Exercises

Chest Exercises

Incline Bench Press - Shoulder Horizontal Adduction (and elbow extension)

Muscles Worked

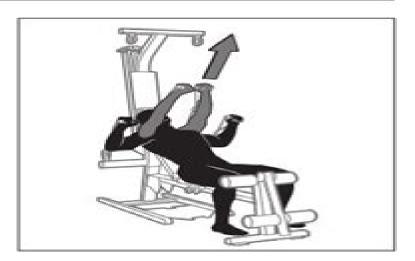
Pectoralis Major, Deltoids, Triceps

Machine Set-Up

- Adjust the bench to a 45° incline.
- Chest Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep your knees bent, feet flat on the floor, head back against the bench.
- Do not let your elbows travel behind your shoulders.
- Keep your shoulder blades pinched together and maintain good spinal alignment.



Shoulder Exercises

Seated Shoulder Press - Shoulder Adduction (and elbow extension)

Muscles Worked

Front Deltoids, Upper Trapezius, Triceps

Machine Set-Up

- · Adjust to Flat Bench position
- Chest Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods

Success Tips

- Keep your knees bent and your feet flat on the floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.
- Keep your abdominals tight and maintain good spinal alignment.
- Keep tension in your front shoulder muscles when you return to the starting position.



Home Gym Manual Exercises

Deidre Johnson-Cane, Jonathan Cane, Joe Glickman

Home Gym Manual Exercises:

Home Gym Manual Exercises Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has be much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Home Gym Manual Exercises**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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