

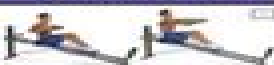
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Exercise Chart

The number of sets and reps you perform, whether you're using one or both sides of the machine, will depend on the exercise. The first image shows your starting position, while the second image shows the end position. The third image shows the end position with the machine's resistance set to the level you want. The fourth image shows the end position with the machine's resistance set to the level you want. The fifth image shows the end position with the machine's resistance set to the level you want. The sixth image shows the end position with the machine's resistance set to the level you want. The seventh image shows the end position with the machine's resistance set to the level you want. The eighth image shows the end position with the machine's resistance set to the level you want. The ninth image shows the end position with the machine's resistance set to the level you want. The tenth image shows the end position with the machine's resistance set to the level you want.

Chest

Seated Chest Press



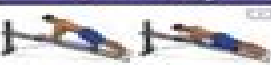
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Seated Chest Fly



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Incline Push-Up



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Lateral Chest Fly



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Back

Pull-Up



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull your body up until your chin is over the bar. Return to the starting position and repeat.

Front Pullover



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Seated Row



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Arms Cross/Snow Angel



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Cross your arms in front of you and then move them out to the sides in a snow angel motion. Return to the starting position and repeat.

Shoulders

Shoulder Press



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Press the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Upright Row



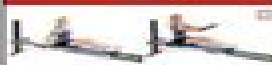
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Front Raise



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Raise the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Serve



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Legs

Leg Curl, Lying or Seated



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

Squat



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Squat down until your thighs are parallel to the floor. Return to the starting position and repeat.

Outer Hip & Thigh



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your hips out to the side until your legs are fully extended. Return to the starting position and repeat.

Spinner, Start



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Arms

Seated Biceps Curl



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your arms up until your elbows are bent at a 90-degree angle. Return to the starting position and repeat.

Lying Triceps



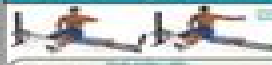
How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Lateral Biceps



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Lateral Triceps Extension



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Abs

Sit-Up with Cables



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Sit up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

Oblique Twister



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Twist your body to the side until your arms are fully extended. Return to the starting position and repeat.

Crunches



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Crunch up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

Kneeling Plank Press



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

Stretch

Front Leg Stretch



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Stretch your front leg forward until you feel a pull in the muscle. Return to the starting position and repeat.

Toe Touch Stretch



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Touch your toes with your hands. Return to the starting position and repeat.

Seated Back Stretch



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Stretch your back by pulling one handle towards the other. Return to the starting position and repeat.

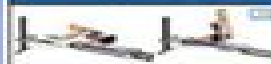
Seated Chest Stretch



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Stretch your chest by pulling one handle towards the other. Return to the starting position and repeat.

Compound

Surfer



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Core Extension



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Toe Touch Row



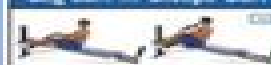
How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Lying Leg Curl w/ Crunch



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

Leg curl w/ Biceps Curl



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

Leg Curl w/ Seated Fly



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

Arm Pulldown



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles down until your arms are fully extended. Return to the starting position and repeat.

Iron Gym Exercise Guide

Steve Holman

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

Iron Gym Exercise Guide:

The Official Gold's Gym Beginner's Guide to Fitness David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food [Argos catalogue](#) 1989 -1990 old vintage book KCC, Argos catalogue 1989 1990 old vintage book **Small Moves, Big Life** Andrea Leigh Rogers, 2025-10-14 USA Today Bestseller Los Angeles Times Bestseller Developed for women with busy schedules discover a truly achievable daily routine to boost energy and motivation and make you unstoppable Feeling frazzled or frustrated Caught in a feedback loop of scrolling and anxiety Do you have a sense of longing that's growing more and more urgent as time passes What if the way to get unstuck and reshape your life into something more fulfilling is to do less Celebrity trainer motivational coach and founder of Xtend Barre Andrea Leigh Rogers solution is to think small Her 7 tried and true practices adding up to an easy 30 minute routine spread throughout your day are proven to improve mobility strength emotional resilience self esteem and even help you get the best sleep of your life An upbeat often humorous how to guide backed by modern science Small Moves Big Life will help you set consistent habits to transform your life as you Super charge your energy for the day through morning breathwork and stretching Upgrade stamina strength and mobility with impactful easy to schedule mini workouts and become one of those exercise every day people Achieve healthy intentional eating with a breakfast routine that transforms your relationship with food Throw out the endless to do list and embrace a new strategy for action and real progress Learn a sleep strategy to overcome anxiety and overwhelm and prep you for the best sleep of your life Drawing on contemporary research behind habit formation Small Moves Big Life distills essential self care practices for optimal physical and mental health to help women find energy and calm in the chaos Feel empowered to crush challenges with confidence while reserving space and time to care for the people in your life who matter most especially yourself

The Softest Cushion to Fall Back on is One Filled With Hard Cash Nike R. Nickel, 2022-10-03 This book is part autobiography and part tips and tricks on how to save money and handle finances for success [Live Fully](#) Joanna Engelman, 2009-04 If you want to change your life and create it this book is for you If you identify the things that drain you and eliminate them you will find freedom and space in your life Learn to find a community of people you enjoy being with prioritize your time and make yourself a priority By getting into action physically and mentally you will begin to change your life and have energy to achieve your goals Writing out each exercise connects you to your deepest thoughts and desires Use this book as a beginning You can become your own coach The answers lie inside this book and they lie inside of you **The Age of Fitness** Jürgen Martschukat, 2021-01-22 We live in the age of fitness Hundreds of thousands of people run marathons and millions go jogging in local parks work out in gyms cycle swim or practice yoga The vast majority are not engaged in competitive sport and are not trying to win any medals They just want to get fit Why this modern preoccupation with fitness

In this new book Jürgen Martschukat traces the roots of our modern preoccupation with fitness back to the birth of modern societies in the eighteenth century showing how the idea of fitness was interwoven with modernity's emphasis on perpetual optimization and renewal. But it is only in the period since the 1970s he argues that the age of fitness truly emerged as part and parcel of our contemporary neoliberal era. Neoliberalism enjoins individuals to work on themselves to cultivate themselves in body and mind. Fitness becomes a guiding principle of social life, an era-defining network of discourses and practices that shape individuals' actions and self-conceptions. The pursuit of fitness becomes a cultural repertoire that is deeply ingrained in our institutions and way of life. This wide-ranging book shows how deeply fitness is inscribed in modern societies and how important fitness has become to success or failure, recognition or exclusion in a society that sets great store by self-responsibility, performance, market and competition. It will be of great value not only to those interested in sport and fitness but also to anyone concerned with the conditions of success and failure in our societies today. **Lia Schorr's Skin Care Guide for Men** Lia Schorr, 1985 **Silent Order: Iron Hand** Jonathan Moeller, 2017-09-28 The galaxy is at war but wars are won and lost in the shadows. To the galaxy at large Jack March is a privateer of the interstellar Kingdom of Calaskar and a former Iron Hand commando of the malevolent Final Consciousness. In truth he is an alpha operative of the Silent Order, the most efficient and feared intelligence organization in human space. When there is a crisis Jack March is the man to call. But there are many forces that wish to enslave or destroy humanity. And when a mission leads March to a lawless asteroid space station he might be the only one left to stop those forces. *Lippincott Manual of Nursing Practice* Suresh K. Sharma, 2019-01-01 NA **Insiders' Guide to the Florida Keys and Key West, 9th** Victoria Shearer, Nancy Toppino, 2004-11 The Florida Keys are more than just the Duval Street party scene in Key West. Discover coconut palms and cormorants, angelfish and anemones and archaeologists and anglers; this guide details all that this magnificent scenic area has to offer. **Basic Pumping Iron** Grant Breese, 2004 **Ironman's Home Gym Handbook** Steve Holman, 1990 **Official Export Guide** North American Publishing Company, 1996 **The Complete Idiot's Guide to a Healthy Relationship** Judith Kuriansky, Judy Kuriansky, 1998 You're no idiot of course. You've confidently played the field, smooth-talked your way to getting dates and now think you've found that special someone. But when it comes to understanding how to stay together with the love of your life, you start reaching for the glue. Forget the messy adhesives. *The Complete Idiot's Guide to a Healthy Relationship* shows you how to build an exciting relationship with your mate and keep it from getting stale. Feel confident about putting a stop to dead-end relationships by recognizing the signs of an unhealthy love. In this *Complete Idiot's Guide* you get **The Go-Girl Guide** Julia Bourland, 2000 Irreverent yet helpful and informative, this survival guide for young women in their 20s covers everything from dating to climbing the career ladder to dealing with a body that has packed on some pounds. Bourland's straight-talking guide puts the entire decade into perspective. *Access Guides* Access Press Staff, HarperReference, Access Press, 1998-04 Packed with information on a host of shops, museums and landmarks and

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The Enigmatic Realm of **Iron Gym Exercise Guide**: Unleashing the Language is Inner Magic

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