



BASIC ROWING

Remove seat belt. Lock up or seat in a sitting position. Sit on row handle, lower seat belt on your side. Grip the handle forward and pull gently towards your seat. Return to your starting position.

1 Set-10 Reps
2 Sets-10 Reps



BENT OVER ROW

Remove seat belt. Stand on platform, standing on foot pedal. Grip the handle with your hands close. Bend slightly forward at hips, keeping feet flat and spine in neutral position. Pull handle back with elbows out, keeping shoulder blades together. Return spine to neutral position.

1 Set-10 Reps
2 Sets-10 Reps



LEANING BACK EXTENSION

Sit on foot pedal facing forward. Grip the handle and pull with arms straight in front of you. Bend your hips back backward with keeping your neck up.

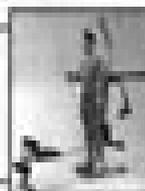
1 Set-10 Reps



STANDING SCOOP ROW

Remove seat belt. Stand on platform, facing away from seat, standing on foot pedal. Grip the handle. Tugging down at side and pulling along as platform is not, bringing handle toward shoulder.

1 Set-10 Reps
2 Sets-10 Reps



STANDING REVERSE ROW

Remove seat belt. Stand on platform, facing away from seat, standing on foot pedal. Grip the handle with palms facing down. Tugging down at side, platform not, bringing handle toward shoulder.

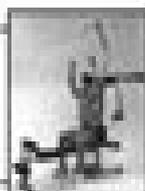
1 Set-10 Reps
2 Sets-10 Reps



LATERAL RAISE

Remove seat belt. Stand on platform, standing on foot pedal, facing away from seat. Grip the handle with your hands close. Tugging down slightly back, then swing out in side to shoulder level.

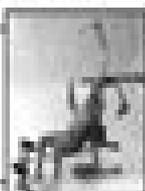
1 Set-10 Reps
2 Sets-10 Reps



SHOULDER PRESS

Sit on foot pedal facing away from seat. Grip the handle. With your hands forward, push away in a 45 degree angle shoulder level forward and upward along.

1 Set-10 Reps
2 Sets-10 Reps



INCLINE PRESS

Sit on inclined bench. Grip the handle. Push down in 45 degree angle with your palms in line. Push straight toward ceiling away from chest.

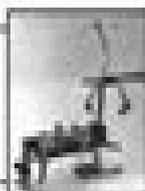
1 Set-10 Reps
2 Sets-10 Reps



UPPER CHEST FLY

Sit with your palms facing forward. Using a 45 or 90 degree incline, grip each end of the bar. Bend to draw your feet and hands in so that it's forming a V.

1 Set-10 Reps
2 Sets-10 Reps



LYING TRICEPS PRESSDOWN

Sit on foot pedal with feet toward your seat. Grip both the handle. With your feet, bend at shoulder and pull forward, upward and down. Keeping your elbows in line.

1 Set-10 Reps
2 Sets-10 Reps



FRENCH PRESS

Sit on foot pedal facing away from seat. Grip the handle in both hands. Bring handle behind head with elbows out to form a 90 degree angle. Bend with forward, keeping elbows near ears.

1 Set-10 Reps
2 Sets-10 Reps



ABDOMINAL CRUNCH

Sit on the seat with feet toward seat. Grip the handle, cross your feet and pull back in opposite direction. Contract abs, bringing the lower legs.

1 Set-10 Reps
2 Sets-10 Reps

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Table of Contents Exercise Guide For Weider Crossbow

1. Understanding the eBook Exercise Guide For Weider Crossbow
 - The Rise of Digital Reading Exercise Guide For Weider Crossbow
 - Advantages of eBooks Over Traditional Books
2. Identifying Exercise Guide For Weider Crossbow
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Exercise Guide For Weider Crossbow
 - User-Friendly Interface
4. Exploring eBook Recommendations from Exercise Guide For Weider Crossbow
 - Personalized Recommendations

- Exercise Guide For Weider Crossbow User Reviews and Ratings
- Exercise Guide For Weider Crossbow and Bestseller Lists
- 5. Accessing Exercise Guide For Weider Crossbow Free and Paid eBooks
 - Exercise Guide For Weider Crossbow Public Domain eBooks
 - Exercise Guide For Weider Crossbow eBook Subscription Services
 - Exercise Guide For Weider Crossbow Budget-Friendly Options
- 6. Navigating Exercise Guide For Weider Crossbow eBook Formats
 - ePub, PDF, MOBI, and More
 - Exercise Guide For Weider Crossbow Compatibility with Devices
 - Exercise Guide For Weider Crossbow Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Exercise Guide For Weider Crossbow
 - Highlighting and Note-Taking Exercise Guide For Weider Crossbow
 - Interactive Elements Exercise Guide For Weider Crossbow
- 8. Staying Engaged with Exercise Guide For Weider Crossbow
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Exercise Guide For Weider Crossbow
- 9. Balancing eBooks and Physical Books Exercise Guide For Weider Crossbow
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Exercise Guide For Weider Crossbow
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Exercise Guide For Weider Crossbow
 - Setting Reading Goals Exercise Guide For Weider Crossbow
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Exercise Guide For Weider Crossbow
 - Fact-Checking eBook Content of Exercise Guide For Weider Crossbow

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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