



SEATED CABLE ROW
MUSCLE(S) TARGETED: Back, Biceps



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STANDING CABLE ROW
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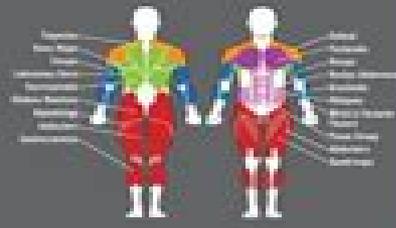
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WARM UP FOR THE EXERCISE

Before starting any exercise routine, it is important to warm up the muscles. This can be done by performing light cardio for 5-10 minutes, followed by dynamic stretching. Dynamic stretching involves moving joints through their full range of motion in a controlled manner. This helps to increase blood flow to the muscles and prepares them for the more intense exercise that follows. Examples of dynamic stretches include leg swings, arm circles, and torso twists. It is also important to start with a light weight and gradually increase the weight as you become more comfortable with the exercise. This helps to prevent injury and allows you to focus on proper form.

Proper form is crucial for maximizing the benefits of any exercise and preventing injury. For the seated cable row, this means keeping your feet flat on the floor and your back straight. You should pull the handle towards your chest, not your stomach. It is also important to exhale as you pull and inhale as you release. Consistency is key when it comes to seeing results from your exercise routine. Aim to perform this exercise 2-3 times per week, with at least one rest day in between. Over time, you should notice an increase in muscle strength and endurance. Remember to listen to your body and stop if you experience any pain or discomfort.

MUSCLE REFERENCE GUIDE



VARIABLE RESPIREX PROGRAMME

What are your fitness goals?

Weight Loss	Build Muscle	General Health
3-4 sets	4-5 sets	3-4 sets
10-12 reps	8-10 reps	12-15 reps
10-15 sec rest	30-45 sec rest	1-2 min rest

- The program is designed to be performed 3-4 times per week.
- Rest 1-2 minutes between sets.
- Increase weight gradually as you become more comfortable with the exercise.
- Focus on proper form and technique.
- Stay hydrated throughout your workout.
- Listen to your body and stop if you experience any pain or discomfort.

Marcy One Home Gym Exercise Guide

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Marcy One Home Gym Exercise Guide:

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Marcy One Home Gym Exercise Guide** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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