

WORKOUT 1

	CHEST PRESS Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	PULLDOWN Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Pull the handles down until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	STANDING BICEPS CURL Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	TRICEPS PRESS Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Press the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	LATERAL RAISE Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	LEG EXTENSION Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Extend your legs until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	LEG CURL Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Curl your legs up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	CALF RAISE Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise your heels until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	ABDOMINAL CRUNCH Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.

WORKOUT 2

	CLOSE GRIP CHEST PRESS Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	LOW ROW Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Row the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	REVERSE BICEPS CURL Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	ONE ARM TRICEPS EXTENSION Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Extend your arm until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	LATERAL RAISE Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	HIP EXTENSION Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Extend your hips until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	HIP ABDUCTION Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Abduct your hips until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	HIP ADDUCTION Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Adduct your hips until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	ABDOMINAL CRUNCH Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.

WORKOUT 3

	ONE ARM PEC FLY Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Fly the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	ONE ARM BICEPS CURL Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	TRICEPS PRESS Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Press the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	LATERAL RAISE Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	LEG PRESS Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Press your legs up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	CALF RAISE Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise your heels until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.
	ABDOMINAL CRUNCH Start Up: 1. Adjust the seat and footrests so that your feet are flat on the floor. 2. Grasp the handles with your hands, shoulder-width apart. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.

TOTAL BODY WORKOUTS are designed to provide a comprehensive workout for the entire body. They are ideal for individuals who want to improve their overall fitness and strength. These workouts are designed to be performed 3-4 times per week, with at least one day of rest in between.

SAFE FITNESS FACTS:

- Always warm up before exercising to prevent injury.
- Use proper form and technique to avoid injury.
- Listen to your body and stop if you feel pain or discomfort.
- Stay hydrated throughout your workout.
- Get enough rest and recovery time between workouts.
- Consult with a healthcare professional if you have any medical conditions.

TRAINING TIPS:

- Start with a low weight and gradually increase as you become more comfortable.
- Focus on your breathing and maintain a steady pace.
- Take short breaks between sets to rest your muscles.
- Keep your core engaged throughout the entire workout.
- Stay motivated and push yourself to reach your goals.

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Standard & Poor's



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