













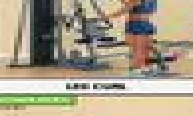










WORKOUT 1

| | | |
|--|--|---|
|  | 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. Proper form is crucial to avoid shoulder strain. |  |
|  | LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It helps in building back muscle and improving posture. The key is to pull the bar down towards the chest. |  |
|  | PULLUP This is a bodyweight exercise that targets the latissimus dorsi, trapezius, and biceps. It is a challenging exercise that builds upper body strength and endurance. |  |
|  | STANDING BICEP CURL This exercise targets the biceps brachii and brachialis. It is a simple exercise that can be done with weights or resistance bands. |  |
|  | TRICEPS PRESS This exercise targets the triceps brachii. It is a compound movement that builds strength and muscle mass in the upper body. |  |
|  | TRICEPS EXTENSION This exercise targets the triceps brachii. It is a simple exercise that can be done with weights or resistance bands. |  |
|  | SHOULDER PRESS This exercise targets the deltoids and triceps. It is a compound movement that builds strength and muscle mass in the upper body. |  |
|  | LEG EXTENSION This exercise targets the quadriceps. It is a simple exercise that can be done with weights or resistance bands. |  |
|  | LEG CURL This exercise targets the hamstrings. It is a simple exercise that can be done with weights or resistance bands. |  |
|  | CALF RAISE This exercise targets the calf muscles (gastrocnemius and soleus). It is a simple exercise that can be done with weights or resistance bands. |  |
|  | ABDOMINAL CRUNCH This exercise targets the rectus abdominis. It is a simple exercise that can be done with weights or resistance bands. |  |

WORKOUT 2

| | | |
|---|--|---|
|  | INCLINE 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. |  |
|  | LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It helps in building back muscle and improving posture. |  |
|  | SEATED ROW This exercise targets the latissimus dorsi, trapezius, and biceps. It is a compound movement that builds strength and muscle mass in the upper body. |  |
|  | ONE ARM ROW This exercise targets the latissimus dorsi, trapezius, and biceps. It is a compound movement that builds strength and muscle mass in the upper body. |  |
|  | ONE ARM ROW PEC FLY This exercise targets the latissimus dorsi, trapezius, biceps, and pectoral muscles. It is a compound movement that builds strength and muscle mass in the upper body. |  |
|  | REVERSE BICEP CURL This exercise targets the biceps brachii and brachialis. It is a simple exercise that can be done with weights or resistance bands. |  |
|  | LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It helps in building back muscle and improving posture. |  |
|  | TRICEPS EXTENSION This exercise targets the triceps brachii. It is a simple exercise that can be done with weights or resistance bands. |  |
|  | LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It helps in building back muscle and improving posture. |  |
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|  | LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It helps in building back muscle and improving posture. |  |

WORKOUT 3

| | | |
|---|--|---|
|  | PEC FLY This exercise targets the pectoral muscles. It is a simple exercise that can be done with weights or resistance bands. |  |
|  | LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It helps in building back muscle and improving posture. |  |
|  | SEATED ROW This exercise targets the latissimus dorsi, trapezius, and biceps. It is a compound movement that builds strength and muscle mass in the upper body. |  |
|  | ONE ARM ROW This exercise targets the latissimus dorsi, trapezius, and biceps. It is a compound movement that builds strength and muscle mass in the upper body. |  |
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|  | LAT PULLDOWN This exercise targets the latissimus dorsi, trapezius, and biceps. It helps in building back muscle and improving posture. |  |

SAFETY TIPS:

- Always warm up before starting any exercise routine.
- Use proper form and technique to avoid injury.
- Start with a light weight and gradually increase as you become more comfortable.
- Listen to your body and stop if you feel any pain or discomfort.
- Stay hydrated throughout your workout.
- Get enough rest and recovery between workouts.
- Consult a healthcare professional if you have any pre-existing conditions.

PARABODY SYSTEM:

The Parabody System is a comprehensive fitness program that combines strength training, cardiovascular exercise, and flexibility work. It is designed to help you achieve your fitness goals and improve your overall health.

TOTAL BODY WORKOUT:

This workout targets all major muscle groups and is suitable for beginners and intermediate fitness enthusiasts. It includes exercises for the chest, back, legs, and core.

WORKOUT 1:

Focuses on building upper body strength and muscle mass. It includes exercises like Chest Press, Lat Pulldown, and Seated Row.

WORKOUT 2:

Focuses on building lower body strength and muscle mass. It includes exercises like Leg Extension, Leg Curl, and Calf Raise.

WORKOUT 3:

Focuses on building core strength and muscle mass. It includes exercises like Abdominal Crunch and Lat Pulldown.

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