

Module 3: High Performance Machinery


Topic 1 Content: Weight-Training Exercises

Introduction

Weight-Training Exercises

Introduction

Click the numbers at the bottom of the screen to learn about various weight-training exercises.



A woman with dark hair, wearing a white tank top, is shown in profile from the waist up. She is holding a blue dumbbell with her right hand, performing a bicep curl. The dumbbell has the number '5' on it. The background is a plain, light-colored wall.

1 2 3 4 5 6 7 8 9 10 11

Click the numbers at the bottom of the screen to learn about various weight-training exercises.

Module 3: High Performance Machinery

Topic 1 Content: Weight-Training Exercises

Ball Dumbbell Chest Press

Weight-Training Exercises

Ball Dumbbell Chest Press

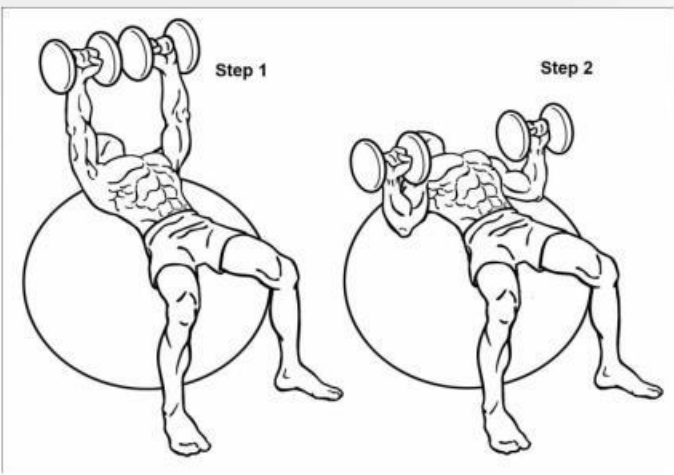


Image source: [Everkinetic](#)

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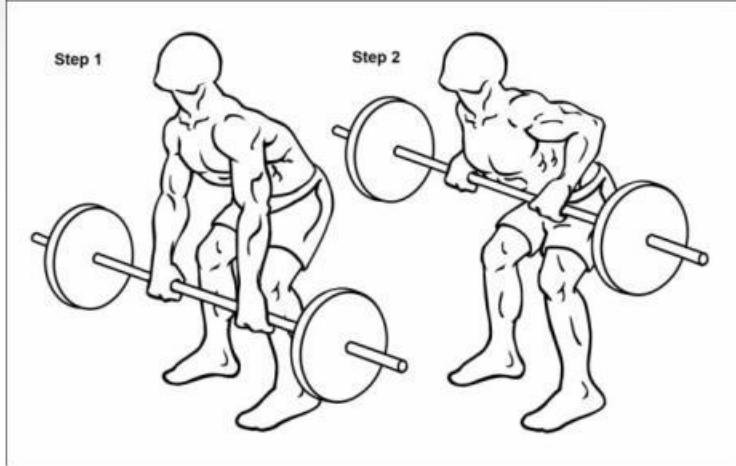
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Topic 1 Content: Weight-Training Exercises

Standing Dumbbell Row

Weight-Training Exercises

Standing Dumbbell Row



Step 1

Step 2

Image source: [Everkinetic](#)

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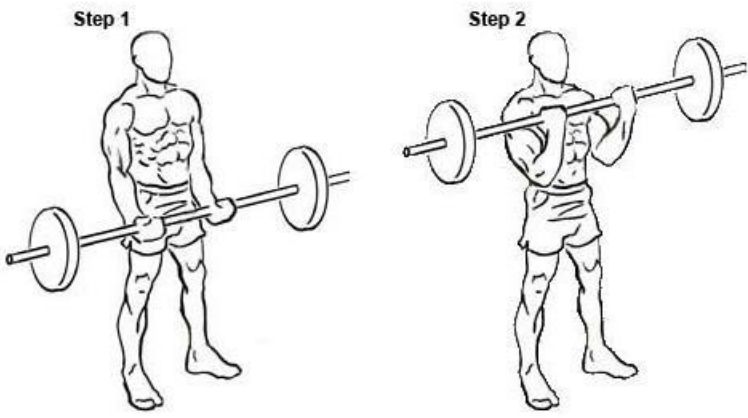
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Topic 1 Content: Weight-Training Exercises

Standing Biceps Curl

Weight-Training Exercises

Standing Biceps Curl



Step 1

Step 2

Image source: [Everkinetic](#)

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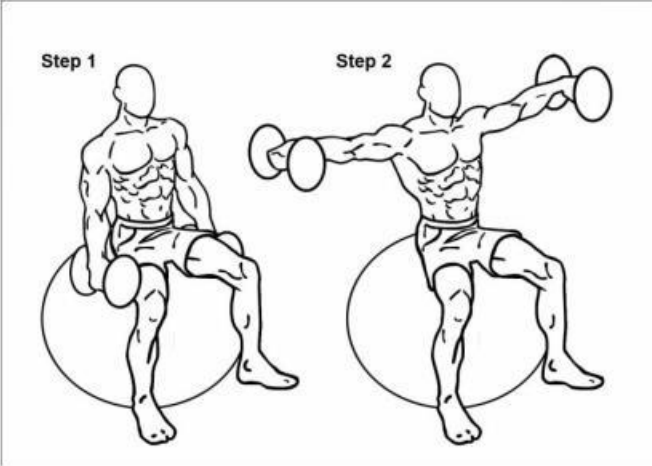
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Topic 1 Content: Weight-Training Exercises

Ball Seated Abduction - Lateral Raise

Weight-Training Exercises

Ball Seated Abduction - Lateral Raise



Step 1

Step 2

Image source: [Everkinetic](#)

1 2 3 4 5 6 7 8 9 10 11

Module 3: High Performance Machinery

Topic 1 Content: Weight-Training Exercises

Ball Seated Abduction - Forward Raise

Weight-Training Exercises

Ball Seated Abduction - Forward Raise

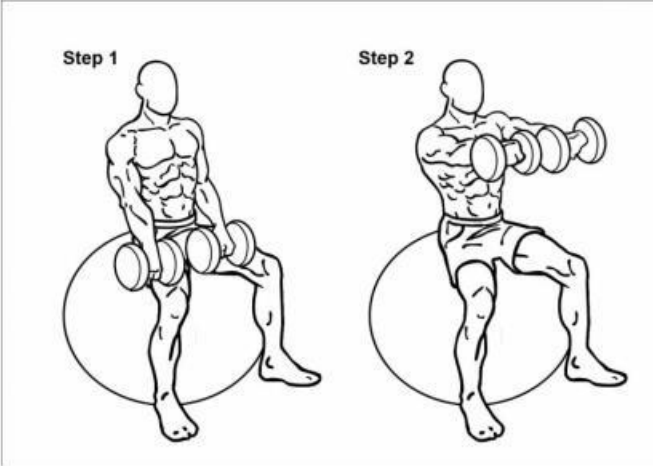


Image source: [Everkinetic](#)

1 2 3 4 5 6 7 8 9 10 11

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Topic 1 Content: Weight-Training Exercises

Ball Seated Abduction - Diagonal (45 Degree) Raise

Weight-Training Exercises

Ball Seated Abduction - Diagonal (45 Degree) Raise

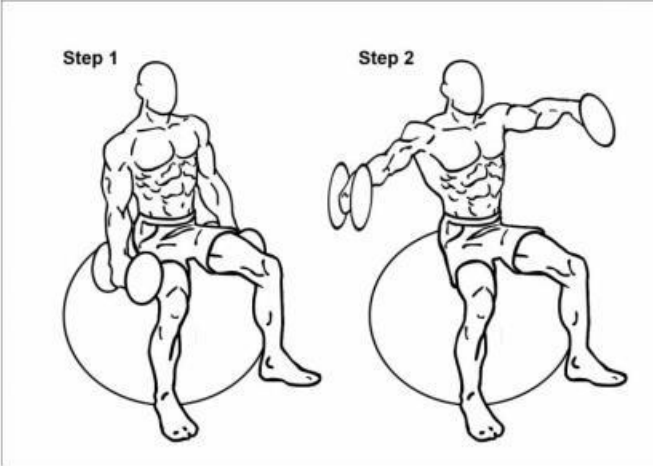


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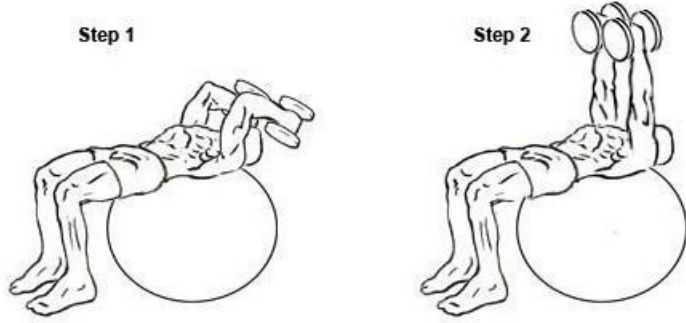
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Topic 1 Content: Weight-Training Exercises

Ball Triceps Extension

Weight-Training Exercises

Ball Triceps Extension



Step 1

Step 2

Image source: [Everkinetic](#)

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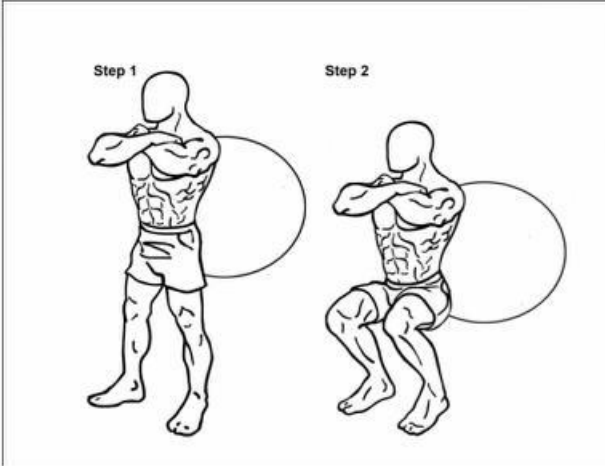
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Topic 1 Content: Weight-Training Exercises

Ball Wall Squats

Weight-Training Exercises

Ball Wall Squats



Step 1

Step 2

Image source: [Everkinetic](#)

1 2 3 4 5 6 7 8 9 10 11

Module 3: High Performance Machinery

Topic 1 Content: Weight-Training Exercises

Floor Bridge

Weight-Training Exercises

Floor Bridge



Step 1

Step 2

Image source: [Everkinetic](#)

1 2 3 4 5 6 7 8 9 10 11

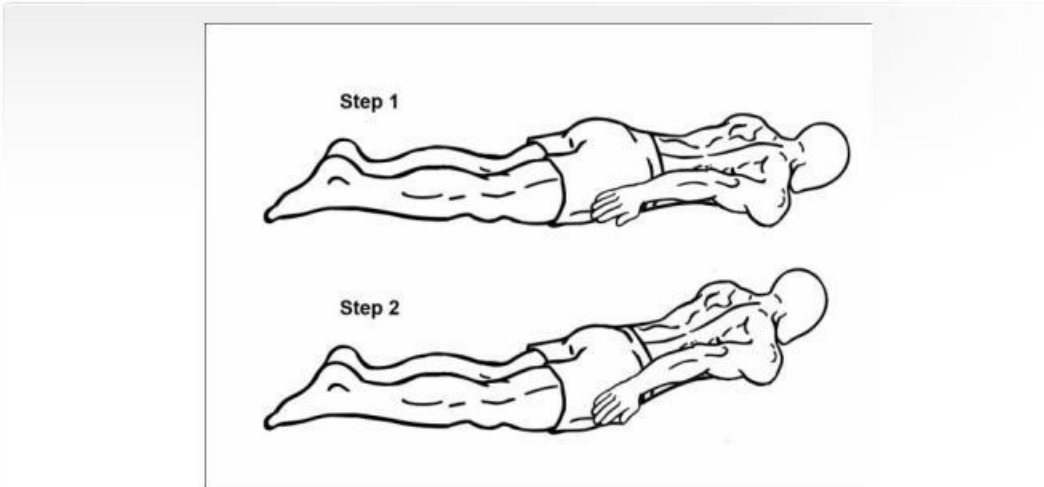
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Topic 1 Content: Weight-Training Exercises

Floor Cobra

Weight-Training Exercises

Floor Cobra



Step 1

Step 2

Image source: [Everkinetic](#)

1 2 3 4 5 6 7 8 9 10 11

Module 3: High Performance Machinery

Topic 1 Content: Weight-Training Exercises

Single-Leg Balance (On One Foot)

Weight-Training Exercises

Single-Leg Balance (On One Foot)




Image source: [Everkinetic](#)

1 2 3 4 5 6 7 8 9 10 11