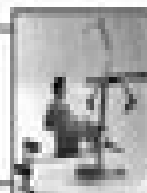


# CROSS BOW

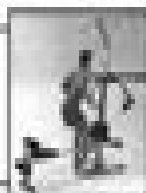
Cardio, Back, Arms, Shoulders, Chest, Abs

MEN



## KNEELING ROWING

Remove seat belt. Kneel on all fours in a sitting position. Sit on heels facing away with feet on ground plate. Grasp bow handles behind legs with palms facing forward to chest level. Pull to chest position and repeat.  
1 Set-10 Reps  
2 Sets-10 Reps



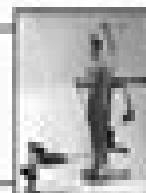
## BENT OVER ROW

Remove seat belt. Stand on platform, straddling rail. Facing away. Grasp bow 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



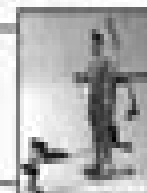
## LOWER BACK EXTENSION

Sit on flat board facing away. Grasp bow handles and feet with arms straight in front. Bend from hips, lean backward while keeping spine neutral.  
1 Set-10 Reps  
2 Sets-10 Reps



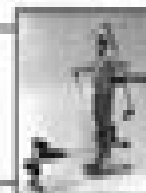
## STANDING BICEPS CURL

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



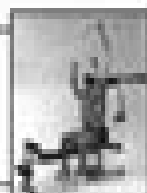
## STANDING REVERSE CURL

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



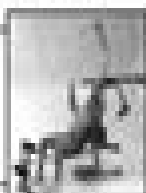
## LATERAL RAISE

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



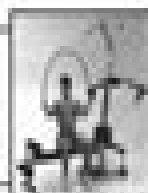
## SHOULDER PRESS

Sit on flat board facing away, feet down. Grasp bow handles with palms facing forward. Bend arms to a 90-degree angle, shoulder level. Extend arms forward using.  
1 Set-10 Reps  
2 Sets-10 Reps



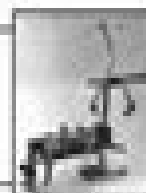
## INCLINE PRESS

Sit on inclined board. Grasp bow handles. Bend arms to 90 degrees with arms parallel to floor. Push straight upward using arms from chest.  
1 Set-10 Reps  
2 Sets-10 Reps



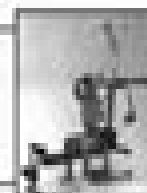
## UPPER CHEST FLY

Sit with arms pointing forward. Using a 10 or 20 lb resistance band, grab each end of the band, hold in front your head and hands so that it's loosely around.  
1 Set-10 Reps  
2 Sets-10 Reps



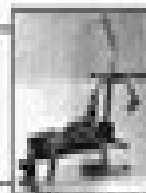
## LYING TRICEPS PRESSDOWN

Sit on flat board with head toward board. Grasp both bow handles with arms bent, hands at shoulders and palms hanging toward knees. Lower seat belt, keep elbows at sides.  
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 arms at a 90-degree angle. Extend arms upward, keeping elbows bent up.  
1 Set-10 Reps  
2 Sets-10 Reps



## ABDOMINAL CRUNCH

Sit on flat board with head toward board. Grasp bow handles, arms and legs extended with hands in opposite shoulders. Contract abs, bringing legs toward legs.  
1 Set-10 Reps  
2 Sets-10 Reps

# Crossbow Exercise Guide

**Richard Middleton**



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