



**MUSCLE GROUPS EXERCISED:** Gluteals, hamstrings, quadriceps

**LEVEL OF DIFFICULTY:** Beginner

### 1 SQUAT

**START:** Stand facing frame. Feet hip width apart on base. Grip handles at shoulders.

**MOTION:** Flex knees, hips and ankles. Lower until thighs are parallel to floor or slightly higher. Press up to starting position.

**TIPS:** Keep knees in line with toes. Center weight over arches, not toes or heels. Lift chest and keep back straight as hips lower. Keep head lifted and in line with spine. Contract abdominals to stabilize back.

**SEAT:** Off

**LEG LIFT:** Off

**ACCESSORIES:** Handles

**MOVABLE PULLEY POSITIONS**



**MUSCLE GROUPS EXERCISED:** Gluteals, hamstrings, quadriceps

**LEVEL OF DIFFICULTY:** Intermediate/Advanced

### 2 SINGLE LEG SQUAT

**START:** Stand facing frame. Split-leg stance with back heel lifted. Grip handles at shoulders.

**MOTION:** Flex knees, hips and ankles. Lower until front thigh is parallel to floor or slightly higher. Press up to starting position.

**TIPS:** Keep weight on front leg and front knee in line with toes. Align shoulders over hips. Lift chest and keep back straight while lowering. Contract abdominals to stabilize back. Perform on both sides.

**SEAT:** Off

**LEG LIFT:** Off

**ACCESSORIES:** Handles

**MOVABLE PULLEY POSITIONS**



**MUSCLE GROUPS EXERCISED:** Gluteals, hamstrings, quadriceps

**LEVEL OF DIFFICULTY:** Intermediate/Advanced

### 3 REVERSE LUNGE

**START:** Stand facing frame. Feet hip width apart on base. Grip handles in front of shoulders.

**MOTION:** Step back with one leg into lunge position. Lower until front thigh is parallel to floor or slightly higher. Press back up to starting position.

**TIPS:** Keep weight on front leg and front knee in line with toes. Lift chest and keep back straight while lowering. Contract abdominals to stabilize back. Perform on both sides.

**SEAT:** Off

**LEG LIFT:** Off

**ACCESSORIES:** Handles

**MOVABLE PULLEY POSITIONS**



# Gym Tech Home Gym Manual

**J Dewey**



## **Gym Tech Home Gym Manual:**

## Whispering the Strategies of Language: An Emotional Journey through **Gym Tech Home Gym Manual**

In a digitally-driven earth wherever displays reign supreme and quick connection drowns out the subtleties of language, the profound techniques and emotional nuances concealed within words often go unheard. Yet, located within the pages of **Gym Tech Home Gym Manual** a interesting fictional treasure pulsating with natural emotions, lies a fantastic journey waiting to be undertaken. Composed by a skilled wordsmith, this wonderful opus encourages visitors on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within the fabric of every word. Within the mental depths of the moving evaluation, we will embark upon a honest exploration of the book is primary styles, dissect its charming writing style, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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