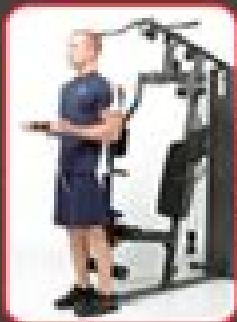




ADDITIONAL CRUNCH

MUSCLES INVOLVED: *Rectus abdominis*

1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLES INVOLVED: *Biceps brachii*

1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

MUSCLES INVOLVED: *Biceps brachii*

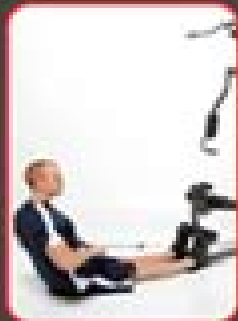
1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES INVOLVED: *Triceps*

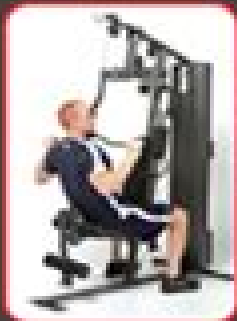
1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES INVOLVED: *Latissimus dorsi*

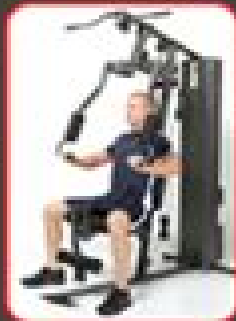
1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES INVOLVED: *Latissimus dorsi*

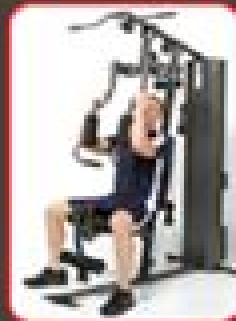
1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES INVOLVED: *Chest*

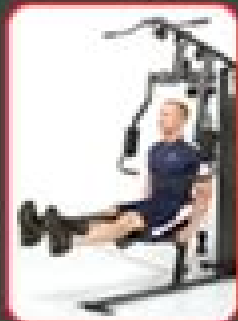
1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES INVOLVED: *Chest*

1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLES INVOLVED: *Rectus femoris*

1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

MUSCLES INVOLVED: *Biceps femoris*

1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK BACK

MUSCLES INVOLVED: *Biceps femoris*

1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK OUT

MUSCLES INVOLVED: *Rectus femoris*

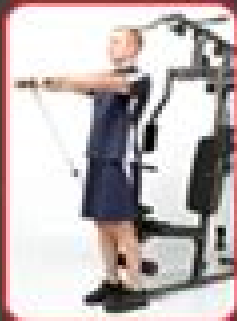
1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES INVOLVED: *Rectus abdominis*

1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES INVOLVED: *Rectus abdominis*

1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK OUT

MUSCLES INVOLVED: *Rectus abdominis*

1. Select the desired weight.
2. Attach the foot to the foot plate and hold the handles.
3. Pull the handles towards your chest, lifting your shoulders off the seat.
4. Hold the contraction for a moment, then lower the handles back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



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Didier Musso



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Weight Training For Men Robert Duffy, 2020-07-27 Weight training is an essential part of every exercise programme It can help you to build a leaner stronger physique as well as supporting fat loss goals Exactly how to achieve these results in a safe and effective way however can be a little more confusing There s no shortage of advice around but it can be difficult and time consuming to sift through it and work out what s most applicable to you This book explains the step by step process of devising your own weight training programme helping you to understand the reasons behind the best route to success Basic exercises including illustrations Weight training for weight loss Weight training for physique Weight training for strength or sport More advanced training and plateaus Nutrition and diet Supplements and injuries

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Daniels,2013-10-16 Whether you call it weightlifting pumping iron or bodybuilding lifting weights both light and heavy has long been a great way to get in shape and stay in shape Weightlifting or weight training has many health benefits for both men and women There are weightlifting and weight training routines appropriate for men woman even children of any age any size and any body type If you want to build muscle mass increase stamina improve cardiac function even stave off the symptoms of osteoporosis you can accomplish all of that and so much more by adding a good weight training routine to your regular workout Lifting weights improves your strength and stamina Lifting weights builds muscle and confidence improves cardiovascular health and can actually help prevent other sports injuries And lifting weights can help you lose extra pounds and keep them off so what are you weighting for come on get pumping *Fitness for Travelers* Suzanne Schlosberg,2002 From the bestselling author of *The Ultimate Workout Log* and *Fitness For Dummies* comes a practical and entertaining guide for travelers who want to stay fit on the road 110 photos *Fitness For Dummies* Suzanne Schlosberg,Liz

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