- Standing barbell curls
- Seated alternate dumbbell curls
- Concentration curls
- Preacher curl
- Incline dumbbell curl
- Standing dumbbell curls
- Flat bench lying dumbbell curls
- Under grip close handed chip up

[Back to weight training exercise menu](#)

Standing Barbell Curls



<http://www.building-muscle101.com>

Position

1. Standing upright, grab a barbell using an underhanded grip.
2. Hold the bar in the arms down position. Hold the bar slightly wider than shoulder width.
3. Keep your feet close together with your back straight and head level. Keep your arms close to your body. The bar should be resting across the thighs.

Execution

1. Curl the weight up in a controlled fashion until the bar is under your chin. Pause for a second and slowly lower the bar until your arms are fully extended in the arms down position. Repeat the movement.
-

Seated Alternate Dumbbell Curl



<http://www.building-muscle101.com>

Position

1. Using a bench, sit with your back straight and feet firmly planted on the floor. Grab a pair of dumbbells using an underhand grip and hold in the arms down position.

Execution

1. Slowly curl one dumbbell up towards your shoulder, pause and slowly lower it. As you lower the dumbbell, curl the other arm upwards. Do not swing the dumbbells up with any added body motion. This exercise may seem confusing at first but with practice, it will be second nature.

Concentration Curl



<http://www.building-muscle101.com>

Position

1. Sit at the end of a flat bench. Rest one elbow on the inside of your thigh and the non exercising hand on your free leg. Keep your feet flat on the floor.

Execution

1. Exercise one arm at a time. Holding a light dumbbell, curl the straight arm upward slowly until your arm is at it's flexed position. Slowly lower the dumbbell back to the start position. Raise and repeat. Immediately after training one arm, train the other in the same manner.

Preacher Curl



<http://www.building-muscle101.com>

Position

1. While seated on a preacher bench, hold your arms over the pad, keeping your back straight and head level.
2. Grasp a barbell in an underhand grip and extend your arms.

Execution

1. Curl your arms up to your chin and then slowly extend your arms back down. Do not bounce the weight at the bottom portion of the movement. Raise and repeat.

Incline Dumbbell Curl



<http://www.building-muscle101.com>

Position

1. Lie back on an incline bench that is set at about 45 degrees. Keep your back on the bench and back flat on the bench. Ensure that your feet are flat on the floor.
2. Hang your arms at your sides holding the dumbbells in an underhand grip.

Execution

1. Hold two dumbbells in the arms down position. Keep your head back on the bench and curl both dumbbells up to your shoulder level. Remember to keep your buttocks on the bench. As soon as the dumbbells reach shoulder level, slowly lower the weight and repeat.

Standing Alternate Dumbbell Curl



<http://www.building-muscle101.com>

Position

1. In a standing position, keep your feet about 18" (45 cm) apart. Your back should be straight and your head level.

This is just like the seated alternate dumbbell curl but you're standing up.

2. Grasp the dumbbells using an underhand grip.

3. The dumbbells should be at your sides with your arms fully extended.

Execution

1. Slowly curl one dumbbell up towards your shoulder, pause and slowly lower it. As you lower the dumbbell, curl the

other arm upwards. Do not swing the dumbbells up with any added body motion. This exercise may seem confusing at first but with practice, it will be second nature.

Flat Bench Lying Dumbbell Curl

This is an interesting exercise. I would advise you to start with a relatively light weight because of the unusual angle this exercise provides.



Position

1. Grab a pair light dumbbells and lay back on the bench. Bring your feet up and place them on the bench.

Execution

1. Slowly lower the dumbbells until your arms are straight and then bring them back up. You may find this movement a little awkward at first but after a couple of sessions, you should start to feel a little more comfortable with it.
2. Keep the movement fluent, slow, and controlled.

Under Grip Close Handed Chin

This is simply a wonderful biceps builder. Why? Instead of the arm moving from the body, your body gets curled toward the arm.



www.building-muscle101.com

Position

1. Grasp an overhead horizontal bar with an under grip so that your little fingers are 6 to 12 inches apart.
2. Slightly bend your legs at the knees.

Execution

1. Starting from a dead hang, position with arms entirely straight, pull upward until your chin is above the level of the bar.
2. Lower under control, and repeat.

Triceps

Exercises

- Close grip bench press
- Lying triceps extensions
- Standing cable press downs
- Seated over head barbell extensions
- Triceps kick backs
- Overhead rope extensions
- One arm dumbbell extensions
- Seated triceps dumbbell extensions

[Back to weight training exercise menu](#)

Close Grip Bench Press



<http://www.building-muscle101.com>

Position

1. Lie face up on a flat bench. Plant your feet firmly on the ground and keep your back flat against the bench.
2. Grasp a bar with a narrow grip so that your hands are about 2" to 3" (5 to 9 cm) apart. Arms should be fully extended and palms should be facing forward.

Execution

1. Keeping your elbows close to your body, slowly lower the weight slowly to your chest. Lightly touch your chest and push upward. Do not bounce the weight. Repeat the movement.

Lying Triceps Extension

(A.K.A Skull Crushers)



<http://www.building-muscle101.com>

Position

1. Grasp a barbell or an E-Z curl bar using an overhand grip with hands less than shoulder width apart.
2. On a flat bench, lie on your back with your feet firmly planted on the ground and your back flat against the bench.
3. The bar should be directly over your head and your arms fully extended.

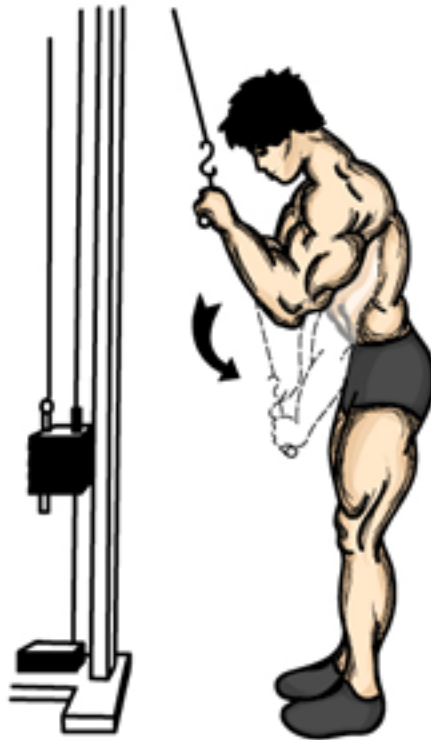
Execution

1. Keeping your upper arms straight and fixed, slowly bend your elbows and lower the bar to your forehead. You should be almost touching your forehead.

2. Using your triceps, push the weight back up to the starting position. Repeat the movement. Keep your elbows in at all times.

3. When you're finished the movement, you can either sit up with the weight or drop it to the floor while you are lying on the bench. It will take a little practice but you'll get it.

Standing Cable Press Downs



<http://www.building-muscle101.com>

Position

1. Attach either an angled bar or straight lat bar to the overhead pulley. In an upright position, plant your feet firmly on the floor. Keep your feet close together, knees slightly bent, and back straight.

2. Grasp the bar in an overhand grip with your hands 2 to 8 inches (5 to 20 cm) apart. Pull the bar down far enough to allow your upper arms to rest against the sides of your body. Your elbows should be rigid against the side of your body

Execution

1. With both hands on the bar, press downwards until the arms are straight. Only use your lower arms. 2. Slowly return, and repeat. Keep your elbows close to your body at all times.

Seated Overhead Barbell Extensions



<http://www.building-muscle101.com>

Position

1. While seated, grab a barbell in an overhand grip with your hands spaced about 8" to 10" apart. Press the weight directly over your head.
2. Your arms should be fully extended over your head.

Execution

1. Slowly bend your elbows and allow the weight to come down just below the back of your head. Once you feel a comfortable stretch in your triceps, raise the weight back up. Remember to keep your arms vertical at all times.

Bent Over Triceps Kick Backs



<http://www.building-muscle101.com>

Position

1. Grasp a dumbbell using an overhand grip. Bend forward at the hips and over so that your torso is parallel to the floor. Keep your feet firmly planted on the floor with your free hand holding on to a bench or rail. Press your upper working arm firmly against the side of your body.
2. One foot should be in front of the other

Execution

1. Slowly raise your arms backwards, extending it straight. Keep your upper arm in line with your torso and parallel to the floor.
2. Once the arm is extended, hold the position for a moment and then lower the weight back to the start position. Repeat the movement
3. Reverse the working arm once you complete the first set.

4. Keep the movement fluent, slow, and controlled.

Overhead Rope Extensions



<http://www.building-muscle101.com>

Position

1. Attach a rope to the overhead cable pulley. Stand with your facing the pulley. Place one foot in front of the other with your forward foot flat on the ground and the other with the heel raised.
2. Grasp the rope with an overhand grip, and bend slightly at the hips. Keep your elbows in line with your ears.

Execution

1. Slowly extend the lower part of your arms forward. Hold the extended position for ½ second.

2. Slowly bring your arms back to the starting position. Repeat the movement.
 3. Make sure that you bend only your elbows keeping your upper arms motionless.
-

One Arm Dumbbell Extensions



<http://www.building-muscle101.com>

Position

1. Pick up a dumbbell. While standing or seated, raise the dumbbell over your head. Make sure your arm is fully extended. Keep your elbow fixed in that position.

Execution

1. Slowly lower the weight, bending at the elbow, until it reached the back of your head. You should feel a slight stretch in your triceps.
2. Pause at the bottom of the movement and slowly raise the weight back up to its starting position using only your triceps. Repeat for the other arm.

Seated Triceps Dumbbell Extensions



<http://www.building-muscle101.com>

Position

1. Hold a single dumbbell behind your back while seated.
2. Hold the dumbbell with your upper arms as close to your ears as possible.

Execution

1. Raise and lower the weight, while keeping your upper arms vertical.
 2. This is very important. If the dumbbells you are using are adjustable, make sure they are securely tighten, otherwise, you may be wearing the plates for a hat.
-

Abs

Exercises

- Crunches
- Knee ups
- Hanging leg raise
- Incline knee raises
- Incline sit ups
- Roman chair sit ups

[Back to weight training exercise menu](#)

Crunches



<http://www.building-muscle101.com>

Position

1. Lie on the floor with your arms across your chest or your hands clasped behind your head.
2. Keep your feet on the floor or raise them.

Execution

1. Tighten your abs and slowly curl your shoulders up off the floor. Curl your shoulders up toward your knees until your shoulder blades come one to two inches off the floor.
 2. Hold this position for a second before slowly returning to the starting position.
 3. Repeat.
-

Hanging Leg Raise



<http://www.building-muscle101.com>

Position

1. Grasp the handles of the leg raise apparatus to support your body.
2. Hang your body straight down.
3. Keep your knees slightly bent throughout the entire movement.

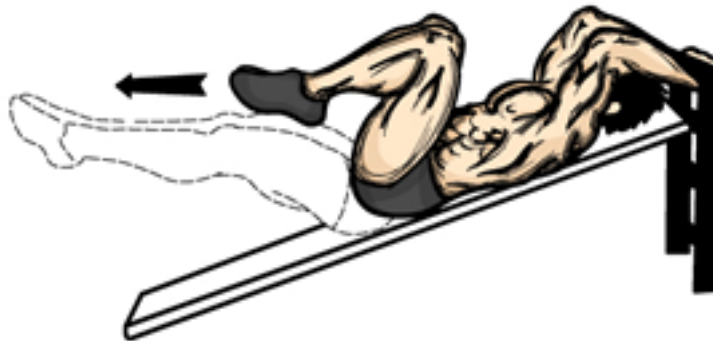
Execution

1. Raise your legs until they are just past parallel to the floor, lower and repeat. Do not swing your body. For those

who are unable to perform this exercise with straight legs, try bending your knees and tucking them into the waist at each repetition. Remember to try and point your toes downward. After a few weeks, you will be able to do this exercise with straight legs.

2. Keep the movement fluent, slow, and controlled.

Incline Knee Raise



<http://www.building-muscle101.com>

Position

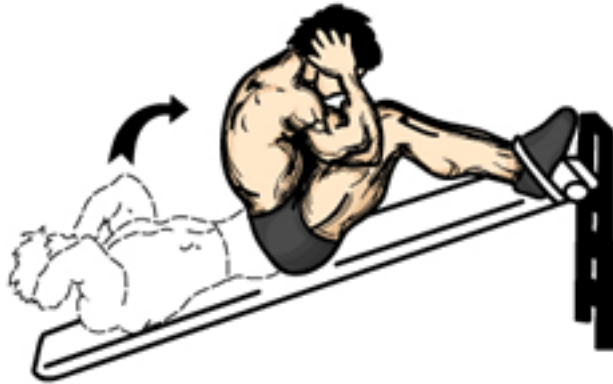
1. Lie back on an incline bench, and hold on to the top bars (or suitable place). Keep your legs straight and back flat on the bench.

Execution

1. Raise your legs, bending at the knees as they raise and slowly lower your legs back down to the straight leg position. Repeat.

2. Keep the movement fluent, slow, and controlled.

Incline Sit Ups



<http://www.building-muscle101.com>

Position

1. Lie back on an incline board set at an angle of your choosing. Hook your feet under the pad to secure your body. Keep your knees slightly bent. You can either place your hands behind your head or crossed in front of your body.

Execution

1. Slowly curl your body upwards to your knees and slowly descend back down.
 2. Keep the movement fluent, slow, and controlled.
-

Roman Chair Sit Ups



<http://www.building-muscle101.com>

Position

1. Hook your feet under the pad and get a comfortable position in the chair. Make sure your legs are anchored under the foot pad.

Execution

1. Slowly allow the trunk of your body to sink below parallel, then raise back up to the starting position.
2. Keep the movement fluent, slow, and controlled.

Forearms

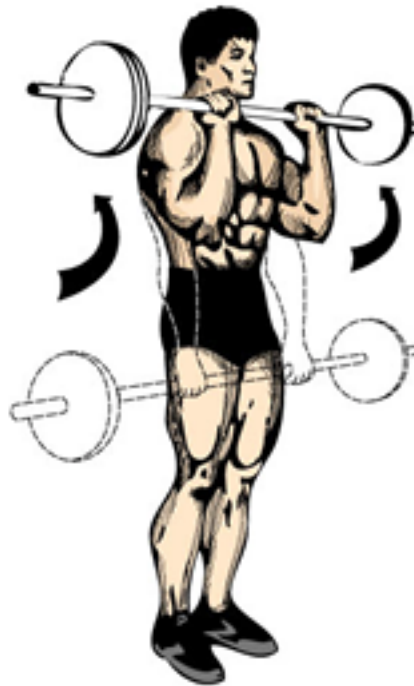
Exercises

- Reverse barbell curls
- Wrist curl
- Reverse wrist curl

[Back to weight training exercise menu](#)

Reverse Barbell Curl

Some will argue that this is a biceps exercise but I feel it works your forearms more than it does biceps. However, this exercise can be used for biceps as well. The discretion will be up to you.



<http://www.building-muscle101.com>

Position

1. Stand erect as you would a barbell curl. Hold a barbell slightly more than shoulder's width.
2. Allow the arms to hang down straight, elbows at your side with your hands in an over grip.

Execution

1. As you curl the barbell, keep your wrists straight and level with your forearms, and keep your elbows tucked in.
 2. Then lower and repeat. You will really feel your upper forearms work near the elbow.
-

Wrist Curl

Wrist curls work the flexors of the forearm. Perform them in a seated position, with your lower arms resting on your knees or on a bench. Make sure your hands are free.



www.building-muscle101.com

Position

1. While seated on a bench, take a barbell and rest it your arms on your knees or on the bench.
2. Slightly bend at the waist.

Execution

1. Moving only your wrist, curl the weight upward until your forearm is fully contracted. Allow the barbell to lower under control, and you may allow your fingers to unroll to some extent.

Reverse Wrist Curl

This exercise is basically performed in the same manner as the regular wrist curl, but your palms should face downward instead of upward.



www.building-muscle101.com

<http://www.building-muscle101.com>

Position

1. While seated on a bench, take a barbell and rest it your arms on your knees or on the bench with your palms facing downward. Try and rest your arms on your knees.
2. Slightly bend at the waist.

Execution

1. Moving only your wrist, reverse curl the weight upward and slowly return back to the starting position. You won't be

able to handle the same weight as you would with an ordinary wrist curl.

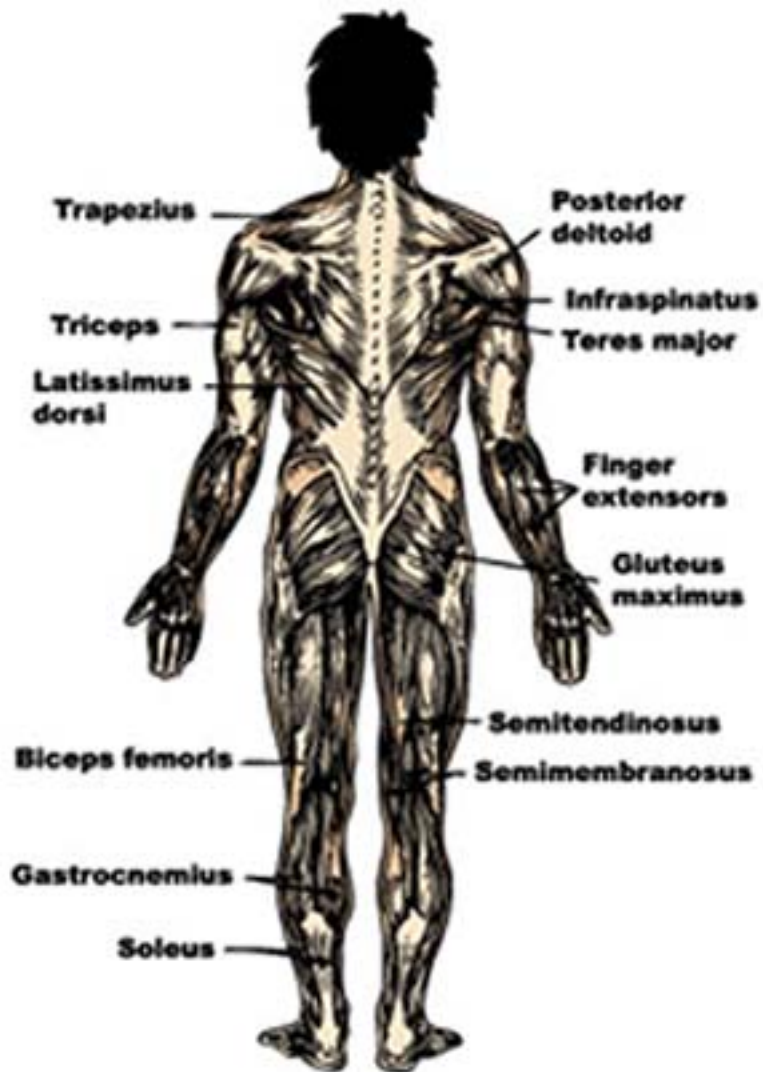
[Back to weight training exercise menu](#)

[Front Illustration Of The Muscles Of The Body](#)



[Back to weight training exercise menu](#)

[Back Illustration Of The Muscles Of The Body](#)



[Back to weight training exercise menu](#)

Building Muscle 101 Weight Training Guide

The building muscle 101 weight training guide has been designed for those aspiring weight trainers who want to get the most from their weight training program.

I realize how hard it is to get proper instruction about weight training and the exercises involved. This is the reason for this guide. By properly performing the weight training exercises, you will reach your goals that much quicker.

I sincerely hope that this guide has been useful to your weight training needs. Please feel free to print off as many copies as you need. Also, if you know someone that may find this guide useful, by all means, copy and paste the link below to your browser window and send them to the download link for this booklet:

<http://www.building-muscle101.com/recommend-weight-training-guide.html>

Good luck with your weight training program. If you have any questions, please email:

building_muscle@nf.sympatico.ca

Thank you



Owner

www.building-muscle101.com

[Back to weight training exercise menu](#)

