













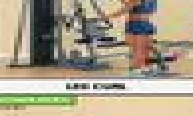








WORKOUT 1

	CHEST PRESS This exercise targets the pectoral muscles, triceps, and anterior deltoids. It is performed by lying on a bench and pressing a weighted bar or machine handle forward from the chest.	
	LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It is performed by pulling a bar or handle down from an overhead position.	
	PULL DOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It is performed by pulling a bar or handle down from an overhead position.	
	STANDING BICEP CURL This exercise targets the biceps brachii and brachialis. It is performed by standing and curling a weighted bar or machine handle up towards the shoulders.	
	TRICEPS PRESS This exercise targets the triceps brachii. It is performed by pressing a weighted bar or machine handle forward from the shoulders.	
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WORKOUT 2

	CHEST PRESS This exercise targets the pectoral muscles, triceps, and anterior deltoids. It is performed by lying on a bench and pressing a weighted bar or machine handle forward from the chest.	
	LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It is performed by pulling a bar or handle down from an overhead position.	
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WORKOUT 3

	CHEST PRESS This exercise targets the pectoral muscles, triceps, and anterior deltoids. It is performed by lying on a bench and pressing a weighted bar or machine handle forward from the chest.	
	LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It is performed by pulling a bar or handle down from an overhead position.	
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	STANDING BICEP CURL This exercise targets the biceps brachii and brachialis. It is performed by standing and curling a weighted bar or machine handle up towards the shoulders.	
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SAFETY TIPS:

- Always use proper form and technique to avoid injury.
- Warm up before each workout.
- Start with a light weight and gradually increase.
- Breathe in during the eccentric phase and out during the concentric phase.
- Keep your core engaged throughout the exercise.
- Avoid locking your joints at the end of the range of motion.
- If you feel any pain or discomfort, stop the exercise immediately.
- Consult a fitness professional for guidance.

PARABODY SYSTEM:

The Parabody System is a unique, patented training system that combines resistance training with cardiovascular exercise. It is designed to provide a full-body workout in a short amount of time.

TOTAL BODY WORKOUT:

The total body workout consists of 10 exercises that target all major muscle groups. It is performed in a circuit format, with 30 seconds of work followed by 15 seconds of rest.

PARABODY SYSTEM WORKOUT:

The Parabody System workout is a 30-minute workout that combines resistance training with cardiovascular exercise. It is performed in a circuit format, with 30 seconds of work followed by 15 seconds of rest.

DAY 1 **DAY 2** **DAY 3** **DAY 4**

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY**

Weider Pro 4300 Exercise Guide

CH Cherryholmes

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