

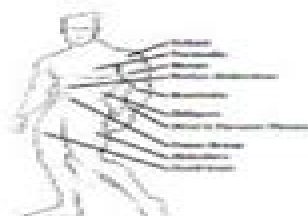
MD-9010 EXERCISE CHART

STRENGTH SYSTEMS

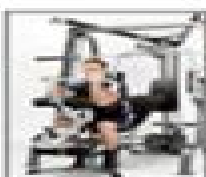


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STANDING LAT PULL-DOWN
 This exercise is performed by standing and pulling a bar down from an overhead position. It targets the latissimus dorsi, trapezius, and biceps muscles.



SEATED LAT PULL-DOWN
 This exercise is performed by seated and pulling a bar down from an overhead position. It targets the latissimus dorsi, trapezius, and biceps muscles.



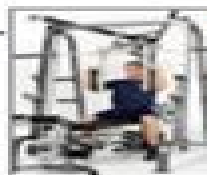
STANDING OVERHEAD PRESS
 This exercise is performed by standing and pressing a bar overhead. It targets the deltoids, trapezius, and triceps muscles.



SEATED OVERHEAD PRESS
 This exercise is performed by seated and pressing a bar overhead. It targets the deltoids, trapezius, and triceps muscles.



SEATED ROW
 This exercise is performed by seated and pulling a bar towards their chest. It targets the latissimus dorsi, trapezius, and biceps muscles.



SEATED LEG PRESS
 This exercise is performed by seated and pressing a bar with their legs. It targets the quadriceps, hamstrings, and glutes muscles.



SEATED CHEST PRESS
 This exercise is performed by seated and pressing a bar forward. It targets the pectorals, deltoids, and triceps muscles.



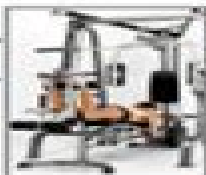
SEATED SHOULDER PRESS
 This exercise is performed by seated and pressing a bar overhead. It targets the deltoids, trapezius, and triceps muscles.



SEATED BICEP CURL
 This exercise is performed by seated and curling a bar up. It targets the biceps and brachialis muscles.



STANDING BICEP CURL
 This exercise is performed by standing and curling a bar up. It targets the biceps and brachialis muscles.



SEATED TRICEP EXTENSION
 This exercise is performed by seated and extending a bar behind their head. It targets the triceps and posterior deltoids muscles.



SEATED CALF RAISE
 This exercise is performed by seated and raising their heels. It targets the calf muscles.



SEATED LEG EXTENSION
 This exercise is performed by seated and extending their legs. It targets the quadriceps muscles.



SEATED LEG CURL
 This exercise is performed by seated and curling their legs. It targets the hamstrings and glutes muscles.



SEATED SHOULDER PRESS
 This exercise is performed by seated and pressing a bar overhead. It targets the deltoids, trapezius, and triceps muscles.



SEATED CHEST PRESS
 This exercise is performed by seated and pressing a bar forward. It targets the pectorals, deltoids, and triceps muscles.



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Marcy Platinum Exercise Guide

Frank A Kelemen



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knows firsthand the amazing results that can be achieved with home workouts and so he has put together the only exercise guide you'll ever need. In Home Workouts Anyone Anytime Anywhere you will discover the six key elements every workout must have in order to make the most of your time and effort and how they will have you seeing results sooner than you would believe. Exercises for every muscle group and fitness level with clear comprehensive instructions, diagrams, and variations so you're working your target areas every time. The 1 upper body workout that will rapidly build your overall strength. Hint: small adjustments make big changes. How this engaging training method can help you burn more calories than traditional cardio and continue to burn calories even after your workout is finished. The numerous benefits of dynamic stretching and how that one simple habit not only warms up your muscles but also improves your balance and coordination over time. Meal plans that can be adapted for any lifestyle so you can create a plan that meets your personal needs and preferences. The most common mistakes people make without realising and how these can hold you back from achieving incredible results. And much more. With the demands and responsibilities of everyday life, you shouldn't have to sacrifice precious hours every week going to the gym to build the body you've always wanted. The key to transforming your life is having a workout routine that works for you, not against you. This is a plan that will adjust to match your needs and experience, no matter where you are. It's time to leave the costly gym membership behind, save money, and allow yourself more time to enjoy life. If you start today, think how much better you will look and feel in a month. If you want to start looking forward to exercise and commit to achieving the body of your dreams, no strings attached, then scroll up and click the Add to Cart button right now.

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Nicole Ronsard's No-Excuse Exercise Guide Nicole Ronsard, Anna Marie Magagna, 1977 **30 Day Total Body Super Circuit Home Workout Plan** Doug Bennett, 2018-11-26 Want to Get Super Fit and Strong but No Time For The Gym Stuck at Home or Traveling No Problem Now you can get totally fit strong and tone without a gym The 30 DAY TotalBody Super Circuit Home Workout Plan was created to give you the results you desire without paying thousands for a top trainer or spending hours in the gym This pro created home workout plan gives you a day by day exercise routine to follow with complete pictorials for both a beginner or advanced fitness level Simply follow along and in just 7 days you'll feel more energy and stronger In 30 days you'll see and feel amazing results Plus to keep you on track This complete workout plan gives you 2 FREE bonuses A fitness and healthy habits planner to keep you on track Second a belly flattening diet plan to stop sugar cravings flatten your belly and lose unwanted pounds from head to toe Get your copy today and start your path to a stronger fitter and sexier you Total Fitness, 2021 In just 30 days we teach you 75 beginner level exercises for all round fitness We'll explain the difference between cardio strength training and stretching and why you need all three Front cover flap **The Ultimate Exercise Guide** Nicolas Andreou, 2024-12-06 The Ultimate Exercise Guide Chest Edition 107 How to Instructions for Home and Gym Are you ready to build and strengthen your chest with 107 chest exercises and a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Chest Edition your essential resource for mastering 107 targeted chest exercises designed for home workouts and gym sessions Whether you're a beginner intermediate or advanced fitness enthusiast this book will help you sculpt a powerful chest with expert guidance and visual support What Makes This Guide Stand Out 107 Chest Exercises A wide range of exercises that target your pectorals from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Free Weights Dumbbells Barbell and more Machines Suspension Trainer Resistance Band exercises and more 107 Step by Step Instructions Detailed how to

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Workout Plan G. Zollo, 2021-06-07 Updated version after reading reviews I have now included full photograph exercise demonstrations increased text size and simplified the routine to zone in on strength gain and fat loss more efficiently

Introducing The Minimalist Approach To Achieving A Trim Toned And Functionally Strong Body All From The Comfort Of Your Home WITHOUT Any Expensive Equipment Are you a woman who struggles to find the time to get to the gym Do you feel completely overwhelmed when you walk into a gym not knowing where to start or what machines to use The facts are that although gyms are a great recourse to improve your fitness and body It is purely a luxury and many of those big machines you see are not necessary when it comes to burning fat and reshaping your body The problem with a lot of workout programs is that they are often complicated and ask too much of it s participants sometimes requiring five to six hour long workouts per week The problem first of all is it s not sustainable to keep up with leaving very little time for recovery an important component in not only becoming fit strong and lean but also remaining injury free Fitness is meant to enhance our lives not take away from it and spending countless hours working out following programs that quite frankly are suited more to professional athletes rather than everyday people like you and me It s time to make fitness an enjoyable part of your life not something you dread having to do everyday Which is why we advocate a minimalist approach to reshaping your body allowing you more time to show off your results instead of being a slave to your workouts This workout program requires zero equipment it can be performed anywhere regardless of space and by anyone regardless of your current fitness level It will take you from a complete beginner with no exercise experience all the way up to a fit functionality strong woman ready to dominate life and inspire those around you No gym membership or home equipment needed just your body and a chair will see you through to the best shape of your life Here s A Slither Of What s Inside Busting Through The Myths Of The Fitness Industry Including 1 That Has Continued To Lead Women Down The Wrong Path When Transforming Their Bodies For Decades An Equation To Calculate Your Own Individual Caloric Needs Guaranteeing Results As Well As A Simple Way To To Construct Your Meals If Your Not A Calorie Counter A Progressive Workout System Built With Exercises That Will Improve Your Everyday Movement It Will Have You Not Only Looking Great But Moving Greater A Program That Won t Get In The Way Your Life And Other Commitments As You Will Only Be Training 3 Days Per Week Why Bodyweight Training Is Superior To Weight Training To Building A Truly Functionally Strong Body That Keeps You Younger Longer Full Support From Myself In My Free Private Facebook Group As Well As Being Able To Connect With Other Women On The Same Journey And SO Much More If you re sitting there thinking nothing will work for you and you re stuck with your current body forever if you re sick and tired of being sick and tired if you have decided it s time to unleash the strongest version of yourself to the world then this book is your ticket to busting through that door So If You Want A Proven Way To Finally Get The Body Of Your Dreams And Effortlessly Maintain It Without Any Equipment Then Scroll Up And Click Add To Cart

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