



10 Smith Machine Exercises

Bench Press Throws (Flat, Incline, Decline) How to:

- 1) Set up bench under bar
- 2) Get into position on the bench and line up your body so that the bar is over your chest
- 3) Grab the bar with both hands shoulder width apart using an overhand grip
- 4) Push up and rotate to unlatch the bar
- 5) Slowly lower to your chest then push up with explosive force so that the bar leaves your hands at the top of the movement
- 6) Catch the bar then repeat for desired reps



Note: Don't take your eye off the bar and make sure your hands are in a position to safely catch the bar on the way down. This is good for your white muscle fibers, and explosion.

Hack Squat How to:

- 1) Set up the Smith machine bar just lower than shoulder height
- 2) Get under the bar with it resting on your upper back then grab the bar with overhand grip on both sides
- 3) Unlatch the bar then take a step forward so your feet are shoulder width apart
- 4) Keeping your back straight slowly lower until your thighs are parallel with the floor
- 5) Push up through your heels until you reach starting position
- 6) Repeat for desired reps



Note: Make sure to concentrate on contracting your quadriceps in this exercise and let your toes/knees point slightly out if more comfortable.

Front Squat How to:

- 1) Set up the bar at upper chest height
- 2) Get under the bar with it resting across your upper chest or collarbone area. You can grab the bar to the sides with an overhand grip or you can have your arms in front of your chest, crossed in an X
- 3) Unlatch the bar then slowly lower down keeping your back straight and core tight until your thighs are parallel with the ground
- 4) Push up through your heels to starting position
- 5) Repeat for desired reps



Note: Keep core engaged throughout the movement. This focuses more on your quadriceps (front muscles of your legs).

Hip Thrusts How to:

- 1) Set up a bench at the entrance or behind the bar then attach a pad or squat sponge to the bar for comfort



- 2) Get into position with your upper back on the bench with the bar over the crease of your hips (might need some readjustment to get the placement right)
- 3) Your feet should be shoulder width apart, pointing out slightly
- 4) Place your hands on the bar using an overhand grip
- 5) Unlatch the bar by extending your hips, keeping your core tight, lower the bar towards the ground then forcefully push the bar up to starting position while squeezing the glutes
- 6) Repeat for desired reps



Note: Try not to hyperextend your back at the top of the movement and keep your chin tucked (not looking at the ceiling). Hip thrusts isolate the glutes well so if you want to build your backside then you should be adding this exercise to your workout routine.

Smith Shrug How To:

- 1) Set up safety pins just lower than your hands when in shrug position
- 2) Set the height of the bar on the level above the safety pins
- 3) Stand in front of the bar and grab with hands shoulder width apart using an overhand grip
- 4) Unlatch the bar, then with your elbows slightly flexed lift your shoulders as high as possible
- 5) Hold at the top briefly while squeezing the traps
- 6) Slowly lower the bar to starting position
- 7) Repeat desired reps





Note: Don't roll your shoulders, you can also try using a mixed grip with one hand overhand the other underhand grip. You can do reverse Smith shrugs by facing away from the bar. Doing shrugs on a Smith machine allow you to load up heavier weight than you'd be able to lift with dumbbells. You can also do various Smith shrugs apart from the one depicted below. Other variations include the one arm Smith shrug where you stand to the side of the bar then perform shrugs one arm at a time.

Split Lunge How To:

- 1) Set up bench behind the bar then set bar at level just below shoulder height
- 2) Stand in front of bar and place on shoulders then place one foot's toes behind you on the bench (re-adjust if necessary)
- 3) Push up a little to unlatch the bar, lower down until your back knee almost hits the ground and front thigh is parallel with the floor
- 4) Push up through front foot to starting position
- 5) Repeat for desired reps
- 6) Rotate and re-latch then switch sides



Note: Keep a neutral spine throughout the movement. Start with a lighter weight to focus on form. The Smith machine is great for split squats because it provides more stability throughout the movement. With the added stability you can focus on the actual exercise and lengthen your stance to create more hip flexion and stretch in the gluteus maximus.

Bent Over Row How To:

- 1) Set up bar at thigh level
- 2) Stand behind the bar and grab it with an underhand grip using both hands a little wider than shoulder width apart then lean over the bar
- 3) Keeping your back straight pull up through your elbows until the bar reaches just above your bellybutton
- 4) Slowly lower to starting position
- 5) Repeat for desired reps



Note: Try not to rock, keep your body in a fixed position throughout the movement.

Smith Standing Calf Raise How To:

- 1) Set up bar at shoulder height with a raised platform just in front of the bar
- 2) Stand under the bar with it resting on your shoulders while standing on the edge of the platform
- 3) Grab bar with both hands using an overhand grip then push through your toes to unlatch the bar
- 4) Lower the bar until feet come close to the ground then push up through your toes, hold briefly at the top
- 5) Repeat for desired reps



Note: You can point your toes inwards/outwards to hit various heads of the calf muscle.

Inverted Row How To:

- 1) Set up the bar around waist high level
- 2) Sit on the ground below the ground then reach up and grab the bar with both hands using an overhand grip slightly wider than shoulder width apart
- 3) Straighten your legs with your heels on the floor then lean back while lifting your hips off the floor
- 4) Pull your chest up to the bar while keeping your core engaged throughout the movement



- 5) Slowly return to starting position
- 6) Repeat desired reps



Note: Keep your body in a straight line the entire time.

Seated Smith Overhead Press How To:

- 1) Set up bench with back support behind the bar so that the bar has enough room to pass by your face
- 2) Set up the bar just higher than shoulder level when sitting
- 3) Sit down and reach up to grab the bar using an overhand grip slightly wider than shoulder width apart
- 4) Unlatch the bar then press straight up over your head until your arms are extended
- 5) Slowly lower to starting position
- 6) Repeat for desired reps

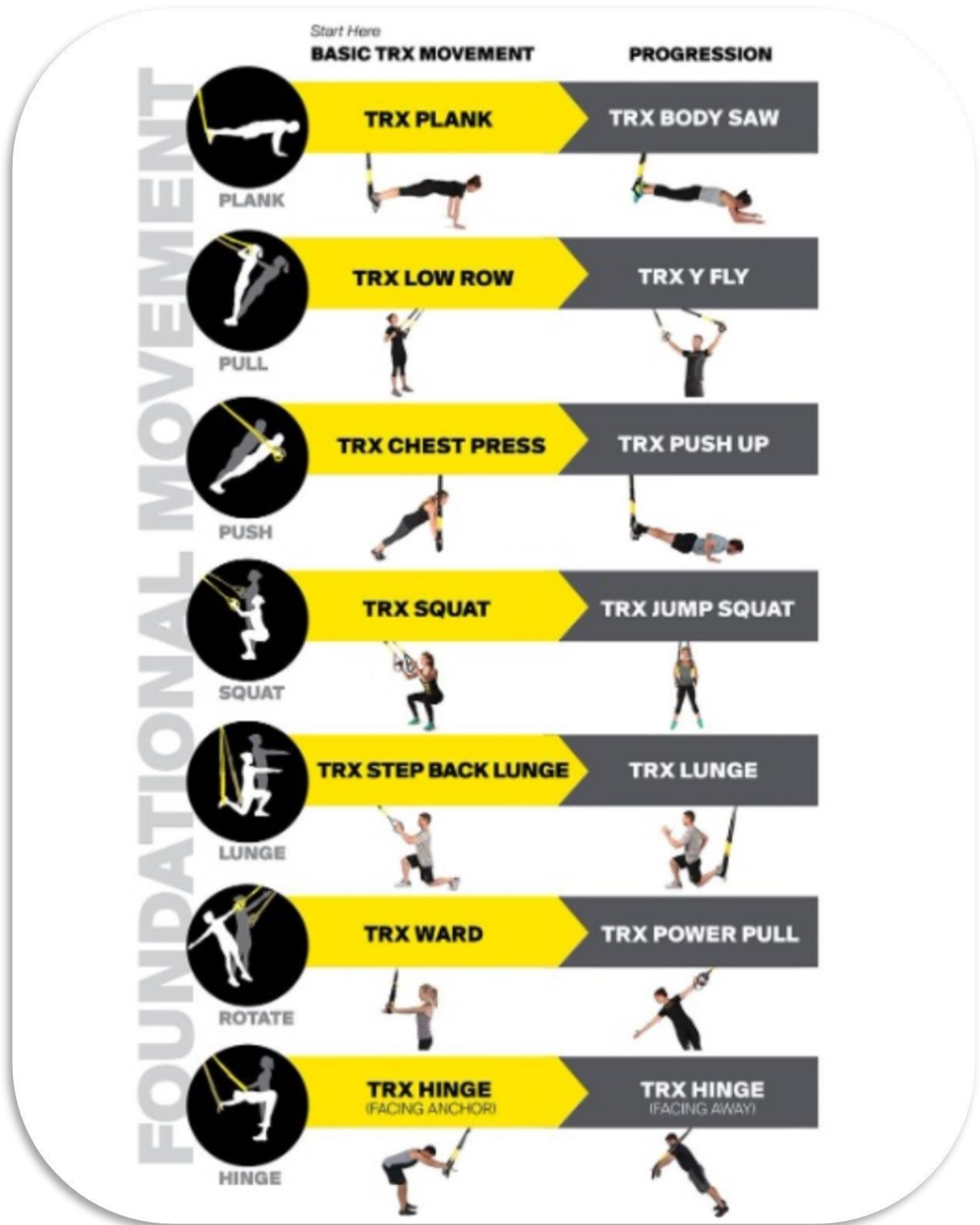


Note: Try to avoid leaning your head back and push through your elbows.



7 Foundational Movements of the TRX

The 7 SIMPLE MOVES are Push, Pull, Plank, Hinge, Lunge, Squat and Rotate.





1) PUSH (chest press):

Hold TRX handles in front of you. Brace your core and lean your weight into the handles, making sure your hips, shoulders, knees and ankles are aligned. Push back to start.

2) PULL (low row):

Lean back holding TRX handles. Brace your core forming a strong plank with your shoulders pulled down and back. Maintaining your plank, pull your chest up to your hands. Lower yourself down in one slow, controlled movement.

3) PLANK:

Plank up into a pushup position keeping your hands directly under your shoulders. Brace your core and make sure your head, shoulders, hips, knees and ankles are aligned. Lower your knees to the ground.

4) HINGE:

Extend arms, pressing down on handles, knees bent. Bend forward from the hips, maintain a lengthened spine, extend the knees. Press on handles, extend at hips to upright position.

5) LUNGE:

With one leg through both foot cradles on the TRX, ground yourself through your working leg. Push your hips down and back, and lunge down until your front knee is bent to 90 degrees. Keep your core braced and your chest up the entire time. Drive through your front foot using glute and hamstring to bring you back up.

6) SQUAT:

Stack your elbows under shoulders, with feet hip width apart. Lower hips down and back, weight in heels. Drive through heels, squeeze glutes and lift chest.

7) ROTATE:

Place arms in a "T", body in half kneeling position. Maintain lengthened spine, shift hips forward, rotate torso away from rear leg, side bend away. Shift hips back to return hip to neutral, arms down.

FOR FIRST TIME TRXers: Set your timer and do as many reps possible in 45 seconds with a 15 second rest in between each of the 7 moves. When you are confident in the moves, increase the time per move to challenge yourself.