

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Extend your legs and place your feet on the floor. Hold the handles with your hands until your legs are fully extended. Keeping your arms straight. Push your arms down. Return to the starting position.

Muscles affected: B, L, M

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Hold the handles with your hands until your legs are fully extended. Do not rock your knees. Return to the starting position.

Muscles affected: M, L, M, K

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg extension. Place your hands on the floor. Extend your legs and straight. Return to the starting position.

Muscles affected: M

**21 DEAD LIFT**

Attach the barbell to the bar. Extend your arms straight and hold the barbell with an overhand grip. Straighten your legs, keeping your arms bent back straight, and pull hard on the barbell. Return to the starting position.

Muscles affected: L, H, T, M, M

**31 LATERAL RAISE**

Attach a handle to the bar. Extend your arms straight and hold the handle with your hands until your arms are level with your shoulders. Return to the starting position.

Muscles affected: L, H, C, C

**2 MILITARY PRESS**

Attach the system to the floor. Sit on the seat and hold the handles with your hands. Extend your arms straight. Extend your arms down and then back up. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

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

Muscles affected: B, S

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees at 90 degrees and rise up on your toes as far as possible. Return to the starting position.

Muscles affected: H, M

**5 SQUAT**

Hold the handles with an overhand grip. Extend your legs and place your feet on the floor. Hold your legs straight and rise up on your toes as far as possible. Return to the starting position.

Muscles affected: H, L, M, M

**6 ALTERNATE LEG RAISE**

Attach the leg bar to the leg cables. Extend the leg bar to the right cables. Hold the system, extend your arms straight and hold the bar with an overhand grip. Lift the leg bar up and down in front of your body. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, F, M

**7 VERTICAL KNEE RAISE**

Attach the leg bar to the leg cables. Hold the system, extend your arms straight and hold the bar with an overhand grip. Lift the leg bar up and down in front of your body. Return to the starting position.

Muscles affected: F, M

**8 ASSISTED DIP**

Hold the handles with an overhand grip. Extend the leg cables. Hold the handles with your hands until your arms are straight and your knees are resting on the pads as shown. Lower down your body by bending your knees. Return to the starting position.

Muscles affected: B, L, C, P, D, M, S, B

**9 PULL-UP**

Grasp the pull-up handles as shown. Lower your body down until your arms are straight and then pull up until your arms are straight and your body is level with your handle. Return to the starting position.

Muscles affected: C, L, D, P, S

**10 PREACHER CURL**

Sit on the seat and hold your arms on the curl pads. Hold the bar with an overhand grip. Extend your arms straight and hold the bar with your hands. Return to the starting position.

Muscles affected: C, L, S

**22 SHOE SHINE**

Attach the handle to the bar. Extend your arms straight and hold the handle with your hands until your arms are level with your shoulders. Return to the starting position.

Muscles affected: C, C, M

**32 SHOULDER SHRUG**

Attach the barbell to the bar. Extend your arms straight and hold the barbell with an overhand grip. Keeping your arms straight, pull the barbell up and then down. Return to the starting position.

Muscles affected: L, C, P, F

**23 OVERHEAD EXTENSION**

Attach a handle to the bar. Extend your arms straight and hold the handle behind your shoulder with an overhand grip. Extend your arms forward. Return to the starting position.

Muscles affected: H, L, M

**33 ISOLATION CURL**

Attach a handle to the bar. Extend your arms straight and hold the handle with an overhand grip. Extend your arms forward. Return to the starting position.

Muscles affected: C, C

**24 FRONT RAISE**

Attach the pulley cable to the bar. Extend your arms straight and hold your arms up. Extend your arms straight and hold the bar with an overhand grip. Return to the starting position.

Muscles affected: H, C, M, P

**34 SQUAT ROW**

Attach the curl bar to the leg cables. Sit on the floor and hold the curl bar with your hands. Extend your legs straight and hold the bar with an overhand grip. Return to the starting position.

Muscles affected: C, L, S, P, D, M, S, T

**25 REEL ROCK**

Attach the pulley cable to the bar. Extend your arms straight and hold your arms up. Extend your arms straight and hold the bar with an overhand grip. Return to the starting position.

Muscles affected: H, M, M

**35 HIP ADDUCTION**

Attach the cable selector to the bar. Extend your arms straight and hold your arms up. Extend your arms straight and hold the bar with an overhand grip. Return to the starting position.

Muscles affected: L, M

**26 HIP ADDUCTOR THIGH**

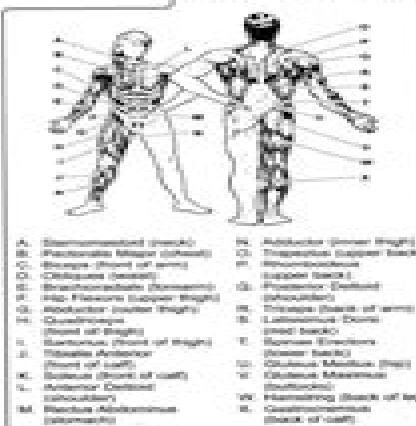
Attach the cable selector to the bar. Extend your arms straight and hold your arms up. Extend your arms straight and hold the bar with an overhand grip. Return to the starting position.

Muscles affected: L, M

**36 STEANDING CURL**

Attach the barbell to the bar. Extend your arms straight and hold the bar with an overhand grip. Keeping your arms straight, pull the barbell up and then down. Return to the starting position. Do every two seconds.

Muscles affected: C, H

**MUSCLE CHART**

Weider Crossbow Exercise Guide

Robert Lugo

Weider Crossbow Exercise Guide:

Consumers Index to Product Evaluations and Information Sources ,2004 **Cross-Training For Dummies** Tony Ryan,Martica Heaner,2011-06-15 Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you can inject a little excitement into your fitness routine while you receive better results out of your exercise plan If you have a real thirst for fitness knowledge then Cross Training For Dummies is for you Whether you just want to use cross training as a way to spice up a dull workout routine or you're looking to develop specific skills that will enhance your performance in a specific activity or sport this book can get you on track Cross Training For Dummies will keep you motivated interested strong and injury free as you strive to improve your level of fitness From savvy tips that'll turbo charge your workouts to great advice on weight lifting fitness activities and team sports this book has just what you need to advance to a higher level of fitness Cross Training For Dummies also covers topics that will help you to Assess your fitness level Set personalized exercise goals Have fun with individual and team sports Incorporate kickboxing Pilates spinning and other cutting edge workouts into your routine Understand the five elements of fitness Challenging your body to new fitness levels is hard work but the results are well worth it Cross Training For Dummies will help you understand how cross training works and show you how to put together a well balanced training program that will keep you happy and healthy [The Ultimate Guide to Crossbow Hunting](#) Joe Byers,2016-10-25 Get in on the hunting method sweeping the nation The Ultimate Guide to Crossbow Hunting offers everything you need to know about the sport and its gear from acquiring a bow to hunting popular big game animals With this book you will learn how to select a bow which bolts are best plus all there is to know about broadheads scopes and other gear Travel with author Joe Byers to Alaska for wild caribou and Africa for the largest of plains game with hunting tips from Michael Waddell Will Primos Bill Jordan and many others Learn how to grow your own trophy bucks hunt huge antlers in the suburbs and outsmart the wildest of black bears In The Ultimate Guide to Crossbow Hunting Joe Byers examines all things crossbow hunting Other topics covered include Myths and misconceptions Crossbow safety Sighting for success The best bolt for your bow Black bear how to And much more This exhaustive guide provides a look into the history of archery tips for hunting all types of game and of course advice on buying and using crossbow equipment With the Ultimate Guide to Crossbow Hunting you'll be able to hunt the whole season Skyhorse Publishing is proud to publish a broad range of books for hunters and firearms enthusiasts We publish books about shotguns rifles handguns target shooting gun collecting self defense archery ammunition knives gunsmithing gun repair and wilderness survival We publish books on deer hunting big game hunting small game hunting wing shooting turkey hunting deer stands duck blinds bowhunting wing shooting

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muscle groups Merge the recommended Bowflex routines with Dr Ellington Darden's guidelines on eating hydrating and resting and you'll be well on your way to getting the results you've always wanted In addition to four fat loss meal plans you'll find complete programs for out of shape athletes women who want to reduce their hips and thighs and individuals who wish to focus on their abdominals Choose the one that's right for you depending on your age experience body type and personal goals Throughout these pages you'll be inspired by reports and photographs of real results from real people using a real Bowflex machine With a little discipline and patience you'll see your extra fat begin to vanish revealing your muscles lean lines In only six weeks a man could drop 35 pounds of fat and 5 inches from his waist A woman could lose 19 pounds of fat and 4 inches from her thighs And both can build 3 pounds of muscle Best of all you will experience strength firmness and muscular refinement as never before Elegant instructive photographs of Dr Darden's top 23 Bowflex exercises make this the ideal fitness manual for both men and women those who already use the Bowflex system as well as the many new users of this fast growing home exercise system The only authorized book on the subject The Bowflex Body Plan will help you lose fat build muscle and reshape your body fast Soon you will have the results you've always wanted Soon you will have a Bowflex body

A Guide to the Crossbow William Forbes Paterson, 1984 History and restoration of crossbows **CROSSFIT EXERCISE For Beginners** Robert Lugo, 2024-05-22 Powerful Hook Points Are you ready to transform your fitness journey with the ultimate beginner's guide to CrossFit Wondering how to get started with CrossFit and achieve your fitness goals effectively Looking for comprehensive CrossFit workouts and programming designed for beginners Interested in mastering fundamental CrossFit movements and techniques Want to discover the secrets of nutrition and recovery to maximize your CrossFit performance **CROSSFIT EXERCISE For Beginners** is your definitive guide to starting and excelling in CrossFit offering an in-depth and keyword rich resource for anyone passionate about fitness health and athletic performance This book is meticulously crafted to provide beginners with the essential knowledge techniques and motivation needed to embark on a successful CrossFit journey Inside this comprehensive guide you'll explore Introduction to CrossFit Discover the origins philosophy and core principles of CrossFit providing a solid foundation for your fitness journey Getting Started with CrossFit Learn how to begin your CrossFit adventure including selecting the right gym understanding essential equipment and setting realistic fitness goals Fundamental CrossFit Movements Master the basic CrossFit exercises including squats deadlifts and presses with detailed instructions and tips for proper form and technique CrossFit Workouts and Programming Dive into beginner friendly workout routines and programming strategies that ensure consistent progress and prevent plateaus Nutrition and Recovery for CrossFit Unlock the secrets to optimal nutrition and effective recovery strategies tailored specifically for CrossFit athletes to enhance performance and reduce injury risks CrossFit Competitions and Events Gain insights into the world of CrossFit competitions including preparation tips mental strategies and what to expect on competition day CrossFit for Special Populations Explore how CrossFit can be adapted for different age groups fitness levels

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Complete Guide to TRX Suspension Training Jay Dawes,2017 Complete Guide to TRX Suspension Training is the ultimate training guide Designed to develop strength power core stability flexibility and balance this guide explains and presents more than 115 of the most effective Suspension Training exercises With over 30 ready to use programs variations and training advice this is a must have for anyone seeking to maximize their workout and their results

Arm Circle Exercise for Beginners Irene Hushpuri,2025-07-05 Ready to Loosen Stiff Shoulders Improve Posture and Tone Your Arms Without Equipment or a Gym This beginner friendly guide to arm circle exercises is the simple no fuss way to get started right at home Whether you re a total beginner a senior looking for a safe way to stay active or someone stuck behind a desk for hours each day Arm Circle Exercise for Beginners is your go to guide to better shoulder mobility posture and upper body strength

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