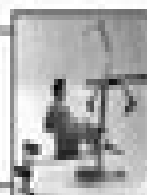


CROSS BOW

Cardio, Back, Arms, Shoulders, Chest, Abs

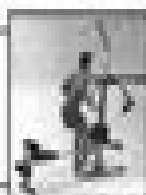
MEN



KNEELING BOWING

Remove seat belt. Tuck up at seat in a sitting position. Sit on knee facing forward with feet on ground plate. Grasp bow handles behind legs with palms facing forward to chest level. Breathe in and hold.

1 Minute



BENT OVER BOW

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

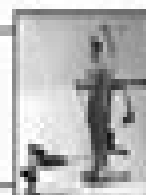
1 Set-10 Reps
2 Sets-10 Reps



LOWER BACK EXTENSION

Sit on flat board facing forward. Grasp bow handles and feet with arms straight in front of you. Bending from hips, lean backward while keeping spine neutral.

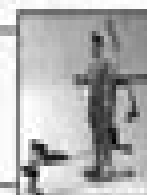
2 Set-10 Reps



STANDING BICEPS CURL

Remove seat belt. Stand on platform, facing away from board straddling rail. Grasp bow handles hanging above at sides with palms facing up. Perform a curl, bringing hands toward shoulders.

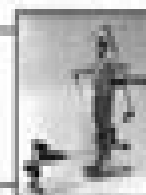
1 Set-10 Reps
2 Sets-10 Reps



STANDING REVERSE CURL

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

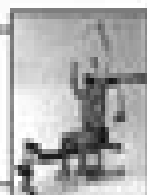
1 Set-10 Reps
2 Sets-10 Reps



LATERAL RAISE

Remove seat belt. Stand on platform, straddling rail, facing away from board. Grasp bow handles with palms facing down. Hanging above slightly back, raise arms out to sides to shoulder level.

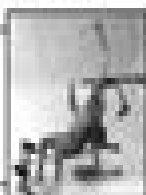
1 Set-10 Reps
2 Sets-10 Reps



SHOULDER PRESS

Sit on flat board facing away from board. Grasp bow handles with palms facing forward. Bend arms to a 90-degree angle, shoulder level. Breathe in and hold.

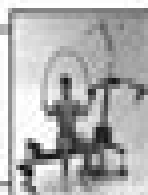
1 Set-10 Reps
2 Sets-10 Reps



INCLINE PRESS

Sit on inclined board. Grasp bow handles. Bend arms to 90 degrees with arms parallel to floor. Push weights upward, pulling away from chest.

1 Set-10 Reps
2 Sets-10 Reps



UPPER CHEST FLY

Sit with back pointing forward. Using a 10 or 20 lb resistance band, grab each end of the band, hold in front of your head and breathe in as you fly arms outward.

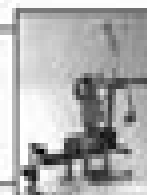
1 Set-10 Reps
2 Sets-10 Reps



LYING TRICEPS EXTENSION

Sit on flat board with head toward board. Grasp both bow handles with arms bent, hands at shoulders and palms hanging straight down. Breathe in and hold.

1 Set-10 Reps
2 Sets-10 Reps



FRENCH PRESS

Sit on flat board facing away from board. Grasp bow handles in each hand. Bring handles behind head with elbows bent to form a 90-degree angle. Breathe in and hold.

1 Set-10 Reps
2 Sets-10 Reps



ABDOMINAL CRUNCH

Sit on flat board with head toward board. Grasp bow handles, arms and legs straight out. Bend at hips and shoulders. Contract abs, bringing legs toward feet.

1 Set-10 Reps
2 Sets-10 Reps

Crossbow Workout Guide

Joe Byers



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