



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

Mark J. Wilson



Gym Tech Home Gym Manual:

The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

ACMG Climbing Gym Instructor Manual Association of Canadian Mountain Guides, 2016-01-31 This manual was developed to support the ACMG Climbing Gym Instructor CGI program and as a reference for certified Association of Canadian Mountain Guides ACMG instructors and guides in the climbing gym industry As such it is assumed that this manual is utilized by students with a significant amount of recreational climbing gym experience enrolled in the ACMG s CGI course or certified climbing instructors

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Marty Liquori's Home Gym Workout Marty Liquori, Gerald Secor Couzens, 1986

The Bachelor's Guide To Life Jason Rich, 2005-05 The Bachelor s Guide To Life is jam packed with detailed information and answers to common questions that every single guy has as they strive to achieve happiness and success Discover the secrets for finding and creating the perfect bachelor pad dating personal grooming managing finances finding an awesome job enjoying free time and planning for the future Read interviews with experts and learn about products and services that can improve the quality of life of any single guy The Bachelor s Guide To Life is ideal

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,1915 *Popular Mechanics* ,1981-04 Popular Mechanics inspires instructs and influences readers to help them master the
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DR DEEPAK KUMAR, PREFACE In recent years healthcare has witnessed a profound transformation one that emphasizes
accessibility personalization and patient centered care As part of this shift mobile physical therapy has emerged as a dynamic
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The Wharton's Complete Book of Fitness Jim Wharton, 2003 *Cutting for All!* Kevin L. Seligman, 1996 Containing 2 729 entries Kevin L Seligman s bibliography concentrates on books manuals journals and catalogs covering a wide range of sartorial approaches over nearly five hundred years After a historical overview Seligman approaches his subject chronologically listing items by century through 1799 then by decade In this section he deals with works on flat patterning draping grading and tailoring techniques as well as on such related topics as accessories armor civil costumes clerical costumes dressmakers systems fur gloves leather military uniforms and undergarments Seligman then devotes a section to those American and English journals published for the professional tailor and dressmaker Here too he includes the related areas of fur and undergarments A section devoted to journal articles features selected articles from costume and noncostumerelated professional journals and periodicals The author breaks these articles down into three categories American English and other Seligman then devotes separate sections to other related areas providing alphabetical listings of books and professional journals for costume and dance dolls folk and national dress footwear millinery and wigmaking and hair A section devoted to commercial pattern companies periodicals and catalogs is followed by an appendix covering pattern companies publishers and publications In addition to full bibliographic notation Seligman provides a library call number and library location if that information is available The majority of the listings are annotated Each listing is coded for identification and cross referencing An author index a title index a subject index and a chronological index will guide readers to the material they want Seligman s historical review of

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