

1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Place your elbows under your knees until fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, H

2 MILITARY PRESS

Adjust 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, H

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, 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: K, H

5 SQUAT

Hold the handles with an overhand grip and straighten your legs. Slowly bend your legs as shown. Do not let your lower back go into a rounded position. Return to the starting position.

Muscles affected: H, L, Q, H

6 ALTERNATE LEG RAISE

Place the right arm with your back to the seat and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Hold it steady for a few seconds. Return to the starting position. Alternate legs with each repetition.

Muscles affected: L, F, H

7 VERTICAL KNEE RAISE

Mount the right arm with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your legs straight and your feet flat on the floor. Return to the starting position.

Muscles affected: F, H

8 ASSISTED DIP

Grab the assisted weight holding device. Grasp the dip 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, F, Q, R, B

9 PULL-UP

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

Muscles affected: C, B, Q, F, B

10 PREACHER CURL

Sit on the seat and rest your arms on the back pad. Hold the lat bar with an overhand grip and extend your arms. Slowly curl the lat bar toward your chest. 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 forward until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, F, H, 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

Stand 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 ab straps to the ab cable. Hold the ab straps over your shoulders. Lean forward, 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. Keep your arms straight and push the lat bar down as far as possible. Return to the starting position.

Muscles affected: C, B

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhand grip. Your hands should be shoulder-width apart. With your arms straight, push the lat bar forward over your head. Return to the starting position.

Muscles affected: C, B, H, B

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the lat bar with an overhand grip. Pull the lat bar down as far as possible. Return to the starting position.

Muscles affected: C, B, F, 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. Keep your upper arms stationary. Slowly extend your arms. Return to the starting position.

Muscles affected: C, 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 in 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 lat bar with an overhand grip and extend your arms. Slowly curl your back straight and bend back at your waist. Return to the starting position.

Muscles affected: F

21 DEAD LIFT

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

Muscles affected: C, H, F, H, H

22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward, and bend the handle down as far as possible. Return to the starting position.

Muscles affected: C, B, H

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Stand with your arms straight and hold the lat bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up as far as possible. Return to the starting position.

Muscles affected: C, Q, F

24 OVERHEAD EXTENSION

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

Muscles affected: C, B

25 ISOLATION CURL

Attach a handle to the low cable. Stand with your arm bent and hold the handle with an overhand grip. Keep your arm at your side and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, B

26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet shoulder-width apart. Kick your leg forward and hold it in the air. Return to the starting position.

Muscles affected: C, B, H, B

27 HEEL KICK

Attach the ankle strap to the low cable. Stand with your feet shoulder-width apart. Kick your leg back and hold it in the air. Return to the starting position.

Muscles affected: L, H, H

28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your inside leg over your outside leg. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your outside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: B, H

30 BRANDING CURL

Attach the lat bar to the low cable. Stand with your arms straight and hold the lat bar with an overhand grip. Keep your arms at your sides and curl the lat bar toward your chest. Return to the starting position. To vary the exercise, use the lat bar with an overhand grip.

Muscles affected: C, B

31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm outward with your arm straight. 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 handles to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle with your arm straight. Hold the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the lat bar to the low cable. Stand with your arms straight and hold the lat bar with an overhand grip. Keep your arms straight, raise the lat bar until your hand is level with your shoulders. Return to the starting position.

Muscles affected: L, F, B

34 UPRIGHT ROW

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

Muscles affected: C, B, L, Q, F, Q

35 BENT ROW

Attach the handles to the low cable. Stand forward, extend your arms, and bend the handles with an overhand grip. Pull the handles toward your chest. Return to the starting position.

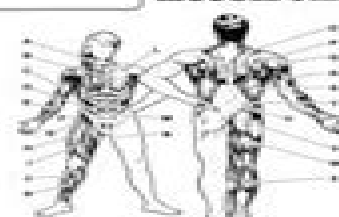
Muscles affected: C, B, Q, F, Q, B, F

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 to your chest and lean back. Return to the starting position.

Muscles affected: C, B, Q, F, Q, B, F

MUSCLE CHART



- | | |
|--------------------------------|---------------------------------|
| A. Sternocleidomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboides |
| D. Deltoids (shoulder) | Q. Latissimus Dorsi |
| E. Brachioradialis (forearm) | R. Erector Spinae (lower back) |
| F. Hip Flexors (upper thigh) | S. Gluteus Medius (hip) |
| G. Adductor (inner thigh) | T. Gluteus Maximus |
| H. Quadriceps (front of thigh) | U. Hamstrings (back of thigh) |
| I. Sartorius (front of thigh) | V. Gastrocnemius (back of calf) |
| J. Soleus (back of calf) | |
| K. Tibialis (front of calf) | |
| L. Peroneus (back of calf) | |
| M. Rectus Abdominus (abdomen) | |

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LP Steffe

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the 'LP Steffe' text.

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web 5 install your aftermarket fuel injectors 6 set your injector size setting in your tuning software to the new injectors published flow rate size 7 hold the throttle steady at 3 000 rpm and adjust the injector size setting higher or lower until you reach the same air fuel ratio that you wrote down in step 3 above

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web in several timed injection systems individual pumps at each intake valve are regulated timed by a microprocessor that monitors intake vacuum engine temperature ambient air temperature and throttle position and adjusts the time and duration of injection accordingly

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web sep 24 2018 it is obvious to see that the patient or carer parent doctor nurse etc can move the lever on the right to set the injection time here they can choose anywhere between 5 seconds and 30 seconds the user can then remove the green cap on the left hand end and press against their skin to trigger the start of injection

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web may 8 2021 a hydraulic automatically adjustable timing device for regulating fuel injection a pair of springs control outward movement of a flyweight responsive to driving shaft speed and hence permit

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web jul 18 2010 advancing or retarding is controlled by the automatic timer in response to the engine speed construction and operation fuel injection timing is controlled by changing the position of the roller which touches the face cam when the injection pump is not rotating the roller is in the maximum retarding position

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web the present invention relates to an automatic timer of an injection pump configured to determine a fuel injection time point of an injection pump for supplying fuel to a combustion

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web in variably timed fuel injection apparatus a rotatable and axially displaceable pump cylinder having a fuel charge zone from which fuel is dischargeable when subjected to pressure of fuel

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web jan 28 2023 the companion provides dose mixing monitoring injection monitoring injection reminders and an injection timer conclusion the intuitix platform opens new opportunities for the pharmaceutical industry offering a fully automatic autoinjector that enables drug mixing dosing and injection in the same handheld device

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web jan 24 2020 with high tolerances the injection system can perform well when the engine runs for an extended time diesel injection timing also has more in depth controls when you combine all its properties an injection timing system can make up about 30 percent of a diesel engine s total costs

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web dec 6 2019 1 touch inject of timer on the inject screen to open the inject timer setting window 2 set the required time in the step switch on the inject timer setting window 2 setting of cooling timer

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web jun 26 2018 the presented injection time model was created for a three step disposable autoinjector figure 1 the autoinjector comprises a 1 ml pre filled syringe with staked needle containing a monoclonal antibody drug mab the viscosity of the drug is 9 4 mpa s at 20 c and nominal protein concentration figure 1

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