

WEIGHT TRAINING

EXERCISES

1. **Barbell Bench Press**
Lie on your back on a flat bench. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

2. **Barbell Squat**
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower your body by pushing your hips back and down. Push back up to the starting position.

3. **Barbell Deadlift**
Stand with feet hip-width apart. Grip the bar with hands shoulder-width apart. Lift the bar by pulling it up towards your shins, then stand up.

4. **Barbell Row**
Sit on a bench with feet flat on the floor. Grip the bar with hands shoulder-width apart. Pull the bar up towards your chest, then lower it back down.

5. **Barbell Overhead Press**
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Press the bar up over your head, then lower it back down.

Ultimate Guide To Weight Training For Badminton

SA Adler



Ultimate Guide To Weight Training For Badminton:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Ultimate Guide To Weight Training For Badminton**

In a global inundated with displays and the cacophony of immediate communication, the profound power and psychological resonance of verbal art often diminish in to obscurity, eclipsed by the regular onslaught of noise and distractions. However, nestled within the lyrical pages of **Ultimate Guide To Weight Training For Badminton**, a fascinating function of literary brilliance that pulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that enchanting opus instructions viewers on a psychological odyssey, lightly exposing the latent potential and profound influence stuck within the complicated web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is main subjects, dissect its interesting publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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