



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.

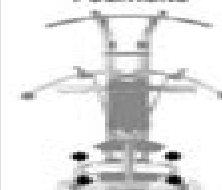
TIPS: Keep knees in line with toes. Center weight over arches, not toes or heels. Lift chest and keep back straight as hips lower. Keep head lifted and in line with spine. Contract abdominals to stabilize back.

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

Sebastian Brünink

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Reviewing **Gym Tech Home Gym Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Gym Tech Home Gym Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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