



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 and pull gently backward to chest level. Return to start position and repeat.
1 Set-10 Reps



BENT-OVER ROW

Remove seat belt. Stand on platform, straddling rail. Bring knees. Grasp the handles with palms facing each other. Bend slightly forward at hips, keeping feet flat and spine in neutral position. Pull handles back with elbows out, drawing shoulder blades together. Release in neutral position.
1 Set-10 Reps
2 Sets-10 Reps



LOWER BACK EXTENSION

Sit on flat board facing toward crossbow. Grasp the handles and feet with arms straight in front board. Bendy from hips, lean backward with keeping spine neutral.
1 Set-10 Reps



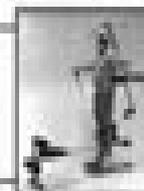
STANDING SCOOP CURL

Remove seat belt. Stand on platform, facing away from board straddling rail. Grasp the handles. Flapping elbows at sides and pulling handle up, perform curl, bringing handle toward shoulders.
1 Set-10 Reps
2 Sets-10 Reps



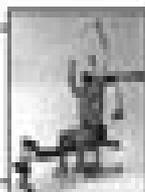
STANDING REVERSE CURL

Remove seat belt. Stand on platform, facing away from board straddling rail. Grasp the handles with palms facing each other. Flapping elbows at sides, perform curl, bringing handle toward shoulders.
1 Set-10 Reps
2 Sets-10 Reps



LATERAL RAISE

Remove seat belt. Stand on platform, straddling rail, facing away from board. Grasp the handles with palms facing each other. Flapping elbows slightly back, raise arms out to sides to shoulder level.
1 Set-10 Reps
2 Sets-10 Reps



SHOULDER PRESS

Sit on flat board facing away from board. Grasp the handles with palms facing forward. Bend arms to a 90-degree angle so shoulder level forward arms forward only.
1 Set-10 Reps
2 Sets-10 Reps



INCLINE PRESS

Sit on inclined board. Grasp the handles. Bend elbows to 90 degrees with arms parallel to floor. Push straight upward pulling 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 lean in so that it's forming an X.
1 Set-10 Reps
2 Sets-10 Reps



LYING TRICEPS PRESSDOWN

Sit on flat board with feet toward board. Grasp both the handles with arms bent, hands at shoulder level with forearms against arms. Lower seat, raise elbows at sides.
1 Set-10 Reps
2 Sets-10 Reps



FRENCH PRESS

Sit on flat board facing away from board. 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 degrees.
1 Set-10 Reps
2 Sets-10 Reps



ABDOMINAL CRUNCH

Sit on flat board with feet toward board. 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 Exercise Guide

Jin-Ying Zhang



Crossbow Exercise Guide:

Unveiling the Magic of Words: A Overview of "**Crossbow Exercise Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Crossbow Exercise Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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