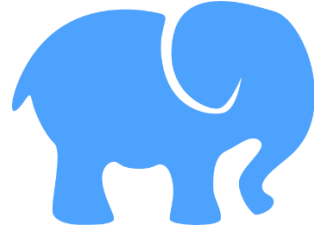


The Big D



IN ASSOCIATION WITH

MemoryFit 

The text "MemoryFit" is in a purple serif font. To its right is a grey icon of a human head in profile, facing right, with a brain inside and a sunburst of lines above it.

Exercise Booklet

Fit Body, Fit Mind

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Section A: Chest Exercises

1. Ball/Palm Squeeze



Instructions:

- While standing or sitting, place your hands together in front of you, palms facing each other (with or without a ball)
- Point your elbows out to the side and press your palms together
- Hold for 3-5s
- Breathe continuously

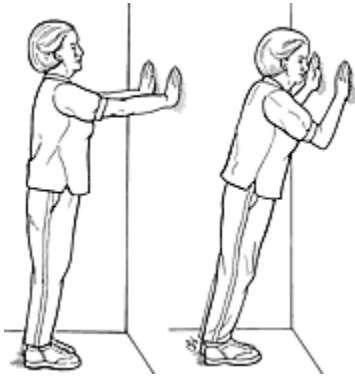
2. Chest Press with band



Instructions:

- While standing, place band around your back just beneath your arms. Hold the band at mid-chest level
- Extend your elbows slowly and flex your shoulders out to the front
- Return to starting position slowly

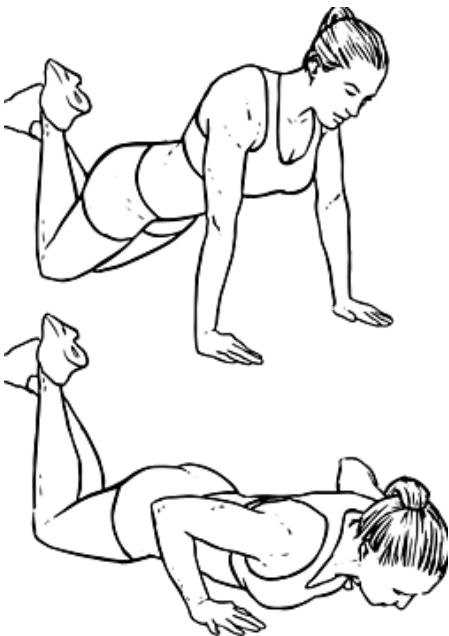
3. Wall Push-Ups



Instructions:

- Place your feet one comfortable step away from the wall, hip-width apart
- Place your hands at chest height on the wall, shoulder-width apart
- Bend your elbows and keep your head facing the wall
- Straighten your arms slowly and return to starting position

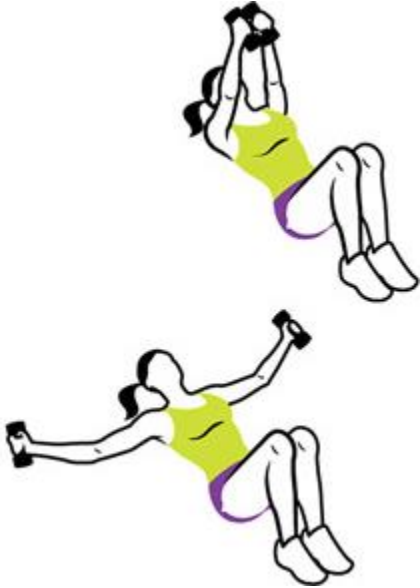
4. Push-Ups on Knees



Instructions:

- Get down on your knees with your hands on the floor shoulder-width apart
- Bend your elbows and lower your chest to the floor
- Straighten your arms slowly and return to starting positions
- Keep a straight alignment from your knees to your head

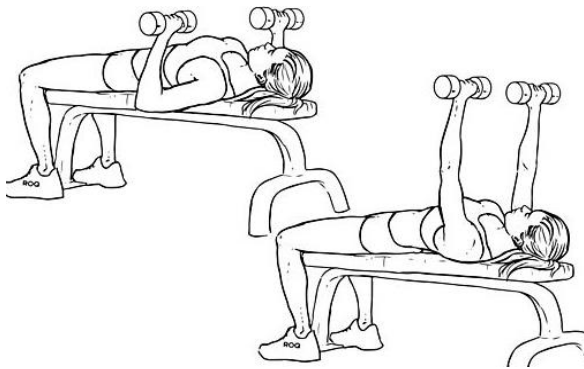
5. Chest Fly



Instructions:

- Lie on your back and extend your arms out to either side, palms facing up holding a dumbbell in each hand. Keep your elbows slightly bent
- Bring your arms together up in front of your chest
- Slowly lower your arms back to the starting position

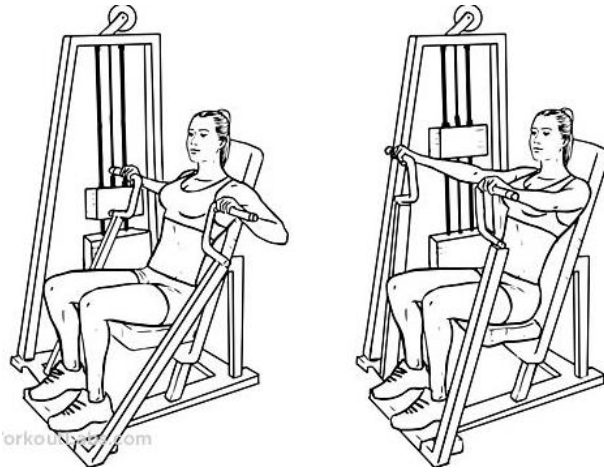
6. Bench Press with DB



Instructions:

- Lying on your back on a bench or on the floor, hold a dumbbell in each hand, palms facing forward
- Extend your elbows to the side, bending at 90°
- Extend your arms straight up, but don't lock your arms out (keep elbows slightly bent)
- Slowly lower the weights back down to starting position

7. Chest Press Machine



Instructions:

- Sitting up straight with your feet flat on the floor, place both hands on the hand holds
- Extend your elbows out to press forward (keeping your elbows slightly bent)
- Slowly return to starting position