

## 1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your elbows are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, A



## 2 MILITARY PRESS

Mount the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, B



## 3 BUTTERFLY

Sit on the seat and spread your arms to the butterfly arms as shown. Spread the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, L



## 4 CALF RAISE

Hold the handles with an overhand grip. Keep your arms at your sides and rise up on your heels as far as possible. Return to the starting position.

Muscles affected: A, K



## 5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly bend your legs as shown. Do not let your knees lean back or drift inward or outward.

Muscles affected: H, L, V, W



## 6 ALTERNATE LEG RAISE

Mount the seat arms with your back to the seat and your arms supported by your weight. Straighten one leg and lift it to parallel the floor. Slowly straighten your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W



## 7 VERTICAL KNEE RAISE

Mount the 1000 arms with your back to the seat and your arms supported by your weight. Straighten your knees as high as they will go. Keep your feet on the floor. Return to the starting position.

Muscles affected: F, M



## 8 ASSISTED DIP

Select the desired weight setting. Grasp the air handles with your arms straight and your knees resting on the pads as shown. Slowly lower your body by bending your elbows. Return to the starting position.

Muscles affected: B, L, Q, P, Q, R, S



## 9 PULL-UP

Grasp the out-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is above the bar. Return to the starting position.

Muscles affected: C, E, D, P, B



## 10 PREACHER CURL

Sit on the seat and rest your arms on the front pad. Hold the bar with an underhand grip and extend your arms. Slowly curl the bar forward. Return to the starting position.

Muscles affected: C, B



## 11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the bar down on the foot pads fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, W, K



## 12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever until your legs are straight. Return to the starting position.

Muscles affected: H



## 13 LEG CURL

Mount with the back of one leg resting against one of the pads on the leg lever. Place the leg lever by bending your leg as shown. Return to the starting position.

Muscles affected: H



## 14 AB CRUNCH

Attach the air strap to the air cable. Hold the air strap over your shoulders. Lower yourself, bending at your waist and keeping your back straight.

Muscles affected: H



## 15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Allow your arms to hang straight. Return to the starting position.

Muscles affected: B, B



## 16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Stand with an overhand grip, your hands shoulder-width apart. With your elbows slightly bent, push the lat bar forward your legs. Return to the starting position.

Muscles affected: E, P, R, B



## 17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, adjust your seat up and hold the ends of the lat bar with an overhand grip. Pull the lat bar down to touch your knees. Return to the starting position.

Muscles affected: C, E, P, B



## 18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Keeping your upper arm stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: B, B



## 19 CROSSOVER FLY

Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you at a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, B



## 20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the bar with one hand against your chest as shown. Keep your back straight and bend back at your neck. Return to the starting position.

Muscles affected: T



## 21 DEAD LIFT

Attach the lat bar to the low cable. Bend your knees and hold the lat bar with an overhand grip. Keep your legs straight, and your feet up. Return to the starting position.

Muscles affected: E, H, T, V, W



## 22 SIDE BEND

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downwards, and hold the handle with your arm over your shoulder. Bend to the side as shown. Return to the starting position.

Muscles affected: D, E, M



## 23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms and hold the lat bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up and down. Return to the starting position.

Muscles affected: E, D, P



## 24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arm down, lifting the handle over your head. Return to the starting position.

Muscles affected: E, B



## 25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm down and hold the handle with an underhand grip. Keep your elbow at right angle to your body. Move the handle toward your chest as you curl the arm up.

Muscles affected: C, B



## 26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet shoulder-width apart. Lift the ankle strap, keeping your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: A, D, M, I



## 27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap. With your ankle slightly bent, move your leg back as shown. Return to the starting position.

Muscles affected: L, V, W



## 28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and reach your right leg over your left leg. Return to the starting position.

Muscles affected: L, H



## 29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways, and insert your outside leg into the ankle strap. Keep your leg up to the starting position.

Muscles affected: Q, W



## 30 BRANDING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the bar with one hand against your chest as shown. Keep your back straight and bend back at your neck. Return to the starting position.

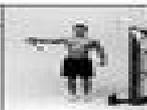
Muscles affected: C, B



## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm downwards, and hold the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, Q, Q



## 32 BENT LATERAL RAISE

Attach the handle to the low cable. Stand sideways and bend forward, extend one arm downwards, and hold the handle with your arm slightly bent. Bend the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: Q, Q



## 33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downwards and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar until handles are level with your shoulders. Return to the starting position.

Muscles affected: L, P, Q



## 34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Lift the curl bar to your chest. Return to the starting position.

Muscles affected: C, E, L, Q, P, Q



## 35 BENT ROW

Attach the handle to the low cable. Stand forward, extend your arms, and bend the handle with an overhand grip. Keep your back straight and pull the handle toward your chest. Return to the starting position.

Muscles affected: C, E, D, P, Q, S, T



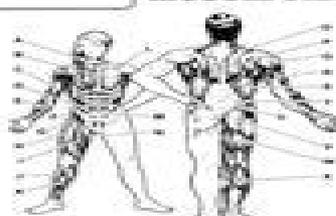
## 36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the curl bar toward your chest and bend back. Return to the starting position.

Muscles affected: C, E, D, P, Q, S, T



## MUSCLE CHART



- |                              |                            |
|------------------------------|----------------------------|
| A. Deltoid (neck)            | H. Adductor (inner thigh)  |
| B. Pectoralis Major (chest)  | I. Trapezius (upper back)  |
| C. Biceps (front of arm)     | J. Rhomboides              |
| D. Deltoid (outer)           | K. Serratus (back)         |
| E. Brachioradialis (forearm) | L. Pectorator Dorsi        |
| F. Biceps (inner thigh)      | M. Latissimus Dorsi        |
| G. Pectoralis (lower thigh)  | N. Quadriceps              |
| H. Adductor (outer thigh)    | O. Gluteus (back of arm)   |
| I. Deltoid (neck)            | P. Latissimus Dorsi        |
| J. Biceps (front of arm)     | Q. Erector Spinae          |
| K. Biceps (front of arm)     | R. Biceps (back)           |
| L. Biceps (back of arm)      | S. Gluteus Medius (hip)    |
| M. Erector Spinae            | T. Gluteus Maximus         |
| N. Quadriceps                | U. Hamstring               |
| O. Gluteus (back of arm)     | V. Hamstring (back of leg) |
| P. Latissimus Dorsi          | W. Gastrocnemius           |
| Q. Erector Spinae            | X. Gastrocnemius           |
| R. Biceps (back)             |                            |
| S. Gluteus Medius (hip)      |                            |
| T. Gluteus Maximus           |                            |
| U. Hamstring                 |                            |
| V. Hamstring (back of leg)   |                            |
| W. Gastrocnemius             |                            |
| X. Gastrocnemius             |                            |

# Pro Home Workout Tips For Beginners 6900

**L Darling-Hammond**



## **Pro Home Workout Tips For Beginners 6900:**

Pro Home Workout Tips For Beginners 6900: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. Pro Home Workout Tips For Beginners 6900 : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Pro Home Workout Tips For Beginners 6900 : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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