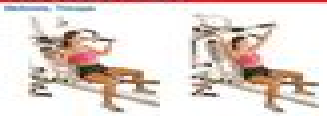


HOME GYM EXERCISES

SHOULDER PRESS



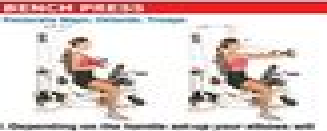
1. Adjust shoulder pad so weight bar rests on top of your head.
2. Push shoulder pads up, sit with back against all three ends of the machine.
3. Push up with arms straight.
4. Lower weight slowly to start.

FRONT DELTOID RAISE



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight.
3. Push up with arms straight.
4. Lower weight slowly to start.

BENCH PRESS



1. Adjusting seat and shoulder pad so your chest and arms will rest on all four pads (shoulder pad, chest pad, seat pad, and foot pad).
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.

TRICEP PULLDOWN

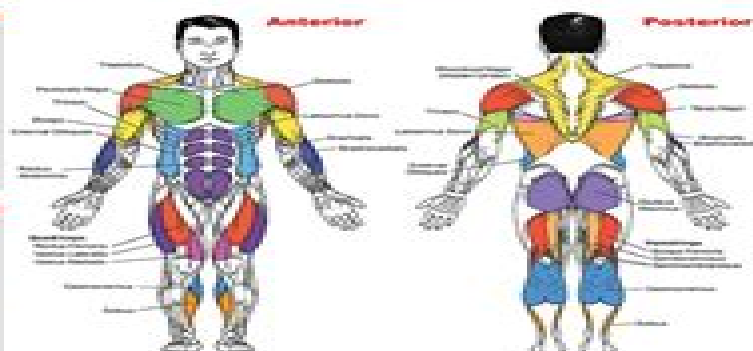


1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight.
3. Push up with arms straight.
4. Lower weight slowly to start.

KNEE EXTENSION

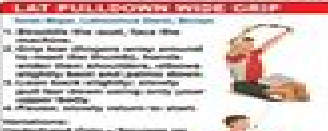


1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.



Note: Avoid letting metal plates touch between repetitions.

LAT PULLDOWN WIDE GRIP



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight.
3. Push up with arms straight.
4. Lower weight slowly to start.

STANDING BICEP CURL



1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight.
3. Push up with arms straight.
4. Lower weight slowly to start.

STANDING LEG CURL



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.

MID ROW



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.

PREACHER CURL



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.

LEG PRESS



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.

STANDING SIDE RAISE



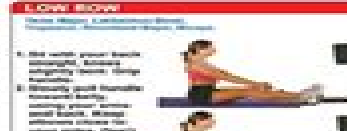
1. Stand with feet shoulder-width apart, knees slightly bent.
2. Hold handles with both hands, arms straight.
3. Push up with arms straight.
4. Lower weight slowly to start.

PEC DECK



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.

LOW ROW



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.

CRUNCH



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.

STANDING CALF RAISE



1. Adjust seat so the back of your knees touch seat's edge and foot resters are in front of ankles.
2. Push up with arms straight.
3. Lower weight slowly to start.
4. Push up with arms straight.

This equipment must be used in accordance with the instructions on the equipment. This equipment is not intended for use as a substitute for professional medical advice. It is not intended for use as a substitute for professional medical advice. It is not intended for use as a substitute for professional medical advice.



Safety Rules:

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2. Do not use equipment if you are injured or if you are under the influence of alcohol or drugs.
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Gym Exercise At Home Guide Pic

Yan Bai



Gym Exercise At Home Guide Pic:

Gym Exercise At Home Guide Pic Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Gym Exercise At Home Guide Pic**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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