



At Day 1 Fitness, we believe that change is good, but lasting transformation is great. That's why we believe in providing premium equipment ideal for your uniquely healthy goals. From small changes to complete lifestyle makeovers, we'll take it one step at a time, one day at a time – together.

Below you will find links that we hand-selected from leaders in the industry. These sites will show you videos or instructions on best practices for workouts. If you have further questions on how to use or care for your equipment, please email us any time at:

Day1FitnessD1F@gmail.com

OLYMPIC BARBELL

Total Body Training With Only a Barbell	https://www.bodybuilding.com/content/total-body-training-with-only-a-barbell.html
Barbell Exercises	https://www.coachmag.co.uk/exercises/barbell-exercises
Complete Guide to Barbell Exercises	http://www.barbell-exercises.com/
Video – 8 Best Barbell Exercises	https://www.youtube.com/watch?v=Syw7UEkH4gQ

HEX BAR

Video - 5 Types of Exercises	https://www.youtube.com/watch?v=a6vk8jStcU
Information on Hex Bars	https://medium.com/@SandCResearch/why-is-the-hex-bar-deadlift-valuable-for-training-athletes-15186a78edb1
How To Do Hex Bar Deadlift	https://www.popsugar.com/fitness/How-Do-Hex-Bar-Deadlift-44710551
How To Use the Hex Bar for Sports Training:	https://simplifaster.com/articles/hex-trap-bar-sports-training/

BENCH

Decline Barbell Bench Press	https://www.bodybuilding.com/content/one-move-for-a-big-chest-decline-barbell-bench-press.html
What Muscles Does a Decline Bench Work Out?	https://healthyliving.azcentral.com/muscles-decline-bench-work-out-10831.html
All You Need to Know About Bench Press Angles	https://www.maxinutrition.com/training/body-parts/All-You-Need-to-Know-About-Bench-Press-Angles/
Incline vs. Flat Bench	https://www.healthline.com/health/fitness-exercise/incline-vs-flat-bench
Video - Incline Bench Press Video Guide:	https://www.muscleandstrength.com/exercises/incline-bench-press.html

MAINTAINING RUBBER PLATES, IRON PLATES AND GYM EQUIPMENT

Cleaning and Maintaining Workout Equipment	https://blog.adamantbarbell.com/476/cleaning-and-maintaining-workout-equipment/
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SPRING AND PRO COLLARS

Video – How to use Spring Collars	https://www.youtube.com/watch?v=1P5EBzd8y0
Understanding Barbell Collars	https://www.ironcompany.com/blog/buyers-guide-olympic-barbell-collars/

