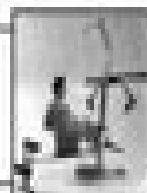


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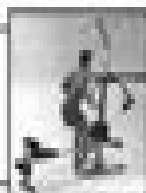
Cardio, Back, Arms, Shoulders, Chest, Abs

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



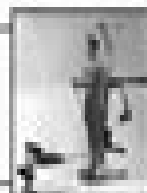
BENT OVER ROW

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 in neutral position.
1 Set-10 Reps
2 Sets-10 Reps



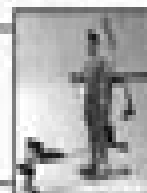
LOWER BACK EXTENSION

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



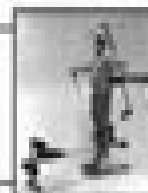
STANDING BICEPS CURL

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



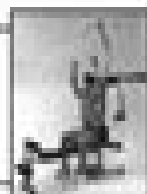
STANDING REVERSE CURL

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



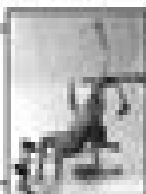
LATERAL RAISE

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



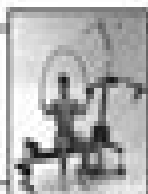
SHOULDER PRESS

Sit on flat board facing away from board. 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



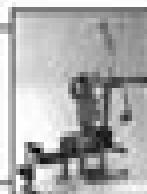
UPPER CHEST FLY

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 bend it so that it's forming an arc.
1 Set-10 Reps
2 Sets-10 Reps



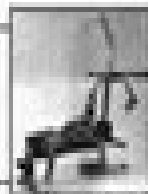
LYING TRICEPS PRESSDOWN

Sit on flat board with head toward board. Grasp both bow handles with arms bent, hands at shoulders and palms hanging straight down. Extend arms, 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.
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 with hands in opposite shoulders. Contract abs, bringing legs toward legs.
1 Set-10 Reps
2 Sets-10 Reps

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St. Annes-on-the-sea



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The Crossbow, Mediæval and Modern, Military and Sporting Sir Ralph Payne-Gallwey,1903

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Real-Time Environmental Monitoring Miguel F. Acevedo,2023-09-29 Written 10 years after the publication of the first edition this updated edition of Real Time Environmental Monitoring Sensors and Systems introduces the fundamentals of environmental monitoring based on electronic sensors instruments systems and software that allow continuous and long term ecological and environmental data collection It accomplishes two objectives explains how to use sensors for building more complex instruments systems and databases and introduces a variety of sensors and systems employed to measure environmental variables in air water soils vegetation canopies and wildlife observation and tracking This second edition is thoroughly updated in every aspect of technology and data and each theoretical chapter is taught parallel with a hands on application lab manual Emphasizes real time monitoring as an emerging area for environmental assessment and compliance and covers the fundamentals on how to develop sensors and systems Presents several entirely new topics not featured in the first edition including remote sensing and GIS machine learning weather radar and satellites groundwater monitoring spatial analysis and habitat monitoring

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