

Flowzoe Home Exercise Movement Atlas

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1. Full-Body Movements (Total: 7)

1.1. Single-Arm Snatch

【Targeted Muscle Groups】

Enhances the efficiency of energy transfer within the kinetic chain and improves overall explosive power. Primarily develops the gluteus maximus, quadriceps, hamstrings, adductors, gastrocnemius, soleus, trapezius, and deltoids.

【Starting Position】

Stand upright with your chest up and back straight. Hold the handle with an overhand grip in your left hand, letting it hang naturally below your chest.

【Exercise Instructions】

①Rapidly extend your hips to stand up while simultaneously shrugging your shoulders and bending your elbow to pull the handle upward toward the left.

②When your elbow reaches its highest point and your body is fully extended, stand on your toes while keeping your left arm fully straight.

③Once stable, stand upright and lower the handle close to your thigh.

④Return to **the Starting Position** and repeat for the prescribed number of reps.

⑤Switch sides and repeat the above steps.

【Key Points】

①Maintain an upright chest, straight back, shoulders pulled back, and shoulder blades retracted at the start. Keep both arms straight.

②Avoid letting your knees extend past your toes or collapse inward.

③Engage your hips fully before using your upper body to pull.

④Keep your elbow higher than your hand during the pull, with the handle close to your body.

⑤You may stand on your toes or even jump off the ground to generate greater explosive power.



1.2. Double-Arm Snatch

【Targeted Muscle Groups】

Enhances the efficiency of energy transfer within the kinetic chain and improves overall explosive power. Primarily develops the gluteus maximus, quadriceps, hamstrings, adductors, gastrocnemius, soleus, trapezius, and deltoids.

【Starting Position】

Stand upright with your chest up and back straight. Hold the handle with both hands using an overhand grip, letting it hang naturally below your chest.

【Exercise Instructions】

①Rapidly extend your hips to stand up while simultaneously shrugging your shoulders and bending your elbows to pull the handle upward toward the opposite side.

②When your elbows reach their highest point and your body is fully extended, stand on your toes while keeping your arms fully straight.

③Once stable, stand upright and lower the handle close to your thighs.

④Return to **the Starting Position** and repeat for the prescribed number of reps.

⑤Switch sides and repeat the above steps.

【Key Points】

①Maintain an upright chest, straight back, shoulders pulled back, and shoulder

blades retracted at the start. Keep both arms straight.

② Avoid letting your knees extend past your toes or collapse inward.

③ Engage your hips fully before using your upper body to pull.

④ Keep your elbows higher than your hands during the pull, with the handle close to your body.

⑤ You may stand on your toes or even jump off the ground to generate greater explosive power.



1.3. Push Press

【Targeted Muscles】

Enhances energy transfer efficiency in the kinetic chain, improving overall explosive power and strength. Primarily develops the gluteus maximus, quadriceps, hamstrings, adductors, gastrocnemius, soleus, trapezius, and deltoid muscles.

【Starting Position】

① Stand with your back to the training equipment, feet shoulder-width apart. Squat down by flexing your hips and knees until your thighs are parallel to the ground.

② Grip the handles with an overhand grip, placing them at shoulder level near your ears, with hands shoulder-width apart.

【Exercise Instructions】

①Extend your hips to stand up, rise onto your toes, and simultaneously press the handles overhead until your arms are fully extended with palms facing forward.

②Return to **the Starting Position** and repeat for the prescribed number of repetitions.

【Key Points】

①Keep your weight on your heels at the start, maintaining an upright chest and straight back.

②During the press, retract your shoulder blades and engage your core.



1.4. Single-Arm Push Press

【Targeted Muscle Groups】

Enhances energy transfer efficiency in the kinetic chain, improving overall explosive power and strength. Primarily develops the trapezius, deltoid, gluteus maximus, quadriceps, and hamstrings.

【Starting Position】

Begin in a low split squat position with your left leg forward. Hold the handle in your right hand at shoulder height near your ear, and place your left hand on your hip.

【Exercise Instructions】

①Keep your feet in the same position and drive through your legs to stand up, while simultaneously pressing the handle overhead, extending your arm fully.

②Return to **the Starting Position** and repeat for the prescribed number of repetitions.

③Switch to the opposite side and repeat the steps.

【Key Points】

①Maintain a proud chest and a straight back, engaging your core.

②Avoid letting your knees go past your toes or collapse inward.

③During the press, keep your shoulder blades retracted.



1.5. Rotational Pull

【Targeted Muscle Groups】

Enhances rotational stability and improves energy transfer efficiency in the kinetic chain. Primarily develops the gluteus maximus, quadriceps, hamstrings, internal obliques, and external obliques.

【Starting Position】

Stand upright in a normal stance, holding the handle with both hands in front of your chest.

【Exercise Instructions】

①Keeping your feet in place, rotate your torso to the left, shifting your weight onto your left foot. Bend your hips and knees, lowering the handle to the outside of your left knee.

②Extend your hips and knees to stand up, rotating to the right. Shift your

weight onto your right foot while lifting the handle overhead toward the upper right. Keep both legs and arms fully extended.

③Return to **the Starting Position** and repeat for the prescribed number of repetitions.

④Switch sides and repeat the steps.

【Key Points】

Keep your chest up, back straight, and core engaged. Avoid excessive body sway.



1.6. Push-Pull Combination

【Targeted Muscle Groups】

Enhances rotational explosiveness and improves energy transfer efficiency in the kinetic chain. Primarily develops the shoulder muscles, triceps, core muscles, and gluteus maximus.

【Starting Position】

①Position the handles at chest height, standing with your right side facing the training equipment, positioned between the two handles.

②Hold the front handle with your left hand, keeping your left arm extended. Hold the rear handle with your right hand at chest height near your torso.

【Exercise Instructions】

①Quickly extend your hips and knees to stand up while rotating your torso to the left. Simultaneously, bend your left arm to pull the handle toward your lower chest and extend your right arm to push the handle forward.

②Return to **the Starting Position** and repeat for the prescribed number of repetitions.

③Switch sides and repeat the steps.

【Key Points】

①Keep your chest up, back straight, and core engaged when standing up.

②Avoid excessive shoulder rotation during the movement.

③Ensure your knees do not extend past your toes or collapse inward.



1.7. Rotational High Pull

【Targeted Muscle Groups】

Enhances rotational explosiveness and improves energy transfer efficiency in the kinetic chain. Primarily develops the gluteus maximus, quadriceps, hamstrings, internal obliques, and external obliques.

【Starting Position】

①Stand with your right side facing the rope, in a high split squat position.

②Hinge at the hips, holding the rope with your left hand near the outside of your right knee.

③Extend your right arm straight and keep your weight centered on your right foot.

【Exercise Instructions】

①Rapidly extend your hips and knees to stand up, rotating your torso to the left

into an upright stance while pulling the rope toward your left abdomen.

②Keep the handle near your left abdomen, continue rotating left, shifting your weight onto your left foot, and fully extending both legs.

③Return to **the Starting Position** and repeat for the prescribed number of repetitions.

④Switch sides and repeat the steps.

【Key Points】

①Keep your chest up, back straight, and core engaged.

②Avoid excessive hip flexion or leaning backward during the movement.



2. Arm-Specific Movements (Total: 14)

2.1 Weighted Wrist Flexion

【Targeted Muscle Groups】

Primarily develops the forearm muscles, including the flexor carpi radialis and flexor carpi ulnaris.

【Starting Position】

①Kneel on the floor facing the equipment, resting your forearms on a workout bench.

②Hold a barbell with your palms facing up (supinated grip).

【Exercise Instructions】

①Flex your wrists upward as much as possible, working against the barbell's resistance.

②When the forearm muscles are fully contracted, slowly return to **the Starting Position**. Repeat for the prescribed number of repetitions.

【Key Points】

①The resistance point should be positioned below the wrist level.

②Inhale when exerting force and exhale when returning to **the Starting Position**.



2.2 Weighted Wrist Extension

【Targeted Muscle Groups】

Primarily develops the forearm muscles, including the extensor carpi radialis longus, extensor carpi radialis brevis, and extensor carpi ulnaris.

【Starting Position】

①Kneel on the floor facing the equipment, resting your forearms on a workout bench.

②Hold a barbell with your palms facing down (pronated grip).

【Exercise Instructions】

①Extend your wrists upward as much as possible, working against the barbell's resistance.

②When the forearm muscles are fully contracted, slowly return to **the Starting Position**. Repeat for the prescribed number of repetitions.

【Key Points】

- ①The resistance point should be positioned below the wrist level.
- ②Inhale when exerting force and exhale when returning to **the Starting**

Position.



2.3 Kneeling Curl

【Targeted Muscle Groups】

Primarily develops the biceps brachii, brachialis, anterior deltoid, and middle deltoid.

【Starting Position】

- ①Kneel on the floor with your upper arms resting on a workout bench.
- ②Bend your elbows slightly and grip the barbell with an underhand (supinated) grip, hands shoulder-width apart.

【Exercise Instructions】

- ①Keep your upper arms stationary and curl the barbell toward your shoulders as much as possible.
- ②Return to **the Starting Position** and repeat for the prescribed number of repetitions.

【Key Points】

Keep your upper arms still, engage your core muscles, and maintain balance

throughout the exercise.



2.4 Incline Curl

【Targeted Muscle Groups】

Primarily develops the biceps brachii, brachialis, upper trapezius, anterior deltoid, and middle deltoid.

【Starting Position】

Adjust the bench to an incline of about 70° and lie on your back on the bench. Hold the handles with both hands, letting your arms hang naturally at your sides.

【Exercise Instructions】

①Keep your upper arms still and curl the handles toward your shoulders as much as possible.

②Return to **the Starting Position** and repeat for the prescribed number of repetitions.

【Key Points】

①Keep your chest up, back straight, and core engaged, avoiding any body movement.

②Press your back against the bench and keep your feet firmly on the ground.

③During the curl, keep your elbows fixed and close to your body.



2.5 Standing Lateral Raise

【Targeted Muscle Groups】

Primarily targets the upper trapezius and middle deltoid.

【Starting Position】

Stand upright with a normal stance, holding the handles with both hands, arms naturally hanging by your sides, elbows slightly bent.

【Exercise Instructions】

① Keep the elbows slightly bent and raise your arms to the sides of your body until shoulder height.

② Return to **the Starting Position** and repeat for the specified number of repetitions.

【Key Points】

Maintain a proud chest, straight back, and engage your core. Do not allow your body to sway.



2.6 Seated Lateral Raise

【Targeted Muscle Groups】

Primarily targets the upper trapezius and middle deltoid.

【Starting Position】

Sit on a bench, lean forward slightly while keeping your back straight. Hold the handles with both hands, letting your arms naturally hang by your sides.

【Exercise Instructions】

- ① Sit on the bench and lean forward slightly, maintaining a straight back.
- ② Keep the elbows slightly bent and raise your arms to the sides of your body until shoulder height.
- ③ Return to **the Starting Position** and repeat for the specified number of repetitions.

【Key Points】

Maintain a straight back, and avoid any swaying of the body.



2.7 Standing Upright Row

【Targeted Muscle Groups】

Primarily targets the trapezius and middle deltoid.

【Starting Position】

Stand upright with a normal stance, holding the barbell with both hands in an overhand grip. Your arms should hang naturally in front of your body with a slight bend in the elbows.

【Exercise Instructions】

①Retract your shoulders and lift your elbows upward, pulling the barbell vertically until it reaches chest height.

②Return to **the Starting Position** and repeat for the specified number of repetitions.

【Key Points】

Keep your scapula retracted, chest lifted, back straight, and engage your core.



2.8 Standing Elbow Raise and Pull

【Targeted Muscle Groups】

Primarily targets the trapezius, latissimus dorsi, biceps, deltoids, and infraspinatus.

【Starting Position】

- ① Stand facing the cable machine in an upright position.
- ② Hold the ends of the cable with both hands, keeping your arms extended and parallel to your chest, with a fist-width spacing between your hands.

【Exercise Instructions】

- ① Keep your elbows at shoulder height and retract your scapula. Open your elbows to your sides while bending your arms and pulling the cable back until it reaches ear level.
- ② Straighten your arms and return to **the Starting Position**. Repeat for the specified number of repetitions.

【Key Points】

- ① Maintain a straight back, engage your core, and avoid body swaying.
- ② Avoid shrugging your shoulders during the pulling motion.



2.9 Single-Arm Shoulder Press

【Targeted Muscle Groups】

Primarily targets the anterior deltoid and triceps.

【Starting Position】

Kneel on one knee with the left leg forward, right hand gripping the handle and placed above the shoulder, left hand on the waist.

【Exercise Instructions】

- ① Press the handle straight up above the shoulder until the arm is fully extended.
- ② Lower the handle back down and return to **the Starting Position**, then repeat for the specified number of repetitions.
- ③ Switch sides and repeat the above steps.

【Key Points】

- ① Keep your chest lifted, back straight, and core engaged. Avoid any body swaying.
- ② Tighten the glutes of the kneeling leg and ensure the knee of the front leg does not extend past the toes or cave inward.



2.10 Alternating Lunge Shoulder Press

【Targeted Muscle Groups】

Primarily targets the gluteus maximus, quadriceps, deltoids, upper pectoralis major, and trapezius.

【Starting Position】

Assume a low split squat position, with both hands gripping the handles placed above the head, arms fully extended.

【Exercise Instructions】

- ① Keep the left arm stationary while lowering the right arm by bending the elbow until it reaches shoulder height at the side of the body.
- ② Press the handle back up to the top, then return to **the Starting Position**.
- ③ Switch sides and repeat the above steps.
- ④ Repeat for the specified number of repetitions.

【Key Points】

- ① Keep your chest lifted, back straight, and core engaged. Avoid swaying your body.
- ② Tighten the glutes of the back leg and ensure the knee of the front leg does not extend past the toes or cave inward.



2.11 Standing Tricep Pushdown

【Targeted Muscle Groups】

Primarily targets the triceps brachii and the elbow muscles.

【Starting Position】

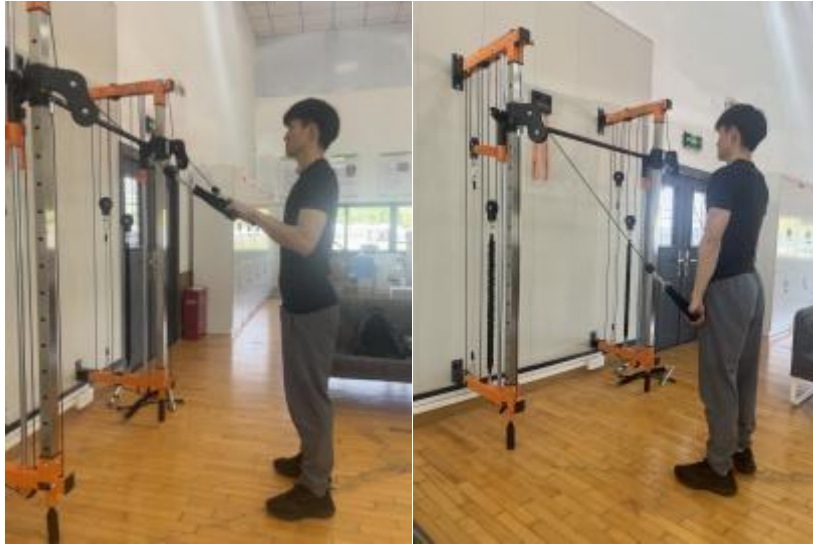
- ① Face the machine, standing upright with a narrow stance.
- ② Keep the upper arms tight against the sides of your body, holding the handles with palms facing forward and elbows bent at chest height.

【Exercise Instructions】

- ① Keep the upper arms stationary, extend the elbows to pull the handles down until the arms are fully straight.
- ② Bend the elbows to return to **the Starting Position**, and repeat for the specified number of repetitions.

【Key Points】

- ① Keep your chest lifted, back straight, and core engaged. Avoid swaying your body.
- ② When bending your arms, ensure that the arm height does not exceed shoulder level.



2.12 Seated Tricep Extension

【Targeted Muscle Groups】

Primarily targets the triceps brachii.

【Starting Position】

Sit upright on a bench with your chest lifted and back straight. Hold the handles above your head with arms fully extended, keeping your hands shoulder-width apart.

【Exercise Instructions】

① Keep your upper arms stationary, bend your elbows to lower the handles behind your neck.

② Extend your arms to return to **the Starting Position**, and repeat for the specified number of repetitions.

【Key Points】

① Maintain an upright posture with your chest lifted, back straight, and core engaged. Avoid swaying your body.

② Keep your feet firmly planted on the ground.



2.13 Trunk Forward Bend Elbow Extension

【Targeted Muscle Groups】

Primarily targets the triceps brachii and elbow muscles.

【Starting Position】

① Stand facing away from the machine in a staggered stance, with your feet about one foot length apart, and your body slightly leaned forward.

② Grasp the ropes above your head with your arms fully extended.

【Exercise Instructions】

① Keep your upper arms stationary, bend your elbows to lower the ropes behind your head.

② Extend your arms to return to **the Starting Position**, and repeat for the specified number of repetitions.

【Key Points】

① Keep your chest lifted, back straight, and core engaged, avoiding any body movement.

② Maintain a natural forward lean in your back.

③ Slightly bend the knee of the front leg for stability.



2.14 Single-Side Support Elbow Extension

【Targeted Muscle Groups】

Primarily targets the triceps brachii.

【Starting Position】

① Lean forward to a parallel position with the floor, with your right knee on the bench and your left leg slightly bent and planted on the floor.

② Place your right hand vertically on the bench for support, and hold the handle with your left hand, keeping your left arm bent and close to your body.

【Exercise Instructions】

① Keep your left upper arm stationary, extend your arm to lift the handle to hip height.

② Return to **the Starting Position**, and repeat for the specified number of repetitions.

③ Switch sides and repeat the steps.

【Key Points】

① Keep your chest lifted, back straight, and core engaged, with a slight bend in the knee of the supporting leg.

② Keep the elbow close to your body during the lifting motion.



3. Scapular-Specific Movements (Total: 8)

3.1 Shrug

【Targeted Muscle Groups】

Primarily develops the upper trapezius and levator scapulae.

【Starting Position】

- ① Stand upright with a slight forward lean, knees slightly bent.
- ② Hold the barbell with an overhand grip, hands about 1.5 times shoulder-width apart, allowing it to hang naturally in front of the body.

【Exercise Instructions】

- ① Keep your arms stationary and perform a shrugging motion, lifting your shoulders towards your ears.
- ② Return to **the Starting Position** and repeat for the prescribed number of reps.

【Key Points】

Keep your chest up and back straight, engage your core, and avoid body movement.



3.2 Standing Double-Arm Raise "T-Shape"

【Targeted Muscle Groups】

Primarily develops the trapezius, deltoid, rotator cuff muscles, and upper-mid back muscles.

【Starting Position】

Stand in a bent-over position, holding the handles with an underhand grip, allowing your arms to hang naturally in front of you while keeping your back straight.

【Exercise Instructions】

①Retract your shoulder blades and raise your arms to the sides until they align with your shoulders, forming a "T" shape.

②Lower the handles back to **the Starting Position**, then repeat for the prescribed repetitions.

【Key Points】

①Keep your chest up, back straight, core engaged, elbows slightly bent, and avoid body movement.

②Focus on retracting the shoulder blades to initiate the movement.



3.3 Standing Reverse "T-Shape" Raise

【Targeted Muscle Groups】

Primarily develops the trapezius, deltoid, rotator cuff muscles, and upper-mid back muscles.

【Starting Position】

Face the training machine in a basic athletic stance, crossing your arms to grasp the opposite handles with palms facing outward.

【Exercise Instructions】

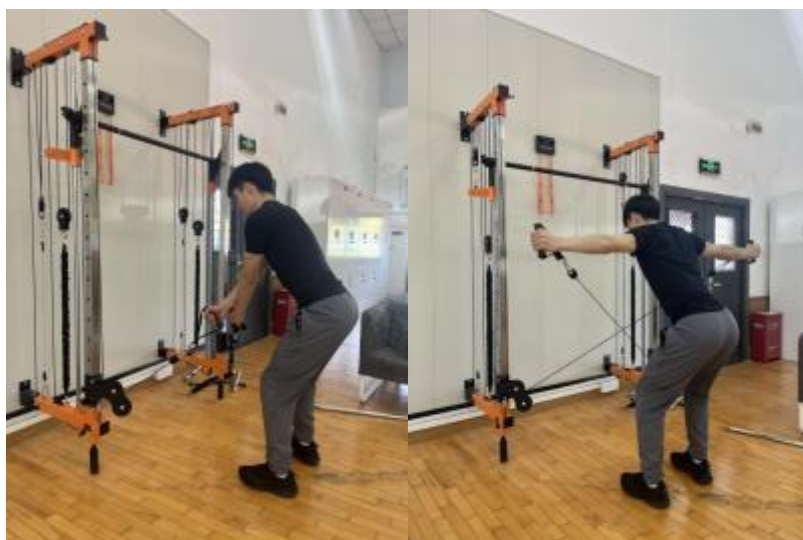
①Keep your elbow angle unchanged, retract your shoulder blades, and horizontally abduct your arms outward to the sides.

②Bring your arms back to **the Starting Position**, then repeat for the prescribed repetitions.

【Key Points】

①Maintain an upright posture, keep your core engaged, and avoid excessive body movement.

②Do not shrug your shoulders while pulling backward.



3.4 Standing "Y-Shape" Raise

【Targeted Muscle Groups】

Primarily develops the deltoids, trapezius, and serratus anterior muscles.

【Starting Position】

- ① Hold the handles with straight arms positioned directly in front of the chest.
- ② Stand with feet staggered about one step apart—front leg straight, back leg slightly bent—leaning backward slightly to ensure tension on the handles.

【Exercise Instructions】

- ① Retract the shoulder blades, keeping the elbow angle unchanged, and lift the handles diagonally upward to the sides until the torso and arms form a "Y" shape.
- ② Return to **the Starting Position** and repeat for the prescribed repetitions.

【Key Points】

- ① Maintain an upright posture, engage the core, and avoid excessive body movement.
- ② Focus on retracting the shoulder blades to drive the movement.



3.5 Seated "W" Lat Pulldown

【Targeted Muscle Groups】

Primarily develops the latissimus dorsi, teres major, and biceps brachii.

【Starting Position】

① Sit on the workout bench facing the machine, engage the scapula, and keep both feet flat on the ground.

② Hold the handles with an overhand grip above the head, slightly wider than shoulder-width, with arms fully extended.

【Exercise Instructions】

① Rotate the scapula downward and pull the handles down to shoulder height, keeping the elbows positioned at the sides of the body.

② Return to **the Starting Position** and repeat for the prescribed repetitions.

【Key Points】

① Maintain an upright posture, engage the core, and avoid excessive body movement.

② Focus on scapular retraction to drive the pulldown movement.

③ Avoid leaning backward during the pull.



3.6 Standing Dual-Arm "L" Raise

【Targeted Muscle Groups】

Primarily develops the deltoids, trapezius, and rotator cuff muscles.

【Starting Position】

- ① Hold the handle with one hand in an overhand grip, arm fully extended in front of the chest.
- ② Stand with feet in a staggered stance, about one step apart—front leg straight, back leg slightly bent. Lean back slightly to ensure tension in the handle.

【Exercise Instructions】

- ① Retract the scapula and raise the elbow to shoulder height, forming a roughly 90° bend at the elbow.
- ② Externally rotate the shoulder until the palm faces forward, positioning the hand beside the head, forming an "L" shape with the torso and arm.
- ③ Maintain the elbow angle and lean back slightly while internally rotating the shoulder until the palm faces downward.
- ④ Return to **the Starting Position** and repeat for the prescribed repetitions.

【Key Points】

- ① Keep the chest up, back straight, core engaged, and avoid excessive body movement.

- ②Engage the scapula to guide arm movement.
- ③Maintain a 90° elbow bend when raising the elbow.;
- ④Ensure the elbow stays at shoulder height throughout the external shoulder rotation.



3.7 Kneeling Diagonal Pulldown

【Targeted Muscle Groups】

Primarily develops the triceps and anconeus muscles.

【Starting Position】

- ①Face the training machine and kneel with hips fully extended in an upright position.
- ②Hold the handles with an overhand grip, arms extended and crossed above the forehead.

【Exercise Instructions】

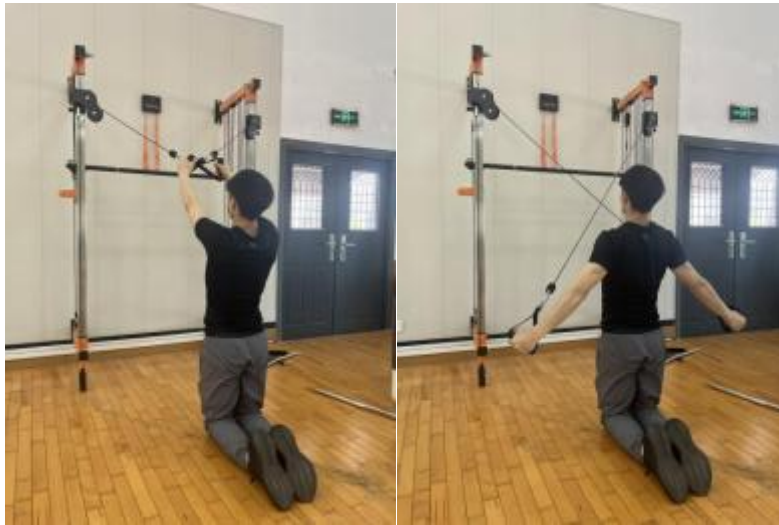
①Retract the scapula and pull the handles down diagonally, keeping the arms crossed until they reach the sides of the body, forming approximately a 60° angle with the torso. Palms should face forward.

②Return to **the Starting Position** and repeat for the prescribed repetitions.

【Key Points】

- ①Keep the chest up, back straight, core engaged, and avoid unnecessary body movement.
- ②Use scapular retraction to guide the arm movement.

- ③ Avoid leaning backward during the pull.
- ④ Keep the handles close to the torso throughout the movement.



3.8 Kneeling Diagonal Upright Row

【Targeted Muscle Groups】

Primarily develops the trapezius, serratus anterior, and related muscle groups.

【Starting Position】

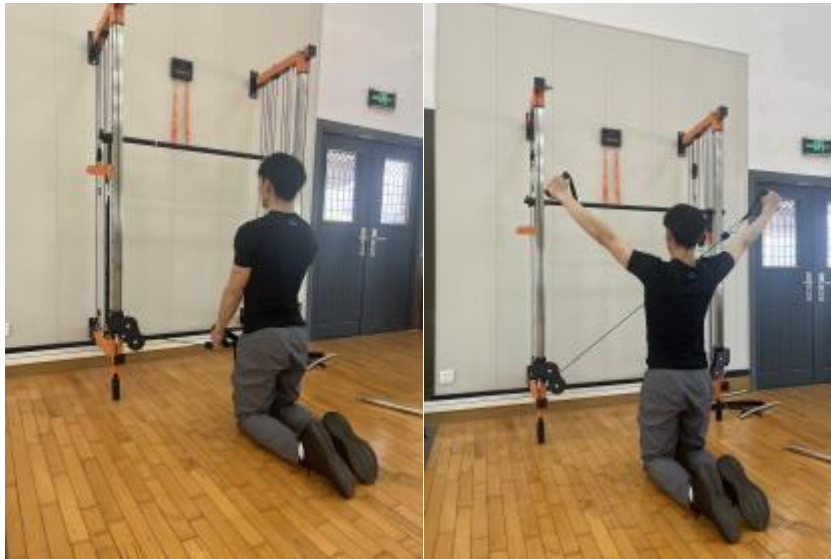
- ① Face the training machine and kneel upright with hips fully extended.
- ② Hold the handles with an overhand grip, arms extended and crossed in front of the hips.

【Exercise Instructions】

- ① Rotate the scapula upward and pull the handles diagonally upward, keeping the arms crossed until they reach the sides of the body, forming approximately a 60° angle with the torso. Palms should face forward.
- ② Return to **the Starting Position** and repeat for the prescribed repetitions.

【Key Points】

- ① Keep the chest up, back straight, core engaged, and avoid unnecessary body movement.
- ② Use scapular upward rotation to guide the arm movement.
- ③ Avoid leaning backward during the pull.
- ④ Keep the handles close to the torso throughout the movement.



4. Trunk-Specific Movements (Total: 17)

4.1 Overhand Pull-up

【Targeted Muscle Groups】

Primarily targets the latissimus dorsi, teres major, rhomboid muscles, lower trapezius, biceps brachii, and brachioradialis.

【Starting Position】

Grip the barbell with both hands overhand, slightly wider than shoulder-width apart, with arms extended, and the body hanging naturally.

【Exercise Instructions】

①Keep the body and lower limbs still, rotate the shoulder blades downward, and bend the elbows to pull the chest toward the bar.

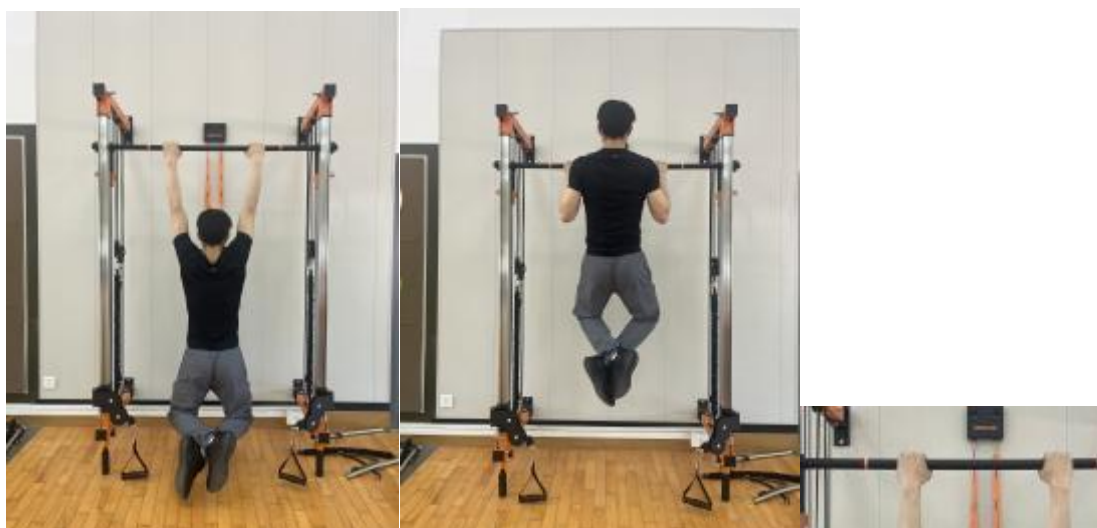
②Return to **the Starting Position** and repeat for the prescribed number of repetitions.

【Key Points】

①Keep the chest up, back straight, and the abdomen tight. Avoid any swinging of the body.

②Retract the shoulder blades inward to guide the arms downward to complete the movement.

③During the downward phase, try to fully extend the arms.



4.2 Underhand Pull-up

【Targeted Muscle Groups】

Primarily targets the latissimus dorsi, teres major, rhomboid muscles, lower trapezius, biceps brachii, and brachioradialis.

【Starting Position】

Grip the barbell with both hands underhand, slightly wider than shoulder-width apart, with arms extended, and the body hanging naturally.

【Exercise Instructions】

①Keep the body and lower limbs still, rotate the shoulder blades downward, and bend the elbows to pull the chest toward the bar.

②Return to **the Starting Position** and repeat for the prescribed number of repetitions.

【Key Points】

①Keep the chest up, back straight, and the abdomen tight. Avoid any swinging of the body.

②Retract the shoulder blades inward to guide the arms downward to complete the movement.

③During the downward phase, try to fully extend the arms.



4.3 Straight Arm Pull-down

【Targeted Muscle Groups】

Primarily targets the latissimus dorsi, teres major, rhomboid muscles, lower trapezius, biceps brachii, and brachioradialis.

【Starting Position】

- ① Stand facing the machine in a basic athletic position.
- ② Grip the handle with both hands overhand, slightly wider than shoulder-width apart, with arms fully extended above the head.

【Exercise Instructions】

- ① Keep your arms straight and pull the handle down to hip level.
- ② Return to **the Starting Position** and repeat for the prescribed number of repetitions.

【Key Points】

- ① Keep the chest up, back straight, and abdomen tight. Avoid any body swinging.
- ② Retract the shoulder blades inward and lead the arms down to complete the movement.
- ③ During the pull-down, avoid leaning back with the body.



4.4 Seated Lat Pull-down

【Targeted Muscle Groups】

Primarily targets the latissimus dorsi, teres major, and biceps brachii.

【Starting Position】

Sit on the bench facing the handle, with both hands gripping the handle overhand slightly wider than shoulder-width apart, arms fully extended above the head.

【Exercise Instructions】

①Retract the shoulder blades downward, and pull the handle down to chest level, keeping the elbows at your sides.

②Return to **the Starting Position** and repeat for the prescribed number of repetitions.

【Key Points】

①Keep your chest up, back straight, and abdomen tight. Avoid any body swinging.

②Retract the shoulder blades inward, leading the arms down to complete the movement.

③Avoid leaning back during the pull-down.



4.5 Seated Reverse Grip Lat Pull-down

【Targeted Muscle Groups】

Primarily targets the latissimus dorsi, teres major, and biceps brachii.

【Starting Position】

Sit on the bench facing the handle, with both hands gripping the handle in a reverse grip (palms facing you) slightly shoulder-width apart, arms fully extended above the head.

【Exercise Instructions】

①Retract the shoulder blades downward and pull the handle down to chest level, keeping the elbows at your sides.

②Return to **the Starting Position** and repeat for the prescribed number of repetitions.

【Key Points】

①Keep your chest up, back straight, and abdomen tight. Avoid any body swinging.

②Retract the shoulder blades inward, leading the arms down to complete the movement.

③Avoid leaning back during the pull-down.



4.6 Single-arm Rotational Row

【Targeted Muscle Groups】

Primarily targets the trapezius, latissimus dorsi, posterior deltoids, rhomboid muscles, and biceps brachii.

【Starting Position】

Stand in the basic athletic posture, with your right hand placed on your hip and your left hand gripping the handle, naturally hanging below the shoulder.

【Exercise Instructions】

①Retract the left shoulder blade inward, bend the elbow, and externally rotate the forearm to lift the handle to the upper abdominal area. At the same time, keep the lower back stationary and rotate the upper back to the left to its maximum range.

②Lower the handle back down and return to **the Starting Position**. Repeat for the prescribed number of repetitions.

③Switch to the opposite side and repeat the steps.

【Key Points】

①Keep your chest up, back straight, and abdomen tight. Avoid any body swinging.

②Retract the shoulder blades inward, leading the arm to pull back and complete the movement.

③During the lift, keep the elbow close to the body.



4.7 Kneeling Single-arm Row

【Targeted Muscle Groups】

Primarily targets the trapezius, latissimus dorsi, posterior deltoids, rhomboid muscles, and biceps brachii.

【Starting Position】

① Lean forward until your body is parallel to the floor. Kneel on the bench with your right knee at a 90° angle, and your left leg slightly bent on the ground for support.

② Place your right hand vertically on the bench, and with your left hand, grip the handle, letting it hang naturally below the shoulder.

【Exercise Instructions】

① Retract the left shoulder blade inward, bend the elbow, and lift the handle vertically to abdominal height.

② Lower the handle back down and return to **the Starting Position**. Repeat for the prescribed number of repetitions.

③ Switch to the opposite side and repeat the steps.

【Key Points】

① Keep your chest up, back straight, and abdomen tight. Avoid any body swinging.

② Retract the shoulder blade inward, leading the arm to pull back and complete

the movement.

- ③ During the lift, keep the elbow close to the body.



4.8 Bent-over Single-leg Row

【Targeted Muscle Groups】

Primarily targets the latissimus dorsi, teres major, posterior deltoids, trapezius, rhomboid muscles, biceps brachii, and gluteus maximus.

【Starting Position】

- ① Stand in a bent-over position, with your right leg raised and extended backward in a straight line with your body.

- ② Hold the handle with both hands, letting it hang naturally below your shoulder.

【Exercise Instructions】

- ① Retract the shoulder blade inward, bend the elbow, and lift the handle vertically to abdominal height.

- ② Lower the handle back down and return to **the Starting Position**. Repeat for the prescribed number of repetitions.

- ③ Switch to the opposite side and repeat the steps.

【Key Points】

- ① Keep your chest up, back straight, and abdomen tight. Avoid any body swinging.

- ② Retract the shoulder blade inward, leading the arm to pull back and complete

the movement.

③ During the lift, keep the elbow close to the body.

④ When lifting the leg, engage the glute to keep the leg extended, and point the toes downward.



4.9 Straight-knee Inverted Row

【Targeted Muscle Groups】

Primarily targets the latissimus dorsi, trapezius, posterior deltoids, biceps brachii, and rotator cuff muscles.

【Starting Position】

① Grip the barbell with both hands in a pronated (overhand) grip, slightly wider than shoulder-width apart, allowing your body to hang naturally below the barbell.

② Keep your chest up, back straight, legs extended, and heels on the ground. Your body should form a straight line from your head to your ankles.

【Exercise Instructions】

① Retract the shoulder blades downward, bend the elbows, and pull your chest toward the barbell.

② Extend the arms and return to **the Starting Position**. Repeat for the prescribed number of repetitions.

【Key Points】

① Keep your hips and abdomen tight, and avoid flexing at the hips.

- ②Maintain a straight wrist throughout the movement.



4.10 Smith Bench Press

【Targeted Muscle Groups】

Primarily targets the pectoralis major, triceps brachii, and anterior deltoids.

【Starting Position】

Lie flat on the bench, grasp the barbell with both hands in a pronated grip, slightly wider than shoulder-width apart, with your arms fully extended above your chest.

【Exercise Instructions】

①Lower the barbell vertically by bending your elbows, bringing it to just above your chest.

②Push the barbell back up quickly, returning to **the Starting Position**. Repeat for the prescribed number of repetitions.

【Key Points】

①Keep your entire foot flat on the floor, and ensure your shoulders, back, and head remain in contact with the bench throughout the movement.

②Control the speed of your hands and keep the barbell stable during the exercise.



4.11 Alternating Smith Bench Press

【Targeted Muscle Groups】

Primarily targets the pectoralis major, triceps brachii, and anterior deltoids.

【Starting Position】

Lie flat on the bench, grasp the barbell with both hands in a pronated grip, slightly wider than shoulder-width apart, with your arms fully extended above your chest.

【Exercise Instructions】

- ① Keep the left arm stationary while lowering the right hand vertically to chest height.
- ② Push the right hand back up quickly, returning to the starting position.
- ③ Switch to the left side and repeat the same steps.
- ④ Repeat for the prescribed number of repetitions.

【Key Points】

- ① Keep your entire foot flat on the floor, and ensure your shoulders, back, and head remain in contact with the bench throughout the movement.
- ② Control the speed of both hands and keep the barbell stable during the exercise.



4.12 Flat Bench Cable Fly

【Targeted Muscle Groups】

Primarily targets the pectoralis major, triceps brachii, and anterior deltoids.

【Starting Position】

①Lie flat on the bench with your upper and middle back pressed against it, ensuring your torso and thighs form a straight line.

②Grasp the dumbbells with both hands, positioning them directly above your chest, with a shoulder-width grip, and your arms fully extended.

【Exercise Instructions】

①Slightly bend your elbows and open your arms, lowering the dumbbells to chest level at your sides.

②Bring your arms back together, returning to the starting position, and repeat for the prescribed number of reps.

【Key Points】

①Keep your hips and core engaged, and avoid any body rocking during the movement.

②Ensure your feet stay firmly on the ground, and maintain a straight back pressed against the bench.

③Control the speed of both hands and keep the dumbbells stable throughout the exercise.



4.13 Standing Chest Fly

【Targeted Muscle Groups】

Primarily targets the pectoralis major, anterior deltoid, and serratus anterior.

【Starting Position】

① Stand with your back facing the machine in a split stance, adjusting the handles to waist height, with your body slightly leaning forward.

② Grip the handles with your palms facing forward, elbows slightly bent, and place your hands at waist height at your sides.

【Exercise Instructions】

① Keep your torso and elbow angle unchanged, bring your arms inwards, pulling the handles toward the front of your body, bringing your palms to face each other.

② Open your arms and return to the starting position, repeating for the prescribed number of reps.

【Key Points】

① Keep your chest lifted and back straight, engage your core, and avoid any body swaying.

② Keep the front support leg slightly bent.



4.14 Smith Incline Push-Up

【Targeted Muscle Groups】

Primarily targets the pectoralis major, anterior deltoid, triceps, serratus anterior, iliopsoas, rectus abdominis, and transverse abdominis.

【Starting Position】

① Start in a push-up position, with your feet on the ground and hands placed on an exercise bench, shoulder-width apart, with your arms extended.

② Your body should form a straight line from head to ankles.

【Exercise Instructions】

① Bend your elbows and lower your body until your chest is close to the bench, with your upper arms at about a 90° angle to your torso.

② Quickly push your body back up to the starting position.

③ Repeat for the prescribed number of repetitions.

【Key Points】

① Keep your chest lifted and back straight, avoiding any swaying in your body.

② Engage your core, and ensure that your lower back does not sag or your hips do not raise.



4.15 Incline Smith Push-Up

【Targeted Muscle Groups】

Primarily targets the pectoralis major, anterior deltoid, triceps, serratus anterior, iliopsoas, rectus abdominis, and transverse abdominis.

【Starting Position】

①Begin in a push-up position with your feet elevated on a bench and your hands placed on a barbell, shoulder-width apart, with your arms extended.

②Your body should form a straight line from head to ankles.

【Exercise Instructions】

①Bend your elbows and lower your body until your chest is close to the barbell.

②Quickly push your body back up to the starting position.

③Repeat for the prescribed number of repetitions.

【Key Points】

①Keep your chest lifted and back straight, avoiding any swaying in your body.

②Engage your core, and make sure your lower back does not sag or your hips do not raise.



4.16 Incline Bench Press

【Targeted Muscle Groups】

Primarily targets the pectoralis major, anterior deltoid, triceps, and serratus anterior.

【Starting Position】

- ① Adjust the bench press angle to around 70° , and lie back on the bench.
- ② Grip the barbell with your hands slightly wider than shoulder-width and hold it above your shoulders with your arms fully extended.

【Exercise Instructions】

- ① Open your elbows and lower the barbell vertically toward the area just above your shoulders, keeping the elbow joint at a 30° angle.
- ② Push the barbell back up to the starting position, and repeat the prescribed number of repetitions.

【Key Points】

- ① Keep the entire foot flat on the ground, with your shoulders, back, and head always in contact with the bench.
- ② Control the speed of your arms during the movement, and keep the barbell steady.



4.17 Alternating Incline Bench Press

【Targeted Muscle Groups】

Primarily targets the pectoralis major, anterior deltoid, triceps, and serratus anterior.

【Starting Position】

- ① Adjust the bench press angle to around 70° , and lie back on the bench.
- ② Grip the barbell with your hands shoulder-width apart, and hold it above your shoulders with your arms fully extended.

【Exercise Instructions】

- ① Keep your left arm stationary while lowering the right hand straight down to the area just above your shoulder, maintaining a 30° angle at the elbow joint.
- ② Push the barbell back up to the starting position.
- ③ Switch to the opposite side and repeat the steps.
- ④ Continue repeating for the prescribed number of repetitions.

【Key Points】

- ① Keep the entire foot flat on the ground, with your shoulders, back, and head always in contact with the bench.
- ② Control the speed of both hands during the movement and maintain the stability of the barbell.



5. Core-Specific Movements (Total: 21)

5.1 Standing Row

【Targeted Muscle Groups】

Primarily targets the trapezius, latissimus dorsi, biceps, deltoids, and infraspinatus muscles. 【Starting Position】

① Fix the left end of the cable to the machine, face the machine, and stand upright in a normal stance.

② Grasp the cable with both hands, with a grip slightly wider than shoulder-width, and extend your arms straight out in front of your chest.

【Exercise Instructions】

① Retract your scapula, bend your arms, and open your elbows to pull the cable back towards your lower chest.

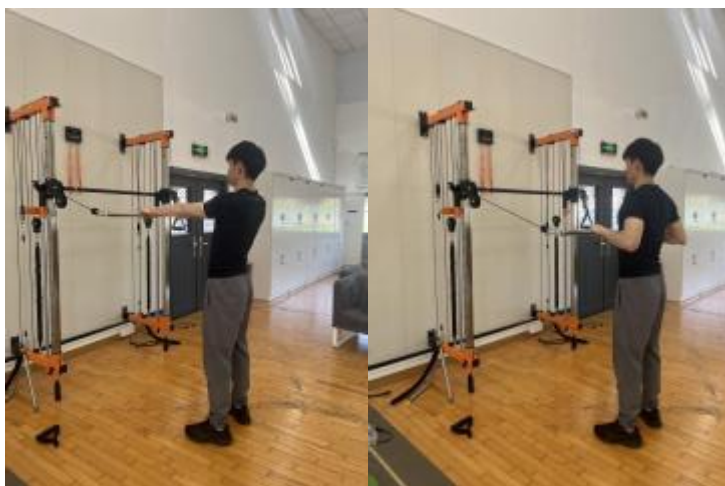
② Straighten your arms and return to **the Starting Position**, then repeat the prescribed number of reps.

③ Switch the cable to the right side and repeat the steps above.

【Key Points】

① Maintain a proud chest, straight back, and engage your core. Keep your body still and avoid swaying.

② During the row, avoid shrugging your shoulders.



5.2 Standing Push

【Targeted Muscle Groups】

Primarily targets the pectoralis major, triceps, and anterior deltoids.

【Starting Position】

①Stand upright with your back to the machine, fixing the right end of the cable to the machine.

②Grasp the cable with both hands, with a grip slightly wider than shoulder-width, and extend your arms straight out in front of your chest.

【Exercise Instructions】

①Keep your elbows at the same height and bend your elbows to pull the cable back towards your chest.

②Quickly push the cable forward, returning to **the Starting Position**, then repeat the prescribed number of reps.

③Switch the cable to the left side and repeat the steps above.

【Key Points】

①Maintain a proud chest, straight back, and engage your core. Keep your body still and avoid swaying.

②Avoid shrugging your shoulders during the movement, control the speed of your hands, and keep the cable stable.



5.3 Prone Saw

【Targeted Muscle Groups】

Primarily targets the upper pectoralis major, triceps, deltoids, intercostal muscles, rectus abdominis, and transverse abdominis.

【Starting Position】

The body is in a plank position, with both elbows on the ground, the upper arms perpendicular to the floor. The feet are secured inside the handles, the legs are straight, and the body forms a straight line from head to toe.

【Exercise Instructions】

①Keep your elbows stationary, extending your arms to push your body as far back as possible.

②Bend your elbows to return to **the Starting Position**, and repeat the prescribed number of reps.

【Key Points】

Maintain a proud chest, straight back, and engage your core, ensuring your body remains in a straight line from head to feet.



5.4 Hip Side Bend

【Targeted Muscle Groups】

Enhances the rotational stability of the body, primarily targeting the erector spinae and quadratus lumborum.

【Starting Position】

① Stand with your left side facing the handle, clasp both hands together and hold the handle above your head, with arms fully extended.

② Keep your torso stable, legs straight, and body aligned from head to toe. Tilt slightly outward at an appropriate angle, keeping your feet together and ensuring the handle is taut and angled.

【Exercise Instructions】

① Keeping your feet in place, swing your hips to the right, allowing your body to bend to the left.

② Keep your right arm straight and return to **the Starting Position**, then repeat the prescribed number of reps.

③ Switch to the other side and repeat the above steps.

【Key Points】

① Keep your chest up, back straight, and abs engaged, with legs fully extended.

② Avoid bending the hips or arching the lower back.



5.5 Trunk Rotation

【Targeted Muscle Groups】

Enhances the rotational stability of the body, primarily targeting the rectus abdominis, internal obliques, and external obliques.

【Starting Position】

- ① Stand facing the handle, clasp both hands together and hold the handle with arms fully extended in front of your chest.
- ② Keep your torso stable, legs straight, and body aligned from head to toe. Lean back at an appropriate angle, keeping your feet together and ensuring the handle is taut.

【Exercise Instructions】

- ① Keep your arms fully extended and rotate your torso, bringing your arms to the right side until you're facing the right.
- ② Return to **the Starting Position**, then repeat the prescribed number of reps.
- ③ Switch to the other side and repeat the above steps.

【Key Points】

- ① Keep your chest up, back straight, and abs engaged, with arms fully extended.
- ② Avoid arching the lower back or sticking out your hips.



5.6 Plank Knee Tuck

【Targeted Muscle Groups】

Enhances rotational stability, primarily targeting the iliopsoas, serratus anterior, rectus abdominis, transverse abdominis, and shoulder muscles.

【Starting Position】

①Begin in a plank position with your feet placed on the handles, arms fully extended, and hands positioned slightly wider than shoulder-width apart.

②Keep your body in a straight line from head to ankle.

【Exercise Instructions】

①Keep your torso stable, then flex your hips and knees to bring your thighs toward the ground until they are parallel to the floor.

②Return to **the Starting Position**, and repeat for the prescribed number of reps.

【Key Points】

①Keep your chest up and back straight, avoiding any body sway.

②Engage your core and avoid arching your back or lifting your hips.

③Keep your shoulders stable, with your shoulder joints directly above your wrists.



5.7 Plank Side Knee Tuck

【Targeted Muscle Groups】

Enhances rotational stability, primarily targeting the iliopsoas, serratus anterior, rectus abdominis, transverse abdominis, and shoulder muscles.

【Starting Position】

① Begin in a plank position with your feet placed on the handles, arms fully extended, and hands positioned slightly wider than shoulder-width apart.

② Keep your body in a straight line from head to ankle.

【Exercise Instructions】

① Flex your hips and knees, bringing both knees toward your left shoulder.

② Return to **the Starting Position**, then switch sides and repeat the movement.

【Key Points】

① Keep your chest up and back straight, ensuring your body remains stable.

② Engage your core and avoid arching your back or lifting your hips.

③ Keep your shoulders stable throughout the exercise.



5.8 Single-Side Plank Side Bridge

【Targeted Muscle Groups】

Enhances rotational stability, primarily targeting the serratus anterior, rectus abdominis, transverse abdominis, internal obliques, external obliques, erector spinae, and quadratus lumborum.

【Starting Position】

①Begin in a side plank position with your right elbow on the ground and your left hand placed on your hip.

②Place your feet staggered, with each foot positioned on one of the handles, keeping your legs straight and your body aligned from shoulder to ankle.

【Exercise Instructions】

①Lower your hips toward the ground.

②Return to **the Starting Position** and repeat the movement.

③Switch to the other side and repeat the steps.

【Key Points】

①Keep your chest lifted, back straight, and core engaged with legs extended.

②Avoid sagging your lower back or lifting your hips.

③Maintain shoulder stability, ensuring the elbow is directly under the shoulder throughout the exercise.



5.9 Single-Side Plank Side Bridge with Rotation

【Targeted Muscle Groups】

Enhances rotational stability, primarily targeting the serratus anterior, rectus abdominis, transverse abdominis, internal obliques, external obliques, erector spinae, and quadratus lumborum.

【Starting Position】

① Start in a side plank position with your right hand on the ground, and your left arm extended straight up in a line with your body.

② Place your feet staggered, each foot on one of the handles, keeping your legs straight and your body aligned from shoulder to ankle.

【Exercise Instructions】

① Bring your left arm inward, rotating your torso to the right, and reach your left hand under your right armpit.

② Return to **the Starting Position** and repeat the movement.

③ Switch to the other side and repeat the steps.

【Key Points】

① Keep your chest lifted, back straight, and core engaged.

② During the rotation, maintain shoulder stability, ensuring that the shoulder on the supporting arm remains directly above the wrist.



5.10 Standing Single-Side Front Push

【Targeted Muscle Groups】

Enhances rotational stability, primarily targeting the rectus abdominis, internal obliques, external obliques, transverse abdominis, and pectoralis major.

【Starting Position】

Stand with your right side facing the handle, adopting a basic athletic stance. Hold the handle with both hands in a prayer position in front of your chest.

【Exercise Instructions】

- ① Push the handle forward along a horizontal plane until both arms are fully extended.
- ② Pull the arms back to **the Starting Position**, and repeat the movement.
- ③ Switch to the other side and repeat the steps.

【Key Points】

- ① Keep your chest lifted, back straight, and core engaged.
- ② Avoid letting your knees extend past your toes or rotate inward.



5.11 Lunge Single-Side Front Push

【Targeted Muscle Groups】

Enhances rotational stability, primarily targeting the rectus abdominis, internal obliques, external obliques, transverse abdominis, and pectoralis major.

【Starting Position】

Stand in a low split stance with your right side facing the handle, right leg in front. Hold the handle with both hands in a prayer position in front of your chest.

【Exercise Instructions】

- ① Push the handle forward along a horizontal plane until both arms are fully extended.
- ② Pull the arms back to **the Starting Position**, and repeat the movement.
- ③ Switch to the other side and repeat the steps.

【Key Points】

Ensure that your front knee does not extend past your toes or rotate inward.



5.12 Lunge Diagonal Downward Chop

【Targeted Muscle Groups】

Enhances rotational stability, primarily targeting the rectus abdominis, internal obliques, external obliques, and transverse abdominis.

【Starting Position】

Stand in a low split stance with your right side facing the cable, right leg forward. Hold the handle above your head, slightly wider than shoulder-width, with your right arm fully extended.

【Exercise Instructions】

① Pull both arms diagonally downwards to the left side of your waist, bringing your right hand down to chest height and fully extending your left arm.

② Keep your gaze forward and push the handle horizontally to the right until your right arm is fully extended.

③ Return your right hand to chest level and return to **the Starting Position**, repeating the movement for the specified number of reps.

④ Switch sides and repeat the steps.

【Key Points】

Ensure that your front knee does not extend past your toes or rotate inward.



5.13 Kneeling Diagonal Upward Chop

【Targeted Muscle Groups】

Enhances rotational power and improves energy transfer efficiency in the kinetic chain, primarily developing the rectus abdominis, internal obliques, external obliques, and transverse abdominis.

【Starting Position】

Kneel on your right knee with your left leg forward. Turn your chest towards the right side. Hold the handle with both hands in front of your body, slightly wider than shoulder-width, with your right arm fully extended.

【Exercise Instructions】

①Lift both arms diagonally towards the left shoulder, bringing the handle above your head to the left side while extending your arms fully. At the same time, rotate your chest quickly to the left side.

②Return to **the Starting Position** and repeat the movement for the specified number of reps.

③Switch sides and repeat the steps.

【Key Points】

①Keep your chest up, back straight, and abdominal muscles engaged. Ensure your body does not sway.

②Keep your hips facing forward during the rotation.

③The knee of your front leg should not extend past your toes or rotate inward.



5.14 Lunge Diagonal Upward Chop

【Targeted Muscle Groups】

Enhances rotational explosive power and improves energy transfer efficiency in the kinetic chain, primarily developing the rectus abdominis, internal obliques, external obliques, and transverse abdominis.

【Starting Position】

Assume a low lunge stance with your right side facing the cable machine, left leg in front. Turn your chest to the right side. Hold the cable handle in front of your body, with your hands slightly wider than shoulder-width, and extend your right arm fully.

【Exercise Instructions】

① Raise both arms diagonally toward the left shoulder, lifting the handle to the top left side of your head with both arms fully extended. Simultaneously, rotate your chest quickly to the left side.

② Return to **the Starting Position** and repeat the movement for the specified number of reps.

③ Switch sides and repeat the steps.

【Key Points】

① Keep your chest up, back straight, and abdominal muscles engaged. Avoid swaying your body.

② Keep your hips facing forward during the rotation.

- ③The knee of your front leg should not extend past your toes or rotate inward.



5.15 Seated Rotational Rear Pull

【Targeted Muscle Groups】

Enhances rotational explosive power, improves energy transfer efficiency in the kinetic chain, and strengthens rotational stability. Primarily develops the trapezius, rectus abdominis, internal obliques, external obliques, and transverse abdominis.

【Starting Position】

Sit on a bench with your right side facing the rope attachment, hips facing forward, and chest rotated to the right. Grip the rope with your left hand and place it outside your right knee, with your right arm fully extended.

【Exercise Instructions】

①Quickly rotate your chest to face forward, pulling the rope toward your left abdomen.

②Keep the rope near your left abdomen and rotate your chest rapidly to the right side.

③Return to **the Starting Position** and repeat the movement for the specified number of reps.

④ Switch sides and repeat the steps.

【Key Points】

①Maintain a proud chest, a straight back, and engage your abdominal muscles.

②Keep your hips facing forward during the rotation.



5.16 Supine Resistance Band Crunch

【Targeted Muscle Groups】

Primarily develops the rectus abdominis and transverse abdominis.

【Starting Position】

①Lie on your back with your arms crossed over your chest and hands gripping the handles.

②Keep your body flat on the bench.

【Exercise Instructions】

①Raise your shoulders and upper back as high as possible.

②Tighten your abs and crunch as deeply as you can.

③Lower your torso back down, returning to **the Starting Position**, and repeat for the specified number of reps.

【Key Points】

①Keep your feet flat on the ground, with your feet shoulder-width apart.

②Engage your abs, and ensure your lower back stays pressed against the bench.



5.17 Kneeling Cable Crunch

【Targeted Muscle Groups】

Primarily develops the rectus abdominis and transverse abdominis.

【Starting Position】

①Face the machine and kneel in front of the cable system, sitting back onto your heels.

②Grip the handles, ensuring your elbows are aligned with your ears and your torso is upright.

【Exercise Instructions】

①Keep your lower back stable, and slowly bend your shoulders downward, pulling your elbows toward your knees.

②Tighten your abs and crunch as deeply as possible.

③Raise your torso back up to return to **the Starting Position**, and repeat for the specified number of reps.

【Key Points】

①Keep your feet and knees hip-width apart.

②Tighten your abs as you exhale, and inhale as you extend your torso upwards.



5.18 Cable Side Bend

【Targeted Muscle Groups】

Primarily develops the internal and external obliques, erector spinae, etc.

【Starting Position】

- ① Stand sideways to the machine, with your body facing the cable system.
- ② Grip the handle with one hand and let it hang naturally by the outside of your thigh, taking a small step away from the machine.

【Exercise Instructions】

- ① Bend your torso as far as possible toward the side away from the machine.
- ② Tighten the internal and external obliques, along with the erector spinae, and bend as deeply as you can.
- ③ Raise your torso back up to **the Starting Position**, and repeat for the specified number of reps.

【Key Points】

- ① Keep your feet shoulder-width apart and your torso upright.
- ② Tighten your abs as you exhale, and inhale as you extend your torso back up.



5.19 Cable Torso Rotation

【Targeted Muscle Groups】

Primarily develops the rectus abdominis, transverse abdominis, internal and external obliques, etc.

【Starting Position】

① Stand sideways to the machine, facing the cable system, with your torso upright and eyes looking straight ahead.

② Hold the handle with both hands, arms fully extended, keeping your hands and elbows in line with your chest and parallel to the ground.;

【Exercise Instructions】

① Keep your abdominal muscles tight throughout the movement.

② Rotate your torso away from the machine, until your arms align with the cable pull.

【Key Points】

① Place your feet slightly wider than shoulder-width apart, with your toes slightly pointing outward.

② Inhale as you rotate, and exhale as you return to the starting position.



5.20 Hanging Leg Raise

【Targeted Muscle Groups】

Primarily develops the rectus abdominis and transverse abdominis.

【Starting Position】

- ① Grip the pull-up bar with both hands, allowing your body to fully stretch out.
- ② Keep your body straight, eyes facing forward.

【Exercise Instructions】

- ① Tighten your lower abdomen and raise your legs with straight knees.
- ② Lift your legs until they are parallel to the ground.
- ③ Lower your legs back to the starting position and repeat for the specified number of reps.

【Key Points】

- ① Ensure the pull-up bar is at a high enough position so that your body is suspended and feet are off the ground.
- ② Control your body's stability during the exercise, avoiding any swinging.
- ③ Exhale as you tighten your abs and lift your legs, inhale as you lower them back down.



5.21 Back Extension

【Targeted Muscle Groups】

Primarily develops the erector spinae and gluteus maximus.

【Starting Position】

①Lie face down on a fitness bench, with your hips hanging off the edge and your legs straight, feet fixed under the bar.

②Lean your torso forward, crossing your arms in front of your chest.

【Exercise Instructions】

①Engage the hamstrings and hip muscles to initiate the movement.

②Extend your hips and lift your torso upward.

③Lower your torso back down until it's parallel to the ground, returning to the starting position. Repeat for the specified number of reps.

【Key Points】

①At the end of the movement, ensure your shoulders are aligned with your hips.

②Inhale as you engage your muscles and exhale as you return to the starting position.



6. Lower body-Specific Movements (Total: 14)

6.1 Squat

【Targeted Muscle Groups】

Primarily develops the quadriceps, glutes, hamstrings, and adductors.

【Starting Position】

Stand upright with a wide stance, toes pointing outward at an angle of approximately 45°. Hold the barbell with both hands, placed on the shoulders behind the neck, with a grip slightly wider than shoulder-width.

【Exercise Instructions】

① Lock the shoulders, bend at the hips and knees, lowering the body until the thighs are parallel to the floor.

② Stand up quickly, returning to **the Starting Position**, and repeat for the prescribed number of repetitions.

【Key Points】

① Keep the chest up, back straight, and engage the core.

② Do not let the knees go past the toes or collapse inward, and ensure the heels stay on the ground.



6.2 Single-Leg Squat

【Targeted Muscle Groups】

Primarily develops the glutes, quadriceps, and hamstrings.

【Starting Position】

Stand upright on one leg, with the right leg suspended off the ground, holding the barbell with both hands.

【Exercise Instructions】

① Push the hips back, bending the left knee to squat down until the thigh is parallel to the ground.

② Quickly stand up, returning to **the Starting Position**, and repeat for the prescribed number of repetitions.

③ Switch to the other leg and repeat the steps.

【Key Points】

① Keep the chest up, back straight, and engage the core.

② Maintain the pelvis level with the shoulders.

③ Control the descent, keeping the elevated foot off the ground.

④ Ensure the knee of the supporting leg does not extend past the toes or collapse inward, and the heel stays on the ground.



6.3 Bulgarian Split Squat

【Targeted Muscle Groups】

Primarily develops the glutes, quadriceps, and hamstrings.

【Starting Position】

Stand upright on one leg, with the left foot placed on the handle behind you.

【Exercise Instructions】

① Push the hips back, bending the right knee to squat down until the thigh is parallel to the ground.

② Quickly stand up, returning to **the Starting Position**, and repeat for the prescribed number of repetitions.

③ Switch to the other leg and repeat the steps.

【Key Points】

① Keep the chest up, back straight, and engage the core.

② Maintain the pelvis level with the shoulders.

③ Control the descent, keeping the elevated foot off the ground.

④ Ensure the knee of the supporting leg does not extend past the toes or collapse inward, and the heel stays on the ground.



6.4 Single-Leg Squat on Bench

【Targeted Muscle Groups】

Primarily develops the glutes, quadriceps, and hamstrings.

【Starting Position】

Stand upright on one leg at the edge of a bench that is about knee height, with the left leg suspended in the air, and grip the barbell with both hands.

【Exercise Instructions】

① Push the hips back and bend the right knee to squat down until the thigh is parallel to the ground.

② Quickly stand up, returning to **the Starting Position**, and repeat for the prescribed number of repetitions.

③ Switch to the other leg and repeat the steps.

【Key Points】

① Keep the chest up, back straight, and engage the core.

② Maintain the pelvis level with the shoulders.

③ Control the descent and keep the elevated foot suspended.

④ Ensure the knee of the supporting leg does not extend past the toes or collapse inward, and the heel stays on the ground.



6.5 Side Suspension Single-Leg Squat

【Targeted Muscle Groups】

Primarily develops the quadriceps, core muscles, glutes, adductors, and hamstrings.

【Starting Position】

Stand upright on one leg with the left foot placed inside the handle, positioned at the side of the body. Both legs should be straight, and your hands should be clasped together in front of the chest.

【Exercise Instructions】

①Keep the left leg straight, push the hips back, and bend the right knee to squat down until the thigh is parallel to the ground.

②Quickly stand up and return to **the Starting Position**, repeating for the prescribed number of repetitions.

③Switch to the other leg and repeat the steps.

【Key Points】

①Keep the chest up, back straight, and engage the core.

②Maintain the pelvis level with the shoulders.

③Keep your weight centered on the supporting leg.

④Ensure the knee of the supporting leg does not extend past the toes or collapse inward, and the heel stays on the ground.



6.6 Smith Weighted Step-Up on Bench

【Targeted Muscle Groups】

Primarily develops the glutes, quadriceps, and hamstrings.

【Starting Position】

Position the gym bench at knee height. Stand facing the bench with your right foot placed on top of it. The left foot should be one step away from the bench. Hold the barbell behind your neck, with a grip slightly wider than shoulder width.

【Exercise Instructions】

① Keep your torso upright, push down with the right foot, and step up onto the bench until the right leg is fully extended, leaving the left foot off the ground.

② Lower your right leg by bending the knee until the left foot touches the ground, then return to **the Starting Position**. Repeat for the prescribed number of repetitions.

③ Switch to the other side and repeat the steps.

【Key Points】

① Keep your chest up, back straight, and engage your core.

② Ensure the pelvis is level with the shoulders.

③ Maintain balance and control the speed of your body's center of gravity movement.

④ Avoid allowing the knee to extend past the toes or collapse inward.



6.7 Resistance Band Step-Up on Bench

【Targeted Muscle Groups】

Primarily develops the glutes, quadriceps, and hamstrings.

【Starting Position】

Position the gym bench at knee height. Stand facing the bench with your right foot placed on top of it. The left foot should be one step away from the bench. Hold the resistance band handles with straight arms at your sides.

【Exercise Instructions】

① Keep your torso upright, push down with the right foot, and step up onto the bench until the right leg is fully extended, leaving the left foot off the ground.

② Lower your right leg by bending the knee until the left foot touches the ground, then return to **the Starting Position**. Repeat for the prescribed number of repetitions.

③ Switch to the other side and repeat the steps.

【Key Points】

① Keep your chest up, back straight, and engage your core.

② Ensure the pelvis is level with the shoulders.

③ Maintain balance and control the speed of your body's center of gravity movement.

④ Avoid allowing the knee to extend past the toes or collapse inward.



6.8 Deadlift

【Targeted Muscle Groups】

Primarily develops the glutes, erector spinae, and hamstrings.

【Starting Position】

Begin in a squat position with your feet placed parallel and slightly wider than hip-width apart. Hold the barbell with a pronated grip (palms facing you), slightly wider than shoulder-width. The barbell should be close to your shins.

【Exercise Instructions】

① Keeping the barbell close to your legs, lift it vertically by driving your hips forward and standing up in a controlled manner until your body is fully upright.

② Lower the barbell back down in a controlled manner, returning to **the Starting Position**. Repeat for the prescribed number of repetitions.

【Key Points】

① Maintain a proud chest and a straight back, pulling your shoulders back, retracting your shoulder blades, and engaging your core.

② Throughout the lift, keep the barbell close to your legs.



6.9 Romanian Deadlift

【Targeted Muscle Groups】

Primarily develops the glutes, erector spinae, and hamstrings.

【Starting Position】

Stand with your feet shoulder-width apart, holding the barbell in both hands with an overhand grip, arms fully extended in front of you.

【Exercise Instructions】

①Keep a slight bend in your knees, push your hips back, and lower your upper body forward until it is nearly parallel to the floor.

②Drive your hips forward and lift the barbell by standing up straight, returning to **the Starting Position**. Repeat for the prescribed number of repetitions.

【Key Points】

①Maintain a proud chest, straight back, and engage your core, while retracting your shoulder blades.

②Keep the barbell close to your legs throughout the movement, and keep a slight bend in your knees.



6.10 Single-Leg Romanian Deadlift

【Targeted Muscle Groups】

Primarily develops the glutes, erector spinae, and hamstrings.

【Starting Position】

Stand on one leg, with your right leg suspended. Hold the barbell with both hands, naturally hanging in front of your body, with your grip slightly wider than shoulder-width, and arms fully extended.

【Exercise Instructions】

① Keep your arms hanging naturally as you hinge at the left hip, lifting the right leg straight behind you while leaning your torso forward, until your body and right leg are nearly parallel to the ground. Keep a slight bend in the left knee.

② Lower the right leg and return your body to **the Starting Position**. Repeat for the prescribed number of repetitions.

【Key Points】

① Keep your torso and lifted leg moving in sync throughout the movement.

② Maintain a slight bend in the knee of the supporting leg during the exercise.



6.11 Double-Leg Glute Bridge

【Targeted Muscle Groups】

Improves energy transfer efficiency in the kinetic chain and develops overall explosive power, primarily targeting the glutes, erector spinae, and hamstrings.

【Starting Position】

Lie on your back on the floor, with your hands placed by your sides, palms facing up. Keep your legs extended and place your heels on a set of handles or a raised surface.

【Exercise Instructions】

① Maintain the hip joint angle and bend your knees, using your heels to pull the handles towards your glutes, until your knees form a 90-degree angle.

② Extend your knees, pushing the handles away from your glutes, and return to **the Starting Position**. Repeat for the prescribed number of repetitions.

【Key Points】

Keep your chest lifted, your back straight, with shoulder blades retracted and your core engaged.



6.12 Single-Leg Glute Bridge

【Targeted Muscle Groups】

Improves energy transfer efficiency in the kinetic chain and develops overall explosive power, primarily targeting the glutes, erector spinae, and hamstrings.

【Starting Position】

Lie on your back on the floor, with your hands placed by your sides, palms facing up. Extend your right leg and place your heel on a set of handles (both handles are tied together). Keep your left leg bent at a 90-degree angle at the hip and knee, with your ankle at a 90-degree angle.

【Exercise Instructions】

① Maintain the hip joint angle and bend your right knee, using your heel to pull the handles towards your glutes until your knee forms a 90-degree angle.

② Extend your right knee, pushing the handles away from your glutes, and return to **the Starting Position**. Repeat for the prescribed number of repetitions.

【Key Points】

Keep your chest lifted, your back straight, with shoulder blades retracted and your core engaged.



6.13 Barbell Standing Calf Raise

【Targeted Muscle Groups】

Primarily targets the gastrocnemius (calf muscles).

【Starting Position】

- ① Stand upright with your knees fully extended and your body straight.
- ② Grip the barbell with both hands, allowing it to rest naturally behind your body.

【Exercise Instructions】

- ① Keep your arms stationary and perform the calf raise by lifting your heels off the ground.
- ② Lower your heels back to the starting position, and repeat for the prescribed number of repetitions.

【Key Points】

Keep your chest lifted, your back straight, and your core engaged. Avoid any body swaying during the movement.



6.14 Weighted Toe Raise

【Targeted Muscle Groups】

Primarily targets the tibialis anterior (shin muscles).

【Starting Position】

① Sit upright on the fitness bench, facing the equipment, with your torso straight and eyes looking forward.

② Place one leg on the bench, securing the handle over the top of the foot, and use your hands to support your body behind you.

【Exercise Instructions】

① Perform a dorsiflexion (toe raise) by lifting your toes upwards against the resistance of the band.

② The direction of the toe movement should align with the line of resistance. When the tibialis anterior is fully contracted, slowly return to the starting position and repeat for the prescribed number of repetitions.

【Key Points】

① The resistance point should be below the foot.

② Inhale while exerting force, and exhale when returning to the starting position.

