



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 towards to chest level. Return to start position and repeat.
1 Set-10 Reps



BENT-OVER ROW

Remove seat belt. Stand on platform, standing with feet on rowing machine. 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, keeping shoulder blades together. Release in neutral position.
1 Set-10 Reps
2 Sets-10 Reps



LOWER BACK EXTENSION

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



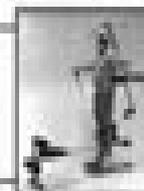
STANDING SCOOP CURL

Remove seat belt. Stand on platform, facing away from board, standing with arms flat handles. Flapping elbows at side and pulling handle up, perform curl, bringing handle toward shoulders.
1 Set-10 Reps
2 Sets-10 Reps



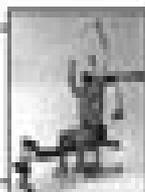
STANDING REVERSE CURL

Remove seat belt. Stand on platform, facing away from board, standing with arms flat handles with palms facing each other. 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 each other. 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 board facing away from board. Grasp the handles with palms facing forward. Bend arms to a 90-degree angle as shoulder level. Press arms forward using.
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 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 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 flat handles with arms bent, hands at shoulder level with forearms against arms. Lower seat, raise elbows at side.
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

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Crossbow Exercise Guide:

Decoding **Crossbow Exercise Guide**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Crossbow Exercise Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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