



BASIC ROWING

Remove seat belt. Lock up or seat in a sitting position. Sit on rowing machine with feet on your plate. Grasp the handles forward top with palms facing to show back. Return to start position and repeat.

1 Minute



BENT-OVER ROW

Remove seat belt. Stand on platform, standing with feet on rowing machine. Grasp the handles with palms facing back. Bend slightly forward at hips, keeping feet flat and spine in neutral position. Pull handles back with elbows out, keeping shoulder blades together. Repeat in neutral position.

1 Set-10 Reps
2 Sets-10 Reps



LOWER BACK EXTENSION

Sit on flat bench facing toward. Grasp the handles and feet with arms straight in front feet. Bendy from hips, lean backward with keeping spine neutral.

1 Set-10 Reps



STANDING SCOOP CURL

Remove seat belt. Stand on platform, facing away from back, standing with Cross the handles. Flapping elbows at side and pulling handle up, perform curl, bringing handle toward shoulders.

1 Set-10 Reps
2 Sets-10 Reps



STANDING REVERSE CURL

Remove seat belt. Stand on platform, facing away from back, standing with Cross the handles with palms facing back. Flapping elbows at side, perform curl, bringing handle toward shoulders.

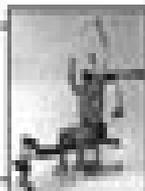
1 Set-10 Reps
2 Sets-10 Reps



LATERAL RAISE

Remove seat belt. Stand on platform, standing with feet on rowing machine. Grasp the handles with palms facing back. Flapping elbows slightly back, raise arms out to side to shoulder level.

1 Set-10 Reps
2 Sets-10 Reps



SHOULDER PRESS

Sit on flat bench facing away from back. Grasp the handles with palms facing forward, hand arms in a 45-degree angle to shoulder level. Extend arms forward using.

1 Set-10 Reps
2 Sets-10 Reps



INCLINE PRESS

Sit on inclined bench. Grasp the handles. Bend elbows to 90 degrees with arms parallel to floor. Push straight forward using arms from chest.

1 Set-10 Reps
2 Sets-10 Reps



UPPER CHEST FLY

Sit with feet pointing forward. Using a 10 or 20 lb resistance band grab each end of the band, stand in front your feet and bend it so that it's forming a V.

1 Set-10 Reps
2 Sets-10 Reps



LYING TRICEPS PRESSDOWN

Sit on flat bench with feet toward lower. Grasp both feet handles with arms bent, hands at shoulder level with forearms against arms. Lower's weight, then elbows at side.

1 Set-10 Reps
2 Sets-10 Reps



FRENCH PRESS

Sit on flat bench facing away from back. Grasp the handles in each hand, bring handles behind head with elbows bent to form a 90 degree angle. Extend arms upward, keeping elbows bent 90.

1 Set-10 Reps
2 Sets-10 Reps



ABDOMINAL CRUNCH

Sit on flat bench with feet toward lower. Grasp the handles, cross arms over chest with hands in opposite shoulders. Contract abs, bringing the lower legs.

1 Set-10 Reps
2 Sets-10 Reps

Crossbow Workout Manual

RJ Shavelson



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