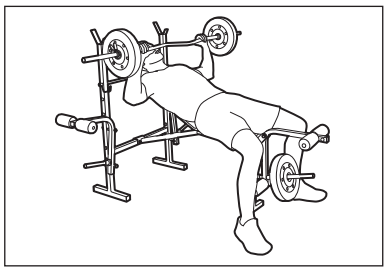
BARBELL EXERCISE GUIDE

Men'sHealth Active+

Begin each workout with 5-10 min of stretching and light exercise to warm up the muscles. Always use a spotter for safety when using exercise with heavy weights. Never use weight set without securing weights with the weight collars. Before starting regiment, lift barbell/dumbbell without plates to familiarize yourself with the exercise routine is recommended. Maintaining proper form is an essential part of an effective exercise regiment. This requires moving through in full range of motion and repeating exercises in smooth motions without pausing. Proper breathing is essential. Never hold your breath.

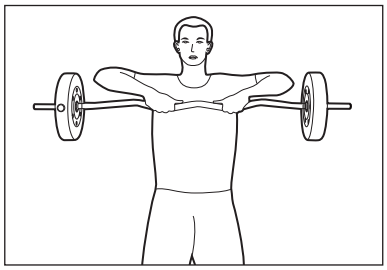
Regular Bench Press



- Use spotter (weight bench required, not included)

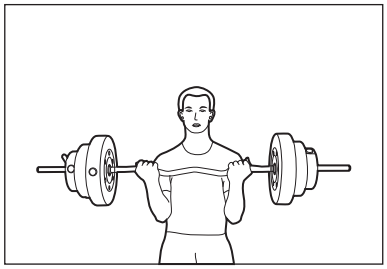
Lie on bench with back flat against back pad & hold the barbell with an overhand grip. Lift barbell above head with arm extended without locking elbows. Slowly lower barbell until touching your chest. Return slowly to starting position. For incline bench press follow same instructions but adjust back rest to desired incline position.

Upright Row (Use spotter)



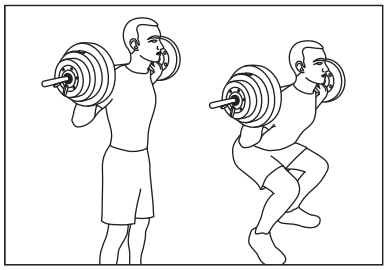
First, spread legs shoulder-width apart and hold bar with an overhand grip as showed. Start with barbell hanging directly in front of you with arms fully extended downward. Keep the bar close to your body, lift the bar until elbows and forearms are level with the ground. Lower weights slowly back to starting position. Repeat.

Standing Curl



Starting position with underhand grip of barbell hanging down with arms fully extended downward. Stand hip-width apart. Curl the barbell toward your chest keeping elbows locked close to your sides. Squeeze biceps at the peak of the movement for one count. Lower barbell slowly to start position and repeat.

Squat (Use spotter)



Select desired weight. Stand with your feet a shoulder-width apart. Keep head looking straight ahead. With an overhand grip, carefully barbell overhead and rest above shoulder/neck area while keeping back straight. In a controlled manner, squat down until thighs are almost parallel to the floor. Then lift back up to original position.

Caution!

1. These dumbbell exercises are not suitable for children below age 15.
2. They are not TOYs. Please keep dumbbell out of reach of children.
3. Please just use the supplied weights.
4. Any use in commercial environment will invalidate all and any guarantee.
   This product is not suitable for therapeutic purposes.

Customer service address:

Argos Ltd.,
489 - 499 Avebury Boulevard Central,
Milton Keynes, MK9 2NW
Customer contact number: 0345 640 2020
www.argos-support.co.uk