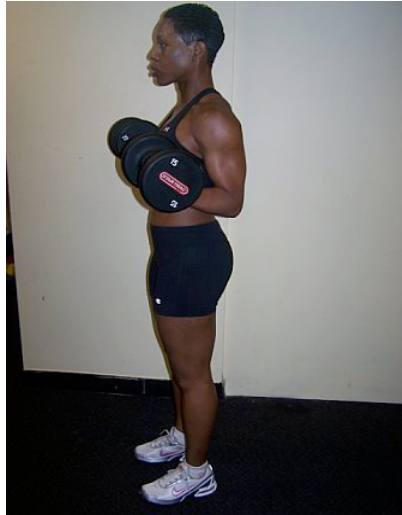


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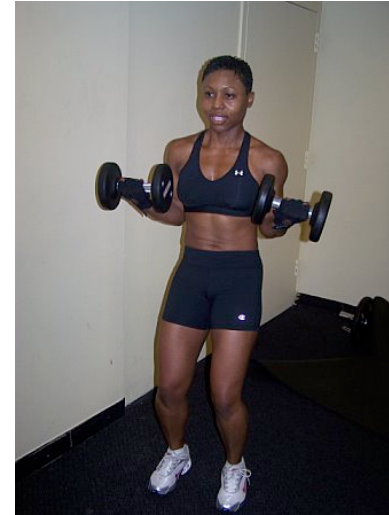
Biceps



This is a proper bicep curl position: shoulders back and down (relaxed), elbows at your sides.



What can be done to make a bicep routine more effective while standing...?



...a slight bend in the knees will make the standing bicep more effective.

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Triceps



This is the proper starting position for a tricep kickback. Shoulders are down and pinched in the back, knees slightly bent.



This is a proper tricep kickback second position. Shoulders are still down and pinched. Arms extended. Elbows do not move.



The final position is a return to the start position. Notice shoulders and elbows.

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Lunges



This is a proper lunge position. To start, stand straight without locking knees or elbows. Step forward into position shown above. Return to start position.



Here is a back-view. Notice shoulders are down and squeezed together in the back

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Push-ups



Start with hands spread shoulder-length apart. Legs may be crossed or separated. Spread fingers for more support. Body should always be straight.



Notice entire body lifts, not just upper body. After count, return to start position.

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DeadLifts



Squat with feet and knees together. Arms are at your sides at all times. Back straight.



With back still straight, use your muscles to return to an upright position.