
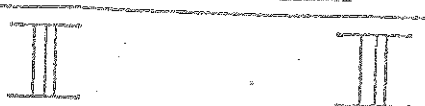

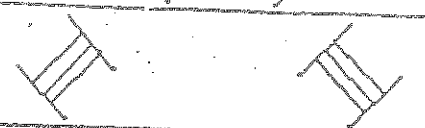
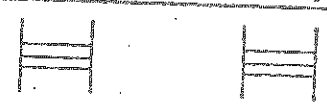



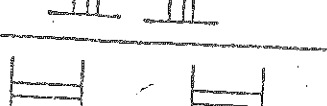





PROPERTY of ATLAS CLUB

MUSCLE GROUP	EXERCISE	POSITION OF BLOCKS	TECHNIQUE
SHOULDERS	SHOULDER PRESS		ELEVATE FEET FOR MAXIMUM SHOULDER WORK
	WIDE SHOULDER PRESS		HOLD BLOCKS AS WIDE AS COMFORTABLE
	TRAP PRESS		HOLD BLOCKS IN LINE WITH UPPER CHEST
	WIDE TRAP PRESS		WORKS TRAPS AND INCREASES FLEXIBILITY OF SHOULDER
CHEST	CHEST PRESS		HOLD BLOCKS SHOULDER WIDTH APART
	CLOSE GRIP PRESS		DEFINES CENTER OF CHEST
	WIDE ROW PRESS		HOLD BLOCKS SLIGHTLY WIDER THAN SHOULDER WIDTH
TRICEPS	TRICEP PRESS		INCREASES SIZE AND STRENGTH OF ARMS
	REVERSE PRESS		PALMS FACE FORWARD AND KEEP HEAD UP
	QUICK DIPS		SIT BETWEEN BLOCKS AND RAISE FLOOR
BACK	WIDE GRIP		STRAIGHTENS LOWER BACK AND WORKS OUTER EDGE OF CHEST
	ROW PRESS		STRAIGHTENS CENTRAL BACK PALMS FACE FORWARD

TIP DIP LOW FOR MAXIMUM FLEXIBILITY. KEEP BUTT LEVEL.
 : RECOMMENDED BEGINNING AT THE LOWEST LEVEL, WITH THE BODY IN THE PRONE POSITION, START WITH 3 REPETITIONS PER POSITION, WITH A 10 TO 15 SECOND REST IN BETWEEN. USE PROPER BREATHING TECHNIQUES (EXHALE ON THE WAY UP / INHALE ON THE WAY DOWN)
 AS STRENGTH INCREASES, INCREASE YOUR REPETITIONS