

REEBOK DECK

10 POWER DECK MOVES



STRONGER. FASTER. LONGER. LEANER. WE ALL HAVE DIFFERENT FITNESS GOALS. STEP UP THE RESULTS YOU REAP FROM YOUR WORKOUT WITH THE REEBOK DECK.



01.

INCLINE PUSH-UP

Set the Deck at an incline to target the chest, shoulders and triceps. This progression of the push up places even more emphasis on the upper body.



02.

LYING TRICEP EXTENSION

Another power move to hone in on those triceps, either with a bar or a set of dumbbells. Ensure you select the right weight - don't compromise form to lift heavier as it could result in an elbow injury.



03.

FRONT RAISE

Another signature move which makes the most of the Deck and resistance tube combo. Either standing or seated with the tube under the Deck's feet, the front raise strengthens the front of the upper body; the chest, trapezius muscles and anterior delts.



04.

BULGARIAN SPLIT SQUAT

Sometimes referred to as the rear foot elevated split squat, this is the ultimate glute and leg muscle building compound move. Add weight once you've perfected your form.



05.

STANDING ROW

Row your way to a strong, defined and sturdy back by adding a resistance tube into the Deck's location points under the feet. When you're done with this move, pop the tube into the storage compartment to keep your workout space tidy.



06.

LOW ROW

Attach the resistance tube and get seated on the floor with your feet propped up on the Deck in front. Pull your elbows back to target your back muscles and strengthen your shoulders simultaneously.



07.

BARBELL BENCH PRESS

The staple chest press focuses on the pectoral muscles and front delts. Working on an incline on the Deck you can significantly develop the upper region of your pecs.



08.

DECK PEC FLY

Set the Deck at an incline (or flat) for your Deck Pec Fly. This super fly move places more emphasis squarely on your pecs and chest muscles. Remember to keep a pair of dumbbells in the storage compartment so you're ready for this move.



09.

TRICEP DIP

Bench dips are considered one of the top three exercises for strengthening your triceps. Thanks to the Deck's rubber grip feet, it isn't going anywhere throughout this bodyweight move.



10.

SEATED BICEP CURL

Bicep curls, an oldie but a goldie. Being seated for this move helps you better isolate the biceps and feel the burn!