



BASIC ROWING

Remove seat belt. Lock up or seat in a sitting position. Sit on rowing machine with feet on your plate. Grasp the handles 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. Stand with feet on rowing machine. Grasp the handles with your hands about shoulder height. Bend slightly forward at hips. Keeping feet flat and spine in neutral position. Pull handles 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 flat board facing forward. Grasp the handles and hold with arms straight in front of you. Bend your hips back backward with keeping your neck up.

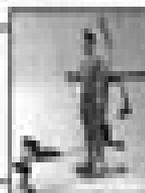
1 Set-10 Reps



STANDING SCOOP CURL

Remove seat belt. Stand on platform. Grasp rowing machine handles with your hands. Grasp handles at side and pull towards your chest.

1 Set-10 Reps
2 Sets-10 Reps



STANDING REVERSE CURL

Remove seat belt. Stand on platform. Grasp rowing machine handles with your hands. Grasp handles at side and pull towards your chest.

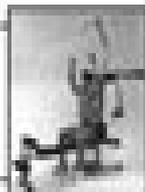
1 Set-10 Reps
2 Sets-10 Reps



LATERAL RAISE

Remove seat belt. Stand on platform. Stand with feet on rowing machine. Grasp the handles with your hands about shoulder height. Pull arms out to side to shoulder level.

1 Set-10 Reps
2 Sets-10 Reps



SHOULDER PRESS

Sit on flat board facing away from board. Grasp the handles with your hands about shoulder level. Push upwards with your arms.

1 Set-10 Reps
2 Sets-10 Reps



INCLINE PRESS

Sit on inclined board. Grasp the handles. Bend knees to 90 degrees with your feet flat on the floor. Push upwards with your arms.

1 Set-10 Reps
2 Sets-10 Reps



UPPER CHEST FLY

Sit with your feet on the board. Grasp a 10 or 20 lb resistance band with both ends of the band. Hold in front of your feet and pull it to your chest.

1 Set-10 Reps
2 Sets-10 Reps



LYING TRICEPS PRESSDOWN

Sit on flat board with feet on board. Grasp both the handles with your hands. Bend at shoulders and pull handles up and over your head.

1 Set-10 Reps
2 Sets-10 Reps



FRENCH PRESS

Sit on flat board facing away from board. Grasp the handles in front of you. Grasp handles behind head with elbows out to side at a 90 degree angle. Bend arms downward keeping elbows near ears.

1 Set-10 Reps
2 Sets-10 Reps



ABDOMINAL CRUNCH

Sit on flat board with feet on board. Grasp the handles with your hands about shoulder level. Bend at hips and pull handles up towards your chest.

1 Set-10 Reps
2 Sets-10 Reps

Exercise Guide For Weider Crossbow

ML Morrison



Exercise Guide For Weider Crossbow:

Reviewing **Exercise Guide For Weider Crossbow**: Unlocking the Spellbinding Force of Linguistics

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