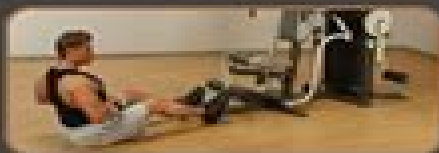




- ABDOMINAL CRUNCHES**
MUSCLE GROUPS: **ABDOMINALS**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



SEATED PULLEY ROW

- MUSCLE GROUPS: **BACK**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- SEATED BENCH PRESS**
MUSCLE GROUPS: **CHEST**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- FRONT SHOULDER RAISE**
MUSCLE GROUPS: **SHOULDER**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- BICEP CURL**
MUSCLE GROUPS: **BICEPS**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- SEATED PRESS BAR ROW**
MUSCLE GROUPS: **BACK**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- INCLINE BENCH PRESS**
MUSCLE GROUPS: **CHEST**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- LATERAL SHOULDER RAISE**
MUSCLE GROUPS: **SHOULDER**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- TRICEP PUSH-DOWN**
MUSCLE GROUPS: **TRICEPS**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- INVERTED PULL-EXTENDS**
MUSCLE GROUPS: **BACK**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- SEATED SHOULDER PRESS**
MUSCLE GROUPS: **SHOULDER**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- LEG EXTENSION**
MUSCLE GROUPS: **LEGS**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- TRICEP EXTENSION**
MUSCLE GROUPS: **TRICEPS**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.

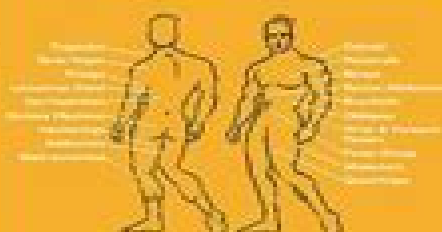


- PECTORAL FLY**
MUSCLE GROUPS: **CHEST**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.



- LIGHT ROW**
MUSCLE GROUPS: **BACK**
1. Select the desired weight.
 2. Attach the straps to the seat, adjust the machine.
 3. Adjust the seat back to the desired position.
 4. Lie on the seat and hold the handles, feet flat on the floor.
 5. Pull the handles down and up, lifting the seat back and forth.
 6. Repeat the exercise for the desired number of repetitions.

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S Ben Porath



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[Home Workouts](#) A. G. Scott,2020-10-12 How to tone and sculpt your body even if you hate cardio or have never stepped inside a gym and don t plan on doing so At one point or another we ve all told ourselves I m going to sign up for a gym membership and really do it this time or I swear I ll do my workout later on tonight We all know the benefits of exercise It improves our physical and mental health gives us more energy and boosts our self image So why is it so hard to start an exercise regimen and even harder to stick to it Despite our best intentions life gets in the way and there always seems to be an obstacle stopping us from actively trying to live healthier Whatever the reason continuing to live a sedentary lifestyle isn t doing you any favors In fact physical inactivity is the 4th leading risk factor for global mortality and is a strong predictor for weight gain cardiovascular disease and other chronic conditions Does this mean that you have to make drastic lifestyle changes to start improving your health mentally and physically Or that you need to give up time doing what you love just so you can spend hours in the gym Not at all I ll let you in on a secret that the fitness industry doesn t want you to know You don t need fancy equipment or expensive trainers to sculpt the body that up until now you ve only imagined A G Scott knows firsthand the amazing results that can be achieved with home workouts and so he has put together the only exercise guide you ll ever need In [Home Workouts](#) Anyone Anytime Anywhere you will discover The six key elements every workout must have in order to make the most of your time and effort and how they will have you seeing results sooner than you would believe Exercises for every muscle group and fitness level with clear comprehensive instructions diagrams and variations so you re working your target areas every time The 1 upper body workout that will rapidly build your overall strength hint small adjustments make big changes How this engaging training method can help you burn more calories than traditional cardio and continue to burn calories even after your workout is finished The numerous benefits of dynamic stretching and how that one simple habit not only warms up your muscles but also improves your balance and coordination over time Meal plans that can be adapted for any lifestyle so you can create a plan that meets your personal needs and preferences The most common

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