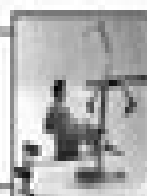


CROSS BOW

Cardio, Back, Arms, Shoulders, Chest, Abs

MEN



KNEELING ROWING

Remove seat belt. Lie on floor in a kneeling position. Sit on heels facing forward with feet on ground. Grasp the handles behind legs with palms facing forward. Pull the handles toward the chest, keeping the back flat and arms in a neutral position. Release and repeat.

1 Minute



BENT-OVER ROW

Remove seat belt. Stand on platform, standing with feet facing forward. Grasp the handles with palms facing forward. Bend slightly forward at hips, keeping back flat and arms in a neutral position. Pull handles back with elbows out, keeping shoulder blades together. Release and repeat.

1 Set-10 Reps
2 Sets-10 Reps



LOWER BACK EXTENSION

Go on the floor facing forward. Grasp the handles and feet with arms straight in front of feet. Bend from hips, lean backward while keeping arms straight.

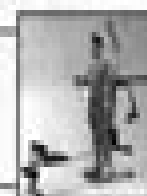
1 Set-10 Reps



STANDING BICEPS CURL

Remove seat belt. Stand on platform, facing away from crossbow. Grasp the handles with palms facing forward. Keeping arms at sides and palms facing up, perform a curl, bringing hands toward shoulders.

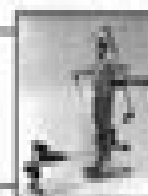
1 Set-10 Reps
2 Sets-10 Reps



STANDING REVERSE CURL

Remove seat belt. Stand on platform, facing away from crossbow. Grasp the handles with palms facing down. Keeping arms at sides, perform a curl, bringing hands toward shoulders.

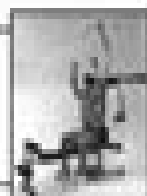
1 Set-10 Reps
2 Sets-10 Reps



LATERAL RAISE

Remove seat belt. Stand on platform, standing with feet facing away from crossbow. Grasp the handles with palms facing down. Keeping arms slightly bent, raise arms out to sides to shoulder level.

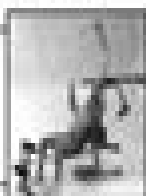
1 Set-10 Reps
2 Sets-10 Reps



SHOULDER PRESS

Go on the floor facing away from crossbow. Grasp the handles with palms facing forward. Bend arms to a 90-degree angle, shoulder level. Extend arms forward, pushing.

1 Set-10 Reps
2 Sets-10 Reps



INCLINE PRESS

Go on the floor facing away from crossbow. Grasp the handles. Bend arms to 90 degrees with arms parallel to floor. Push straight upward, pushing away from crossbow.

1 Set-10 Reps
2 Sets-10 Reps



UPPER CHEST FLY

Go on the floor facing away from crossbow. Grasp the handles with arms straight out to the sides, head in front of feet and hands in line with feet. Bring arms together.

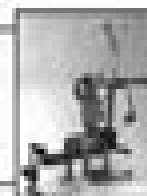
1 Set-10 Reps
2 Sets-10 Reps



LYING TRICEPS PRESSDOWN

Go on the floor with head toward crossbow. Grasp both handles with arms bent, hands at shoulders and palms facing up. Extend arms straight out to sides.

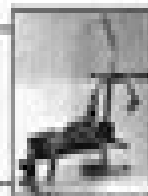
1 Set-10 Reps
2 Sets-10 Reps



FRENCH PRESS

Go on the floor facing away from crossbow. Grasp the handles in front of feet. Bring handles behind head with arms bent to form a 90-degree angle. Extend arms upward, keeping arms bent.

1 Set-10 Reps
2 Sets-10 Reps



ABDOMINAL CRUNCH

Go on the floor with head toward crossbow. Grasp the handles, arms bent over head with hands at opposite shoulders. Contract abs, bringing the lower legs.

1 Set-10 Reps
2 Sets-10 Reps

Manual For Joe Weider Bowflex

Siddappa N.Byrareddy



Manual For Joe Weider Bowflex:

Manual For Joe Weider Bowflex: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Manual For Joe Weider Bowflex : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Manual For Joe Weider Bowflex : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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