

SEATED ROW

MUSCLES PRIMARILY INVOLVED:

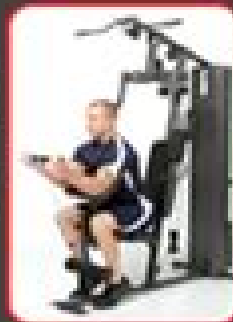
1. Pull the handles towards your chest.
2. Keep your back straight and your feet flat on the floor.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Push the handles down towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

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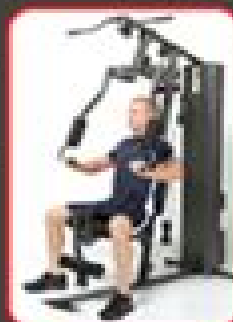
1. Pull the handles towards your chest.
2. Keep your back straight and your feet flat on the floor.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

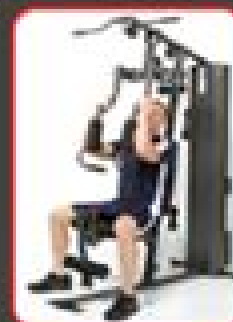
1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles down towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES PRIMARILY INVOLVED:

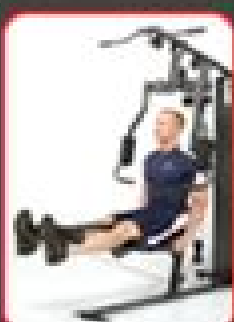
1. Stand with your feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Press the handles up towards your head, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Fly the handles out towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Extend your legs out towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Curl your legs up towards your chest, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs back towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK OUT

MUSCLES PRIMARILY INVOLVED:

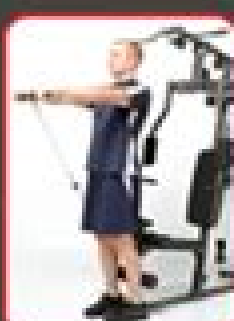
1. Stand with your feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs out towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Row the handles up towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Raise the handles up towards your head, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK OUT

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs out towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



Perfect Gym Multigym Workout Guide

Jicheng Xie



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The Complete Guide to Caribbean Cruises Linda Coffman,2009-10-06 Detailed and timely information on accommodations restaurants and local attractions highlight these updated travel guides which feature all new covers a dramatic visual design symbols to indicate budget options must see ratings multi day itineraries Smart Travel Tips helpful bulleted maps tips on transportation guidelines for shopping excursions and other valuable features Original [The Complete Guide to Fitness Facility Management](#) Sarah Bolitho,Paul Conway,2015-04-12 The Complete Guide to Fitness Facility Management is the must read guide for any fitness professional who aspires to become a manager Managing a fitness facility is different to all other forms of management and requires a range of skills knowledge and expertise This book reflects the different needs of this particular market from legal obligations staff management best practice budgeting marketing and sales to customer service health and safety personnel management and much more Gym chains and leisure

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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

Neporent,2005-04-08 What exactly is new in fitness In the exercise world there s something new in equipment research classes gadgets videos and Web sites just about every day The last few years have also seen the invention and marketing of new schlock like pills that claim to eliminate cellulite or burn extra carbohydrates and machines that purport to tone your thighs without any effort on your part It s all too easy to get confused by all the myths and mixed messages out there But don t sweat it This thoroughly revised edition of Fitness For Dummies updates you on all the latest the good the bad and the bizarre tackles your fears about getting fit and gives you the knowledge and motivation to stick with fitness for the rest of your life Renowned fitness experts Suzanne Schlosberg and Liz Neporent show you how to Test your fitness level and set realistic goals Pinpoint fat sources in your diet Create a personalized fitness program Find Internet fitness forums and Web sites Brave a public gym This is your essential get fit guide covering state of the art fitness techniques equipment programs and health clubs in a practical friendly way You ll see how your individualized fitness program will help you strengthen your heart and lungs burn lots of calories lower your stress level and even help you stay injury free You get the latest on low carb eating new food pyramids the glycemic index and trans fats and new carb guidelines Plus you ll see how to Take advantage of hot trends like Yoga and circuit training Incorporate weight training in your workout Choose the best fitness equipment for your home gym Stay fit at all ages and stages Complete with a list of ten great fitness investments under 100 and ten fitness ripoffs as well as proven ways to stay motivated Fitness For Dummies Third Edition is your one stop guide to a slim trim new

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New High Intensity Training Ellington Darden,2004-10-01 Presents the high intensity training philosophy with key training points a specialized two week course for developing certain areas of the body a nutrition plan for boosting body mass and stories of well known HIT users Health Apps Guide: 50 of the Best iPhone And iPad Health Apps Jacob Gleam,2014-11-07

Student Book Klaus Boehm,Jenny Lees- Spalding,2016-03-14 A comprehensive annually updated guide to higher education offering practical advice on courses and places to study The book deals with the mechanics of applying to college and also information on matters from finance and accommodation to a glossary of unfamiliar terms *A Complete Guide to Personal Training* Justin Bailly,2014-07-23 This book has been written to give new instructors and people thinking about becoming personal trainers an insight into what is involved in this constantly evolving and pupular profession giving you a clearer understanding and covering a wide selection of topics Everything you need to know about personal training is covered in this book covering subjects from how to get qualified and getting started to running your business

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