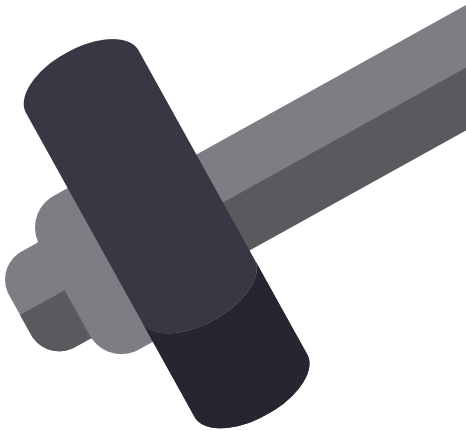
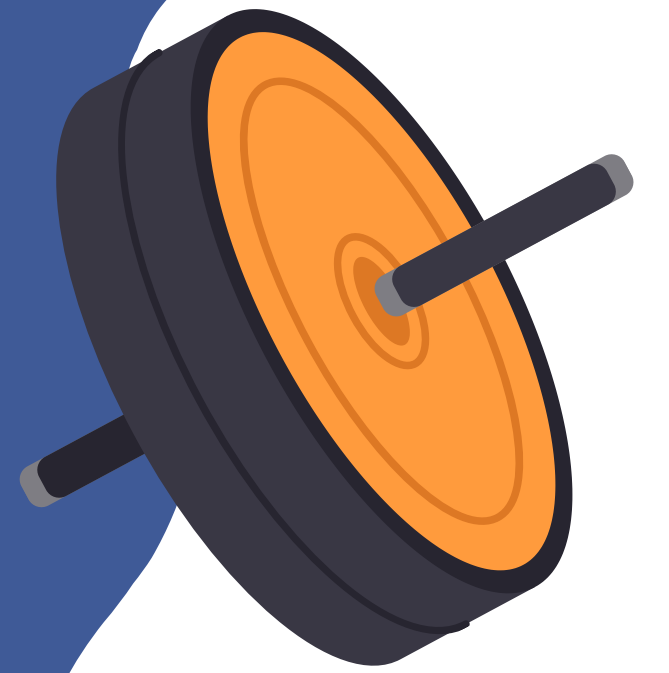


CAPSTONE PROJECT

Aman Easterling



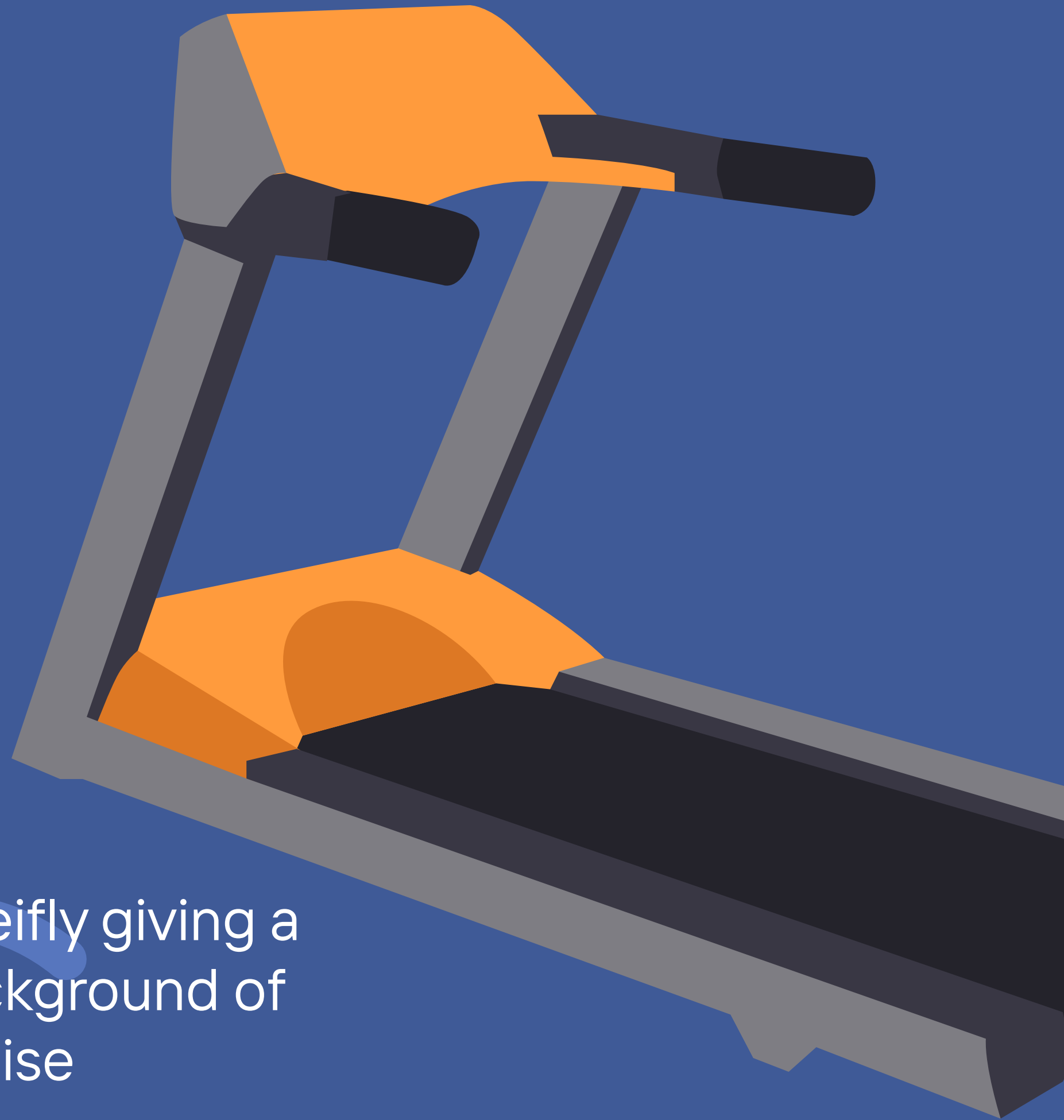
WHAT MY PROJECT COVERS

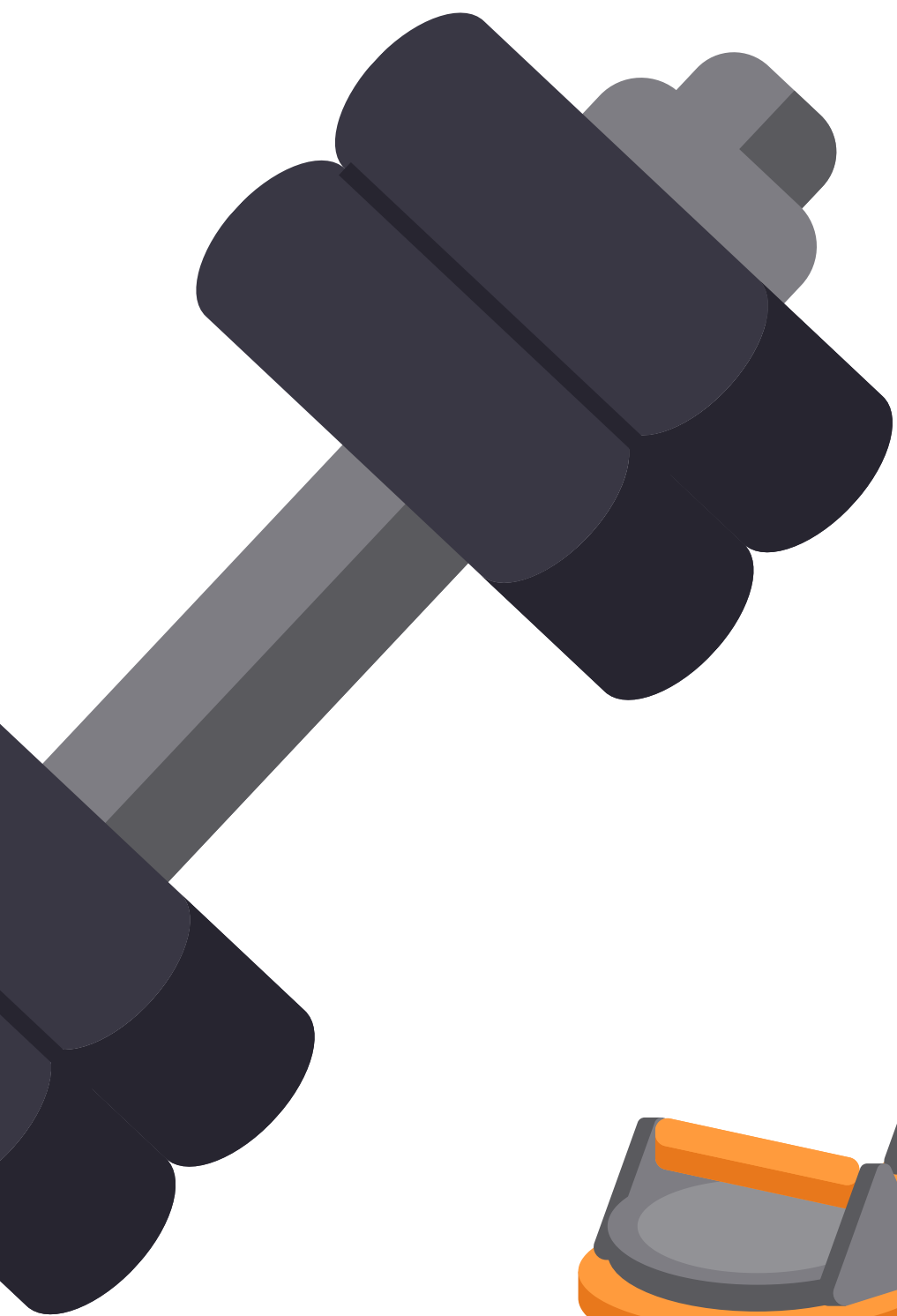


- My project will explain how to properly and safely use the equipment that is used in Ben Franklin's weight room
- If you were interested in joining the football team or just working out, this will help you learn how to use the equipment



- I'm also briefly giving a history background of each exercise





1. LEG PRESS - BACKGROUND

- became popular in the mid-1900s as gyms began using more weight machines
- designed to help people strengthen their legs safely while reducing stress on the back
- modern versions are now common in fitness centers around the world.





1. LEG PRESS – HOW TO USE

- Sit with your back flat against the pad.
- Place feet shoulder width apart on the platform.
- Lower the weight slowly by bending your knees
- Stop when knees reach about 90 degrees
- Push platform back up without locking knees

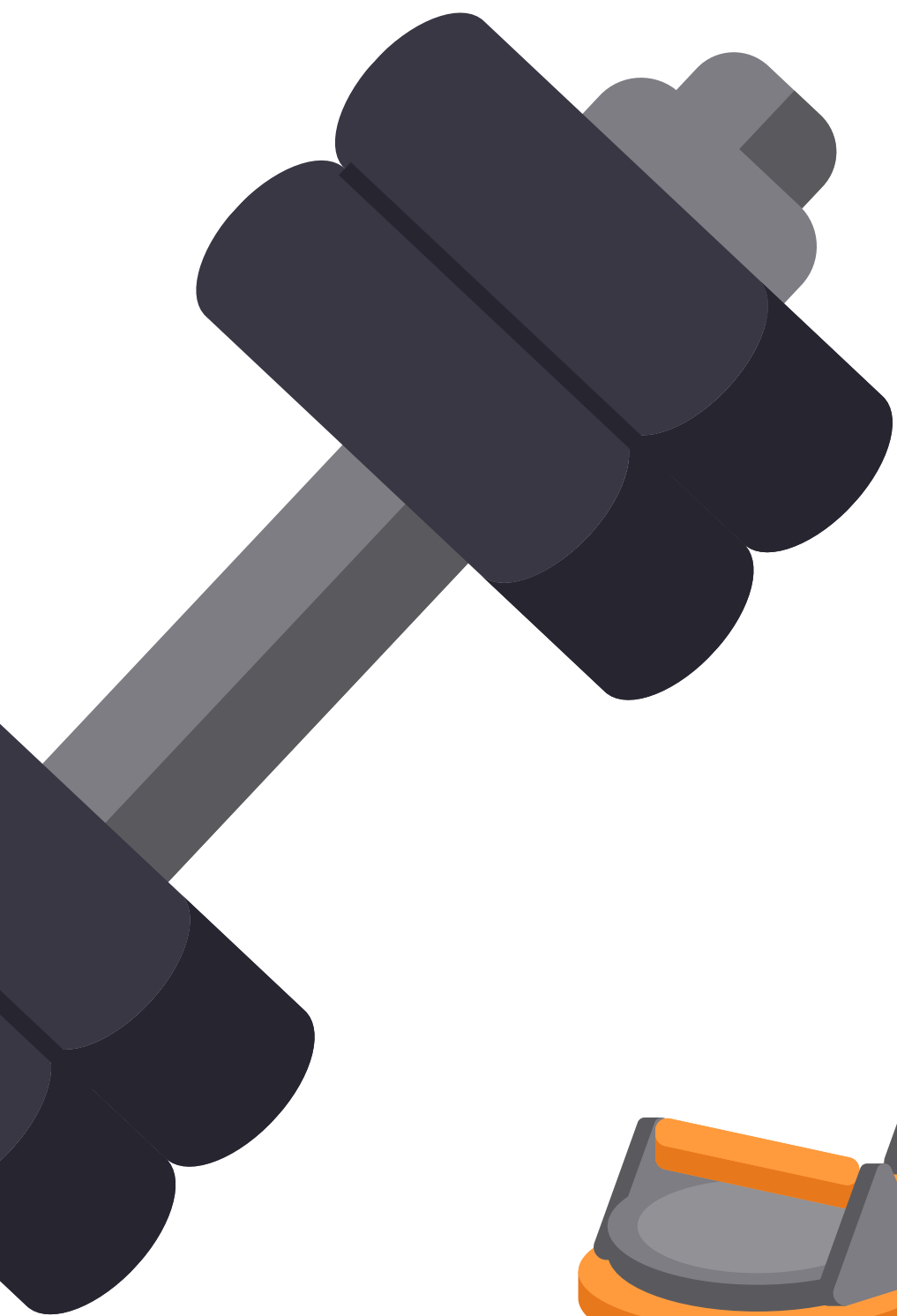




1. LEG PRESS – COMMON MISTAKES

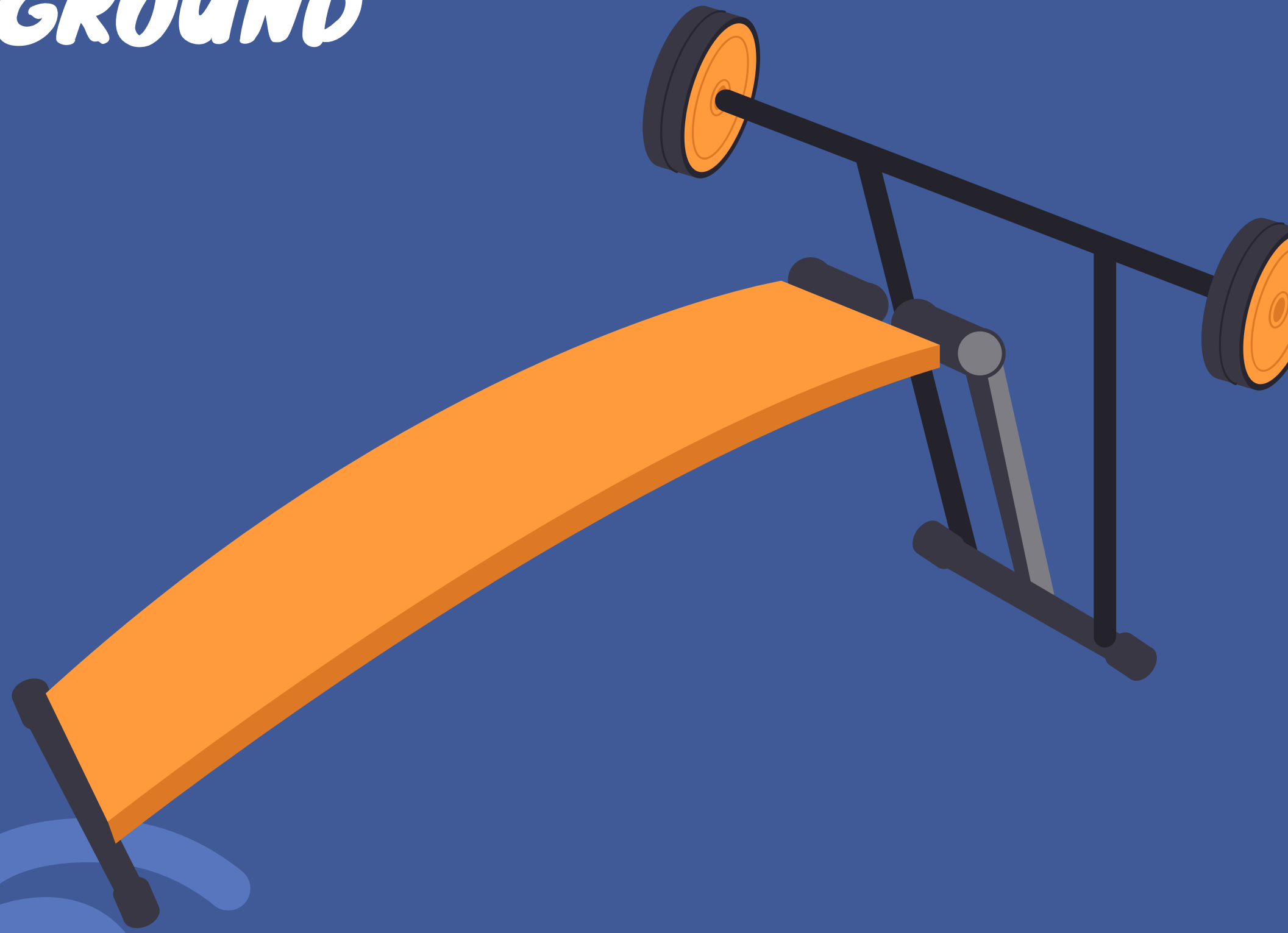
- Lifting lower back off the seat
- Using too much weight
- Placing feet too low or too high
- Locking your knees at the top

IT'S VERY IMPORTANT THAT YOU DON'T LOCK YOUR KNEES



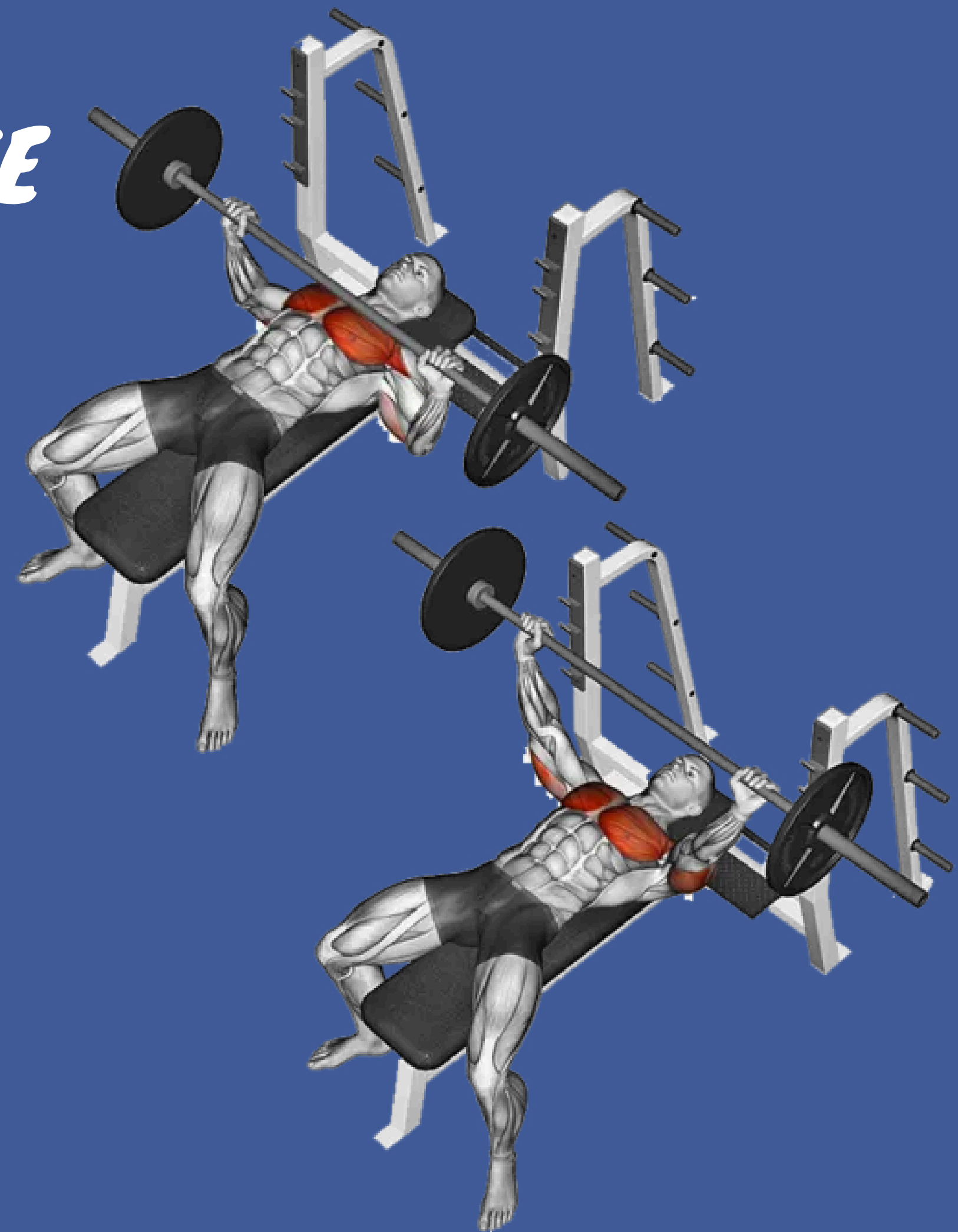
BENCH PRESS – BACKGROUND

- developed from early strength-training exercises used by weightlifters in the late 1800s and early 1900s
- became one of the most important upper-body exercises in powerlifting and bodybuilding
- Used today to measure upper body strength



BENCH PRESS – HOW TO USE

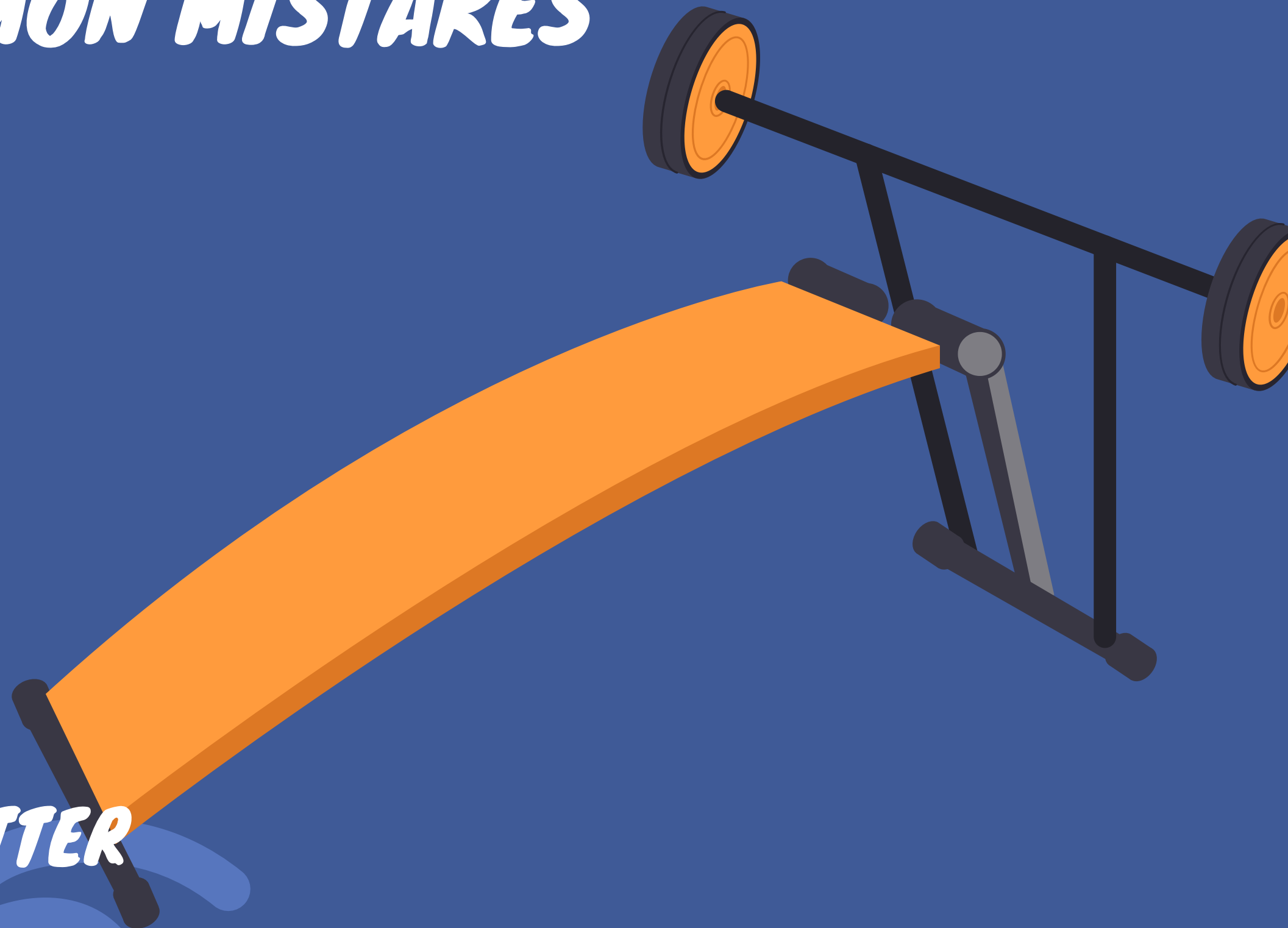
- Lie flat on the bench with feet on the floor
- Grip the bar slightly wider than shoulder width
- Lower the bar slowly to the middle of your chest
- Press the bar upward until arms are almost straight
- Repeat with controlled movement





BENCH PRESS – COMMON MISTAKES

- Bouncing the bar off your chest
- Arching your back too much
- Uneven grip on the bar
- Using too much weight without a spotter



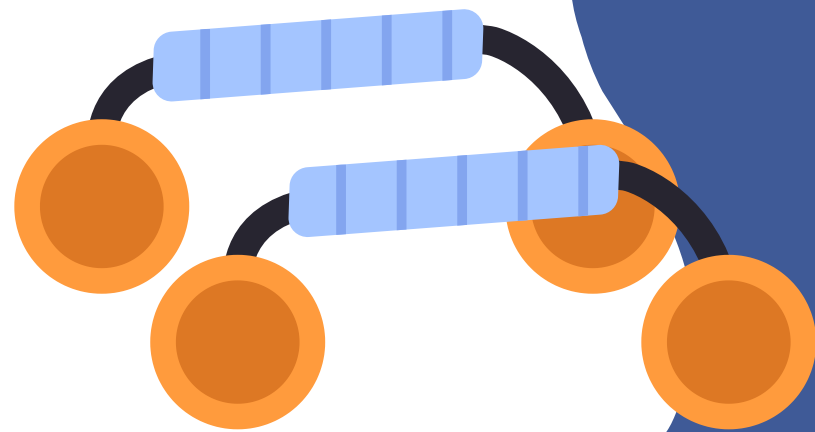
NEVER BENCH WITHOUT A SPOTTER





CHEST PRESS - BACKGROUND

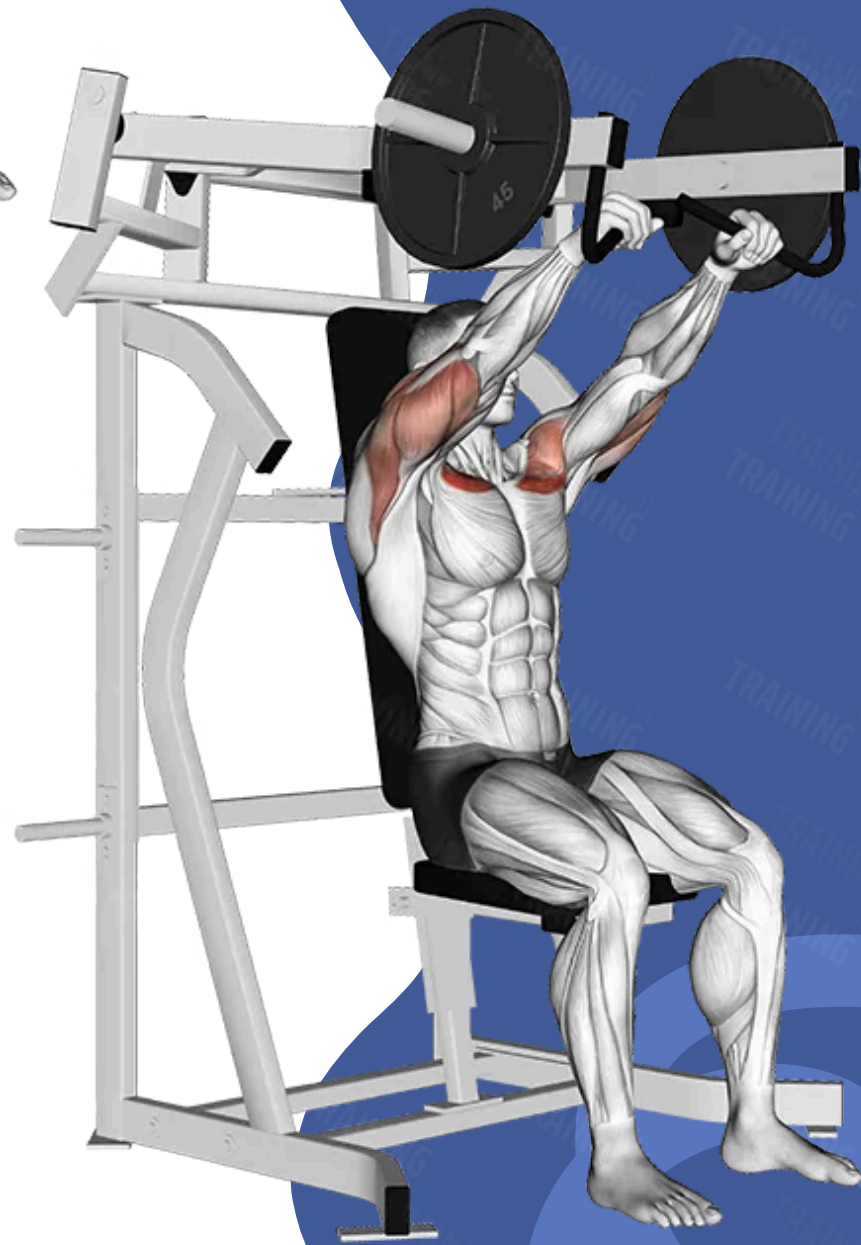
- created as a safer alternative to free weight bench pressing
- Developed when commercial gyms were becoming more popular
- allows users to strengthen their chest with guided movement and extra stability





CHEST PRESS – HOW TO USE

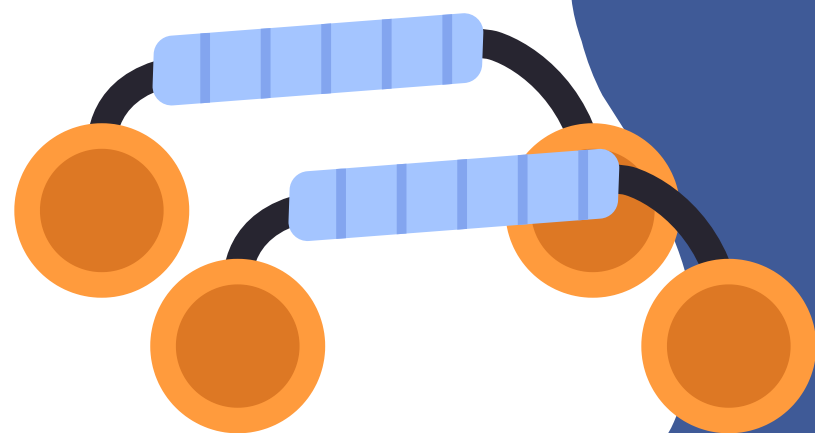
- Adjust seat so the handles are chest level
- Sit with your back against the pad
- Push the handles forward until arms extend
- Slowly return to starting position
- Control movements





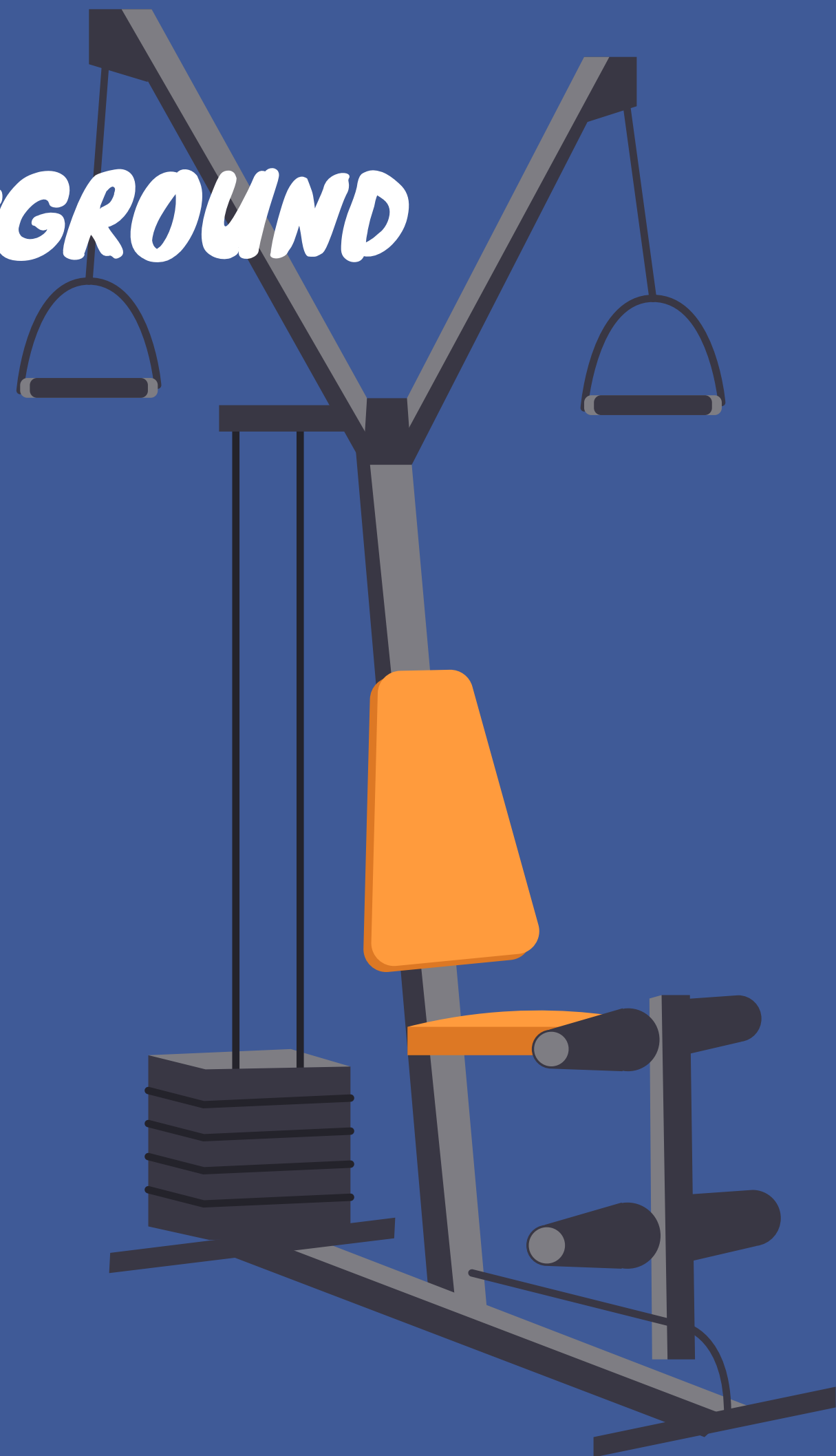
CHEST PRESS – COMMON MISTAKES

- Locking elbows too hard
- Moving too quickly
- Leaning away from the seat
- Using momentum instead of muscles



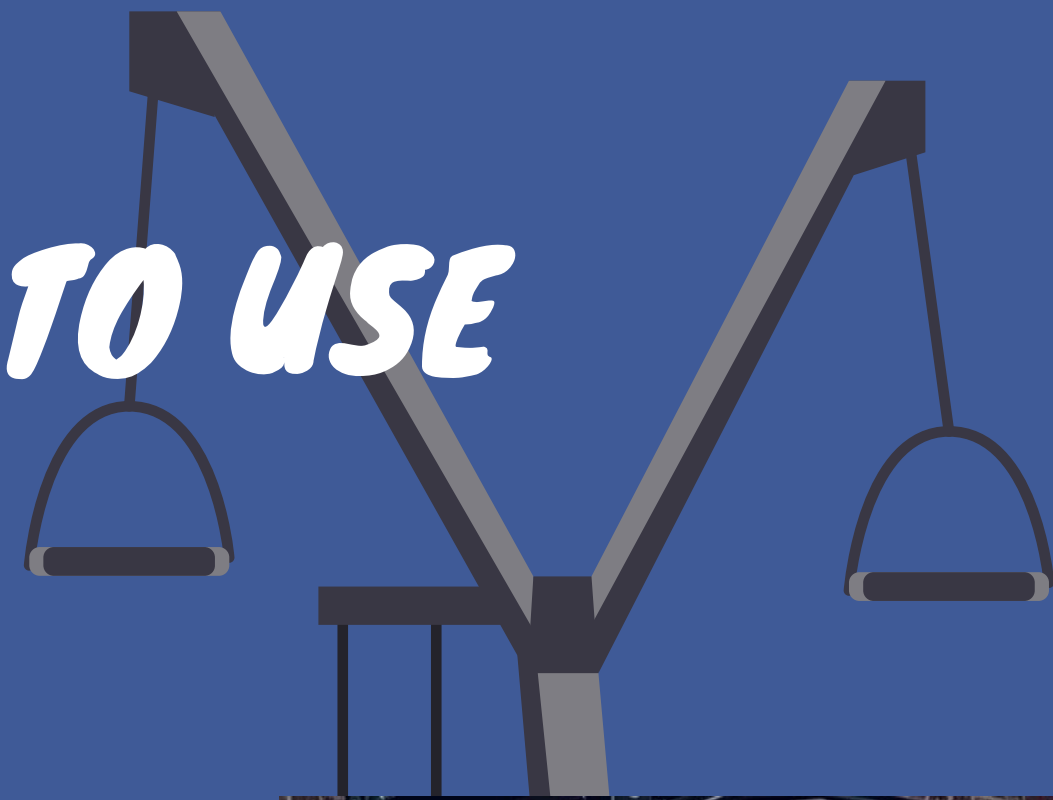
JAMMER CHEST PRESS - BACKGROUND

- The jammer press was inspired by movements used in football and athletic training
- designed to build explosive pushing power and improve sports performance



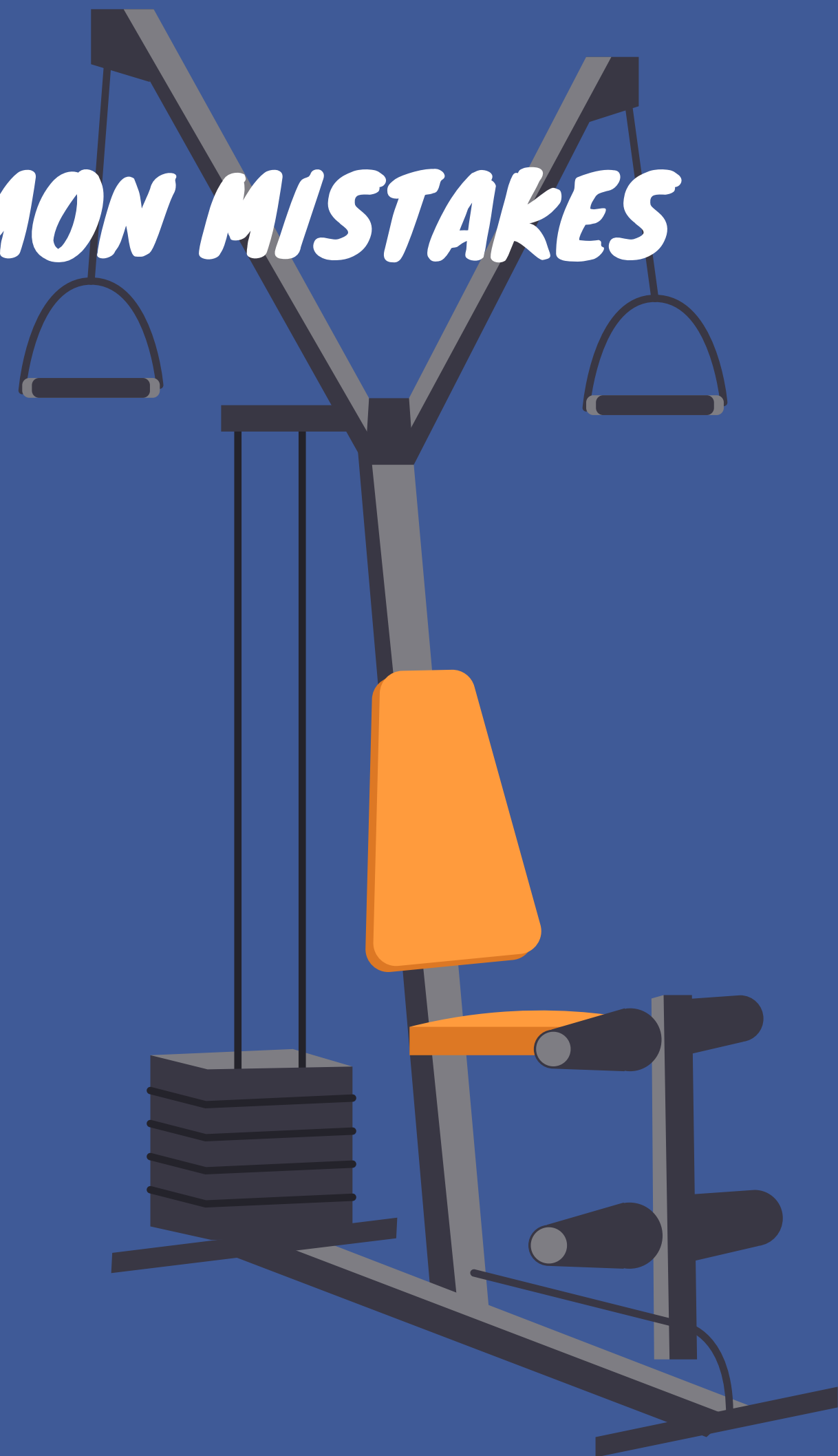
JAMMER CHEST PRESS - HOW TO USE

- Stand in an athletic stance facing away from the machine
- Grip the handles firmly
- Drive the handles forward explosively
- Control the weight coming back
- Keep your core tight throughout the movement



JAMMER CHEST PRESS - COMMON MISTAKES

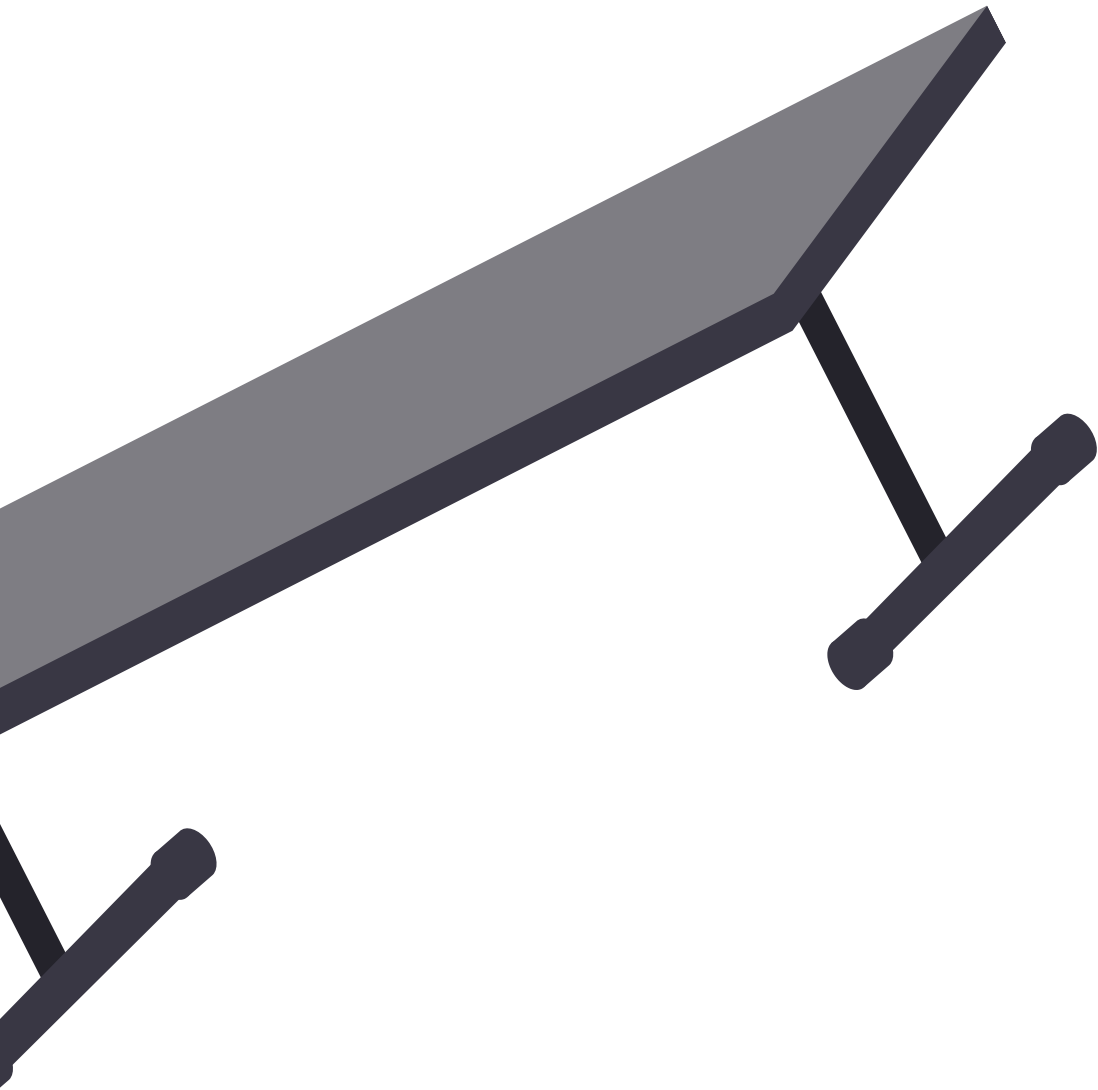
- Standing too upright
- Using poor balance
- Allowing elbows to flare too much
- Using too much weight





BICEP CURLS – BACKGROUND

- Bicep curls have been used by strength athletes for over a century
- Used to develop arm strength and muscle size





BICEP CURLS – HOW TO USE

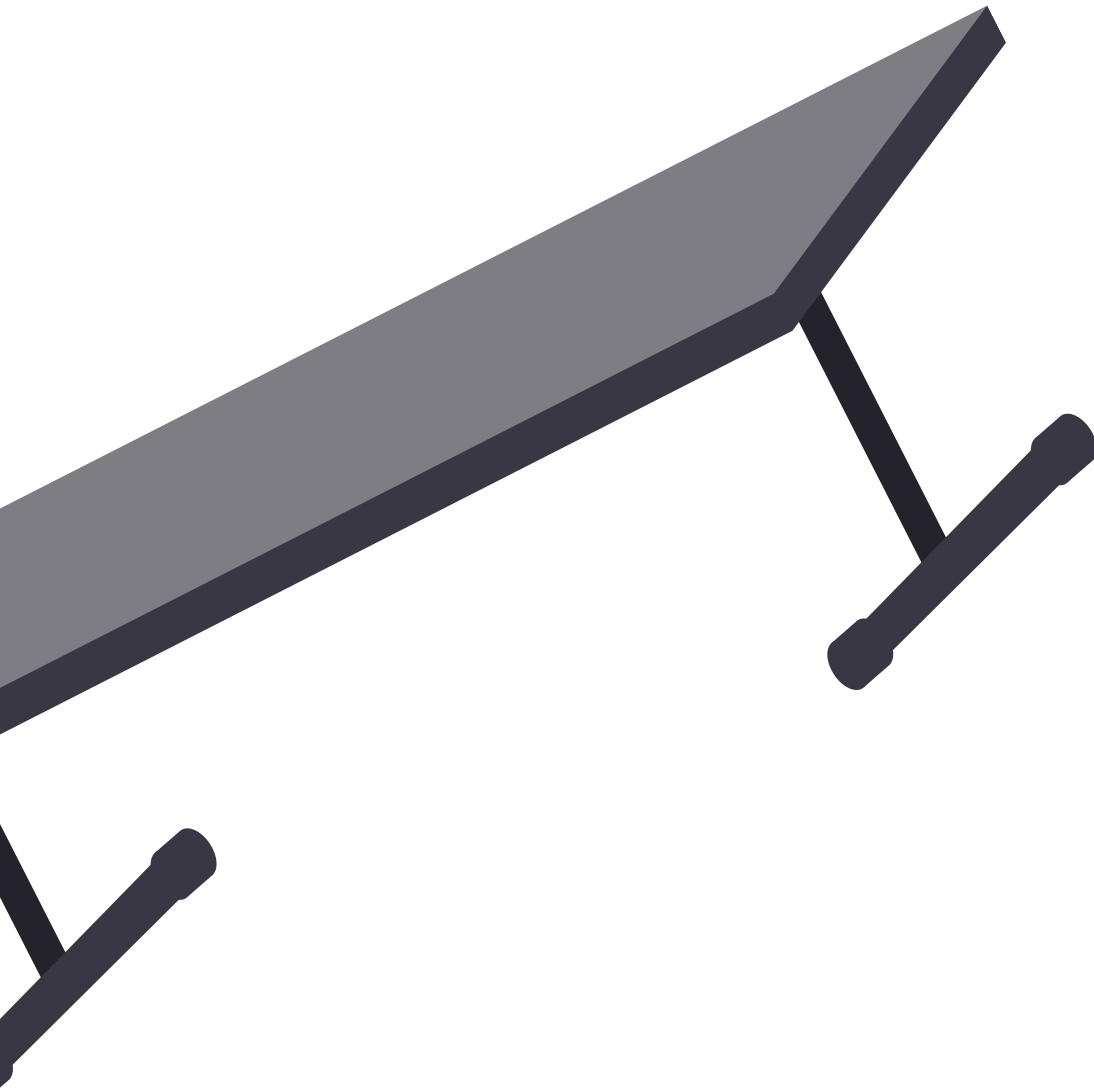
- Stand upright holding dumbbells
- Keep elbows close to your sides
- Curl the weight upward toward your shoulders
- Lower the weight slowly with control
- Repeat while keeping the same posture





BICEP CURLS – COMMON MISTAKES

- Swinging the weight
- Moving elbows too much
- Using momentum to lift
- Not lowering the weight fully





CONCLUSION

Using proper form helps prevent injuries and improves results



Focus on controlled movements, correct posture, and manageable weights

