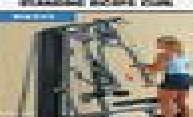
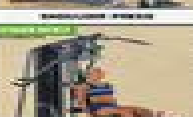
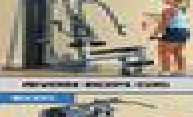
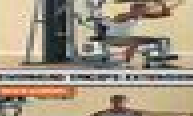
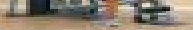


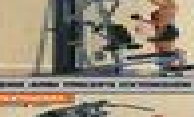
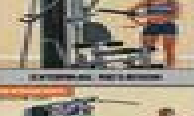
WORKOUT 1

	CHEST PRESS This exercise targets the pectoral muscles, triceps, and anterior deltoids. It is a compound movement that builds strength and muscle mass in the upper body. Form: Sit on the machine with your feet flat on the floor. Grasp the handles with your palms facing forward. Push the handles forward and slightly upward until your arms are fully extended. Reps: 10-12
	LAT PULL DOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It is a compound movement that builds strength and muscle mass in the upper body. Form: Sit on the machine with your feet flat on the floor. Grasp the handle with both hands. Pull the handle down towards your chest, keeping your elbows close to your body. Reps: 10-12
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	TRICEPS PRESS This exercise targets the triceps brachii and posterior deltoids. It is a compound movement that builds strength and muscle mass in the upper body. Form: Sit on the machine with your feet flat on the floor. Grasp the handle with both hands. Press the handle forward and upward until your arms are fully extended. Reps: 10-12
	SHOULDER PRESS This exercise targets the deltoids and triceps. It is a compound movement that builds strength and muscle mass in the upper body. Form: Sit on the machine with your feet flat on the floor. Grasp the handle with both hands. Press the handle forward and upward until your arms are fully extended. Reps: 10-12
	LEG EXTENSION This exercise targets the quadriceps. It is a compound movement that builds strength and muscle mass in the lower body. Form: Sit on the machine with your feet flat on the floor. Extend your legs forward until your knees are fully extended. Reps: 10-12
	LEG CURL This exercise targets the hamstrings and glutes. It is a compound movement that builds strength and muscle mass in the lower body. Form: Sit on the machine with your feet flat on the floor. Curl your legs back until your knees are fully bent. Reps: 10-12
	CALF RAISE This exercise targets the gastrocnemius and soleus muscles. It is a compound movement that builds strength and muscle mass in the lower body. Form: Stand on the machine with your feet flat on the floor. Raise your heels off the ground until your calves are fully contracted. Reps: 10-12
	ABDOMINAL CRUNCH This exercise targets the rectus abdominis. It is a compound movement that builds strength and muscle mass in the core. Form: Lie on the machine with your knees bent and feet flat on the floor. Crunch up towards your knees, keeping your hands near your head. Reps: 10-12

WORKOUT 2

	CHEST PRESS This exercise targets the pectoral muscles, triceps, and anterior deltoids. It is a compound movement that builds strength and muscle mass in the upper body. Form: Sit on the machine with your feet flat on the floor. Grasp the handles with your palms facing forward. Push the handles forward and slightly upward until your arms are fully extended. Reps: 10-12
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SAFETY TIPS:

- Always use proper form and technique to avoid injury.
- Start with a light weight and gradually increase as you become more comfortable.
- Breathe in during the eccentric phase and out during the concentric phase.
- Keep your core engaged throughout the entire exercise.
- If you feel any pain or discomfort, stop the exercise immediately.
- Always use the safety features of the machine.
- If you are unsure of how to perform an exercise, ask a qualified instructor for assistance.
- Always use proper form and technique to avoid injury.
- Start with a light weight and gradually increase as you become more comfortable.
- Breathe in during the eccentric phase and out during the concentric phase.
- Keep your core engaged throughout the entire exercise.
- If you feel any pain or discomfort, stop the exercise immediately.
- Always use the safety features of the machine.
- If you are unsure of how to perform an exercise, ask a qualified instructor for assistance.

TOTAL BODY WORKOUT:

• This workout targets all major muscle groups and is designed to improve overall strength and endurance.

WORKOUT 1:

- Chest Press
- Lat Pull Down
- Pull Down
- Standing Bicep Curl
- Triceps Press
- Shoulder Press
- Leg Extension
- Leg Curl
- Calf Raise
- Abdominal Crunch

WORKOUT 2:

- Chest Press
- Lat Pull Down
- Pull Down
- Standing Bicep Curl
- Triceps Press
- Shoulder Press
- Leg Extension
- Leg Curl
- Calf Raise
- Abdominal Crunch

WORKOUT 3:

- Chest Press
- Lat Pull Down
- Pull Down
- Standing Bicep Curl
- Triceps Press
- Shoulder Press
- Leg Extension
- Leg Curl
- Calf Raise
- Abdominal Crunch

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Tobias Bleicker

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