



STANDING CABLE ROW
 • Pull the handle towards your chest, keeping your back straight and feet flat on the floor.
 • This exercise targets the latissimus dorsi, trapezius, and biceps.



SEATED CABLE ROW
 • Sit on the machine, facing the cable, and pull the handle towards your chest.
 • This exercise targets the latissimus dorsi, trapezius, and biceps.



LYING CABLE ROW
 • Lie on your back, feet flat on the floor, and pull the handle towards your chest.
 • This exercise targets the latissimus dorsi, trapezius, and biceps.



STANDING CABLE Crossover
 • Stand with feet flat on the floor, pulling the handle from one side towards the other side of your chest.
 • This exercise targets the latissimus dorsi, trapezius, and biceps.



SEATED CABLE Crossover
 • Sit on the machine, facing the cable, and pull the handle from one side towards the other side of your chest.
 • This exercise targets the latissimus dorsi, trapezius, and biceps.



LYING CABLE Crossover
 • Lie on your back, feet flat on the floor, and pull the handle from one side towards the other side of your chest.
 • This exercise targets the latissimus dorsi, trapezius, and biceps.



SEATED CABLE ROW WITH KNEE EXTENSION
 • Sit on the machine, facing the cable, and pull the handle towards your chest while extending your knees.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and quadriceps.



SEATED CABLE ROW WITH LEG EXTENSION
 • Sit on the machine, facing the cable, and pull the handle towards your chest while extending your legs.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and quadriceps.



LYING CABLE ROW WITH LEG EXTENSION
 • Lie on your back, feet flat on the floor, and pull the handle towards your chest while extending your legs.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and quadriceps.



SEATED CABLE ROW WITH ARM EXTENSION
 • Sit on the machine, facing the cable, and pull the handle towards your chest while extending your arms.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and triceps.



SEATED CABLE ROW WITH TORSO TWIST
 • Sit on the machine, facing the cable, and pull the handle towards your chest while twisting your torso.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and obliques.



LYING CABLE ROW WITH TORSO TWIST
 • Lie on your back, feet flat on the floor, and pull the handle towards your chest while twisting your torso.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and obliques.



SEATED CABLE ROW WITH ARM EXTENSION
 • Sit on the machine, facing the cable, and pull the handle towards your chest while extending your arms.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and triceps.



SEATED CABLE ROW WITH TORSO TWIST
 • Sit on the machine, facing the cable, and pull the handle towards your chest while twisting your torso.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and obliques.



LYING CABLE ROW WITH ARM EXTENSION
 • Lie on your back, feet flat on the floor, and pull the handle towards your chest while extending your arms.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and triceps.



SEATED CABLE ROW WITH TORSO TWIST
 • Sit on the machine, facing the cable, and pull the handle towards your chest while twisting your torso.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and obliques.



SEATED CABLE ROW WITH ARM EXTENSION
 • Sit on the machine, facing the cable, and pull the handle towards your chest while extending your arms.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and triceps.



LYING CABLE ROW WITH ARM EXTENSION
 • Lie on your back, feet flat on the floor, and pull the handle towards your chest while extending your arms.
 • This exercise targets the latissimus dorsi, trapezius, biceps, and triceps.



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GETTING STARTED
 Before you begin your workout, it is important to warm up your muscles. This can be done by performing light cardio for 5-10 minutes. Once you are warmed up, you can begin your workout. Start with a few sets of the exercises listed in this chart. As you become more comfortable with the exercises, you can increase the weight and the number of sets. Remember to always use proper form and technique to avoid injury.

IMPORTANT INFORMATION
 This exercise chart is designed to provide you with a variety of exercises that target different muscle groups. It is important to use proper form and technique when performing these exercises. If you are unsure of how to perform an exercise, consult with a fitness professional. Remember to always listen to your body and stop if you experience any pain or discomfort.

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