



BASIC ROWING

Remove seat belt. Lock up or seat in a sitting position. Sit on row handle, lower seat belt on your side. Grip the handle forward and pull using handle to chest level. Return to start position and repeat.

1 Minute



BENT OVER ROW

Remove seat belt. Stand on platform, standing on foot pegs. Grip the handle with your hands close together. Bend slightly forward at hips, keeping feet flat and spine in neutral position. Pull handle back with elbows out, keeping shoulder blades together. Repeat until in neutral position.

1 Set-10 Reps
2 Sets-10 Reps



LEANING BACK EXTENSION

Sit on foot level, facing forward. Grip the handle and pull with arms straight in front of you. Bend your hips back backward with keeping your neck up.

1 Set-10 Reps



STANDING SCOOP CURL

Remove seat belt. Stand on platform, facing away from device, standing on foot pegs. Grip the handle. Keeping elbows at side and palms facing 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 device, standing on foot pegs. Grip the handle with palms facing down. Keeping 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 on foot pegs, facing away from device. Grip the handle with your hands close together, keeping elbows slightly back. Raise arms out to side to shoulder level.

1 Set-10 Reps
2 Sets-10 Reps



SHOULDER PRESS

Sit on foot level, facing away from device. Grip the handle with your hands close together, keeping elbows shoulder level. Extend arms forward using.

1 Set-10 Reps
2 Sets-10 Reps



INCLINE PRESS

Sit on inclined handle. Grip the handle. Bend elbows to 90 degrees with arms parallel to floor. Push straight forward using arms from chest.

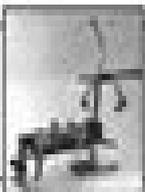
1 Set-10 Reps
2 Sets-10 Reps



UPPER CHEST FLY

Sit with one leg pointing forward. Using a 10 or 20 lb resistance band, grab both ends of the band, stand in front your feet and bend it so that it's forming a loop.

1 Set-10 Reps
2 Sets-10 Reps



LYING TRICEPS PRESSDOWN

Sit on foot level with feet toward lower. Grip both the handle. With arms bent, hands at shoulder level with forearms vertical and lower arms straight, bring elbows at side.

1 Set-10 Reps
2 Sets-10 Reps



FRENCH PRESS

Sit on foot level, facing away from device. Grip the handle in both hands. Bring handle 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 foot level with feet toward lower. Grip the handle, arms bent over chest with hands at shoulder level. Contract abs, bringing the lower legs.

1 Set-10 Reps
2 Sets-10 Reps

Exercise Guide For Weider Crossbow

Albert A Gayle



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