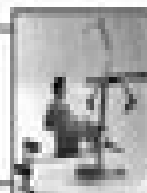


CROSS BOW

Cardio, Back, Arms, Shoulders, Chest, Abs

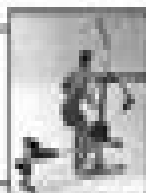
MEN



KNEELING ROWING

Remove seat belt. Lie on stomach in a kneeling position. Sit on heels facing forward with feet on ground plate. Grasp the handles behind legs with palms facing forward to chest level. Pull to your knees and return.

1 Minute



KNEELING ROW

Remove seat belt. Stand on platform, straddling rail. Facing forward. Grasp the handles with palms facing down. Bend slightly forward at hips, keeping feet flat and spine in neutral position. Pull handles back with elbows out, squeezing shoulder blades together. Release to neutral position.

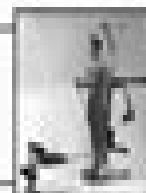
1 Set-10 Reps
2 Sets-10 Reps



UPPER BACK EXTENSION

Go on the board facing forward. Grasp the handles and feet with arms straight in front. Bend from hips, lean backward while keeping arms straight.

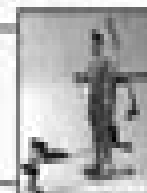
1 Set-10 Reps



STANDING SCOPE CURL

Remove seat belt. Stand on platform, facing away from board straddling rail. Grasp the handles hanging above at sides and pull. Bending at hips, perform a curl, bringing hands toward shoulders.

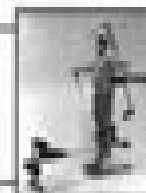
1 Set-10 Reps
2 Sets-10 Reps



STANDING REVERSE CURL

Remove seat belt. Stand on platform, facing away from board straddling rail. Grasp the handles with palms facing down. Hanging above at sides, perform a curl, bringing hands toward shoulders.

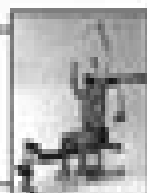
1 Set-10 Reps
2 Sets-10 Reps



LATERAL BEND

Remove seat belt. Stand on platform, straddling rail, facing away from board. Grasp the handles with palms facing down. Hanging above slightly back, bend away from a side to shoulder and

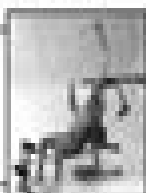
1 Set-10 Reps
2 Sets-10 Reps



SHOULDER PRESS

Go on the board facing away from board. Grasp the handles with palms facing forward. Bend arms to a 90-degree angle, shoulder level. Bend arms forward and

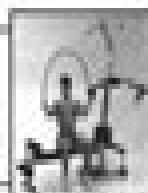
1 Set-10 Reps
2 Sets-10 Reps



INCLINE PRESS

Go on the board. Grasp the handles. Bend arms to 90 degrees with arms parallel to floor. Push straight upward and away from chest.

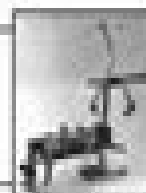
1 Set-10 Reps
2 Sets-10 Reps



UPPER CHEST FLY

Go on the board facing forward. Grasp a 10 or 20 lb resistance band with each end at the feet. Bend at hips, lean back and pull the band to your chest and back to that it's taut.

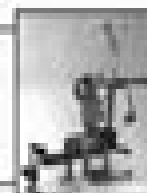
1 Set-10 Reps
2 Sets-10 Reps



LIVING TRICEPS PULDOWN

Go on the board with feet toward board. Grasp both the handles with arms bent, hands at shoulders and palms hanging straight down. Pull down, keep elbows at sides.

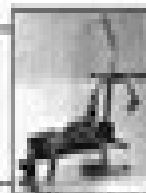
1 Set-10 Reps
2 Sets-10 Reps



FRENCH PRESS

Go on the board facing away from board. Grasp the handles in each hand. Bring handles behind head with elbows bent to form a 90-degree angle. Bend at hips, keeping shoulders over feet.

1 Set-10 Reps
2 Sets-10 Reps



ABDOMINAL CRUNCH

Go on the board with feet toward board. Grasp the handles, arms bent over chest with hands at opposite shoulders. Contract abs, bringing the

1 Set-10 Reps
2 Sets-10 Reps

Crossbow Exercise Guide

Léo Pomar

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

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