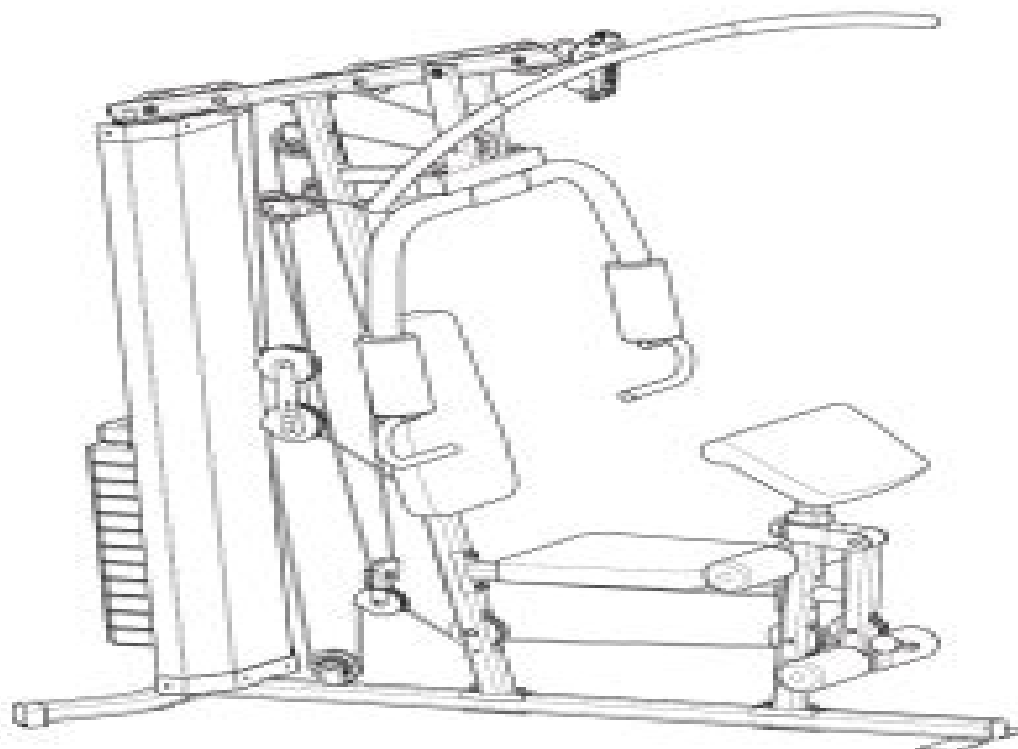


Home Gym

Assembly & User Instructions - Please keep for future reference

335/8230



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Important – Please read these instructions fully before assembly or using

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the Customer Helpline: 08456 600 464

Maximuscple Home Gym Manual

Nicolas Andreou

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Bodybuilding Taylor Smith, 2019-11-04 When we talk about training referred to instructors in the gym there we refer to a system of knowledge that concerns different fields of action The activity in the gym implies notions of anatomy biomechanics physiology and physiology of physical exercise Together with these also nutrition and supplementation have shown to have an influence on sports performance Moreover in recent years several studies have overturned several concepts and common places related to the world of sport This means that the knowledge in itself is not enough if there is not a continuous update especially scientific The purpose of training is to create professionalism Word that today how come it takes on a fundamental value in the evaluation of the instructor The goals are not enough to reach this goal scientific knowledge but it also serves the right attitude together with humility and curiosity The Professional is the one who provides a unique performance Let s not forget it Note Text was written for quick reference and easy learning For this reason I have omitted topics that are not strictly relevant to the topic and sacrificed the purely technical definition of many concepts in favor of a more direct and immediate language The medichese is not a language that helps the assimilation of notions

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