

M4

EXERCISE CHART

As a result of an investigation of fitness centers, we've found that you need a variety of equipment to keep your members motivated and challenged. The M4 is the perfect solution for your gym. It's the only machine that can be used for a wide range of exercises, from cardio to strength training. The M4 is the perfect solution for your gym. It's the only machine that can be used for a wide range of exercises, from cardio to strength training.



SEATED ROW

Targeting the back muscles, this exercise is performed by pulling the handles towards the chest while seated. It's a great way to build upper back strength and improve posture.

STANDING ROW

Similar to the seated row, this exercise is performed while standing. It provides a more challenging core workout and targets the same back muscles.

LAT PULLDOWN

A classic back exercise, the lat pulldown involves pulling the bar down towards the chest. It's excellent for building lat muscle mass and strength.

SEATED CABLE ROW

This exercise uses a cable machine to provide resistance. It's a versatile option for targeting the back muscles with adjustable weight.

STANDING CABLE ROW

Another variation of the cable row, performed while standing to engage the core and lower back muscles.

CLIMBING TIPS

When using the climbing machine, always ensure your feet are properly positioned on the pedals. Maintain a steady, controlled pace to maximize calorie burn and prevent injury.

SAMPLE PROGRAM

15 minutes of climbing, 30 minutes of interval training, 15 minutes of strength training, 15 minutes of cardio.

SEATED CHEST PRESS

Targeting the chest and shoulders, this exercise involves pushing the handles forward from a seated position. It's a safe and effective way to build upper body strength.

STANDING CHEST PRESS

Performed while standing, this exercise adds a core challenge to the chest and shoulder workout.

SEATED SHOULDER PRESS

Pushing the handles overhead from a seated position, this exercise targets the shoulders and triceps.

STANDING SHOULDER PRESS

Another variation of the shoulder press, performed while standing for added core engagement.

SEATED LAT PULLDOWN

A variation of the lat pulldown, performed while seated to reduce lower back strain.

CLIMBING SAFETY

Always use proper form when climbing. Keep your back straight and your feet flat on the pedals. Avoid overexertion and take regular breaks to rest.

SEATED LAT PULLDOWN

Another variation of the lat pulldown, performed while seated to reduce lower back strain.

STANDING LAT PULLDOWN

Performed while standing, this exercise adds a core challenge to the lat pulldown.

SEATED CHEST PRESS

Another variation of the chest press, performed while seated to reduce lower back strain.

STANDING CHEST PRESS

Performed while standing, this exercise adds a core challenge to the chest press.

SEATED SHOULDER PRESS

Another variation of the shoulder press, performed while seated to reduce lower back strain.

STANDING SAFETY

When performing standing exercises, maintain a firm, flat foot on the base. Engage your core to stabilize your body and prevent injury.

SEATED LAT PULLDOWN

Another variation of the lat pulldown, performed while seated to reduce lower back strain.

STANDING LAT PULLDOWN

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STANDING CHEST PRESS

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SEATED SHOULDER PRESS

Another variation of the shoulder press, performed while seated to reduce lower back strain.

KNOW YOUR MACHINE

1. SEAT
2. HANDLE
3. PEDAL
4. BAR
5. BASE

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Home Gym Workout Guide

Terry C. Jones



Home Gym Workout Guide:

Unveiling the Magic of Words: A Report on "**Home Gym Workout Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Home Gym Workout Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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