

ABS

Core Twist



Stand with feet shoulder-width apart, holding the handles of the machine. Twist your torso to the right, then to the left, keeping your core engaged throughout the movement.

Wood Chop



Stand with feet shoulder-width apart, holding the handles of the machine. Chop the handles down diagonally from the upper right to the lower left, then reverse the motion.

Reverse Crunch



Lie on your back with knees bent and feet flat on the floor. Lift your hips off the ground, bringing your knees towards your chest.

Ab Crunch



Lie on your back with knees bent and feet flat on the floor. Lift your shoulders off the ground, bringing your head and neck towards your knees.

ARMS

Bicep Curl



Stand with feet shoulder-width apart, holding the handles of the machine. Curl the handles up towards your shoulders, keeping your elbows close to your body.

Tricep Kickback



Stand with feet shoulder-width apart, holding the handles of the machine. Kick the handles back, keeping your arms straight and your torso upright.

Shoulder Press



Stand with feet shoulder-width apart, holding the handles of the machine. Press the handles straight up over your head, keeping your core engaged.

Upright Row



Stand with feet shoulder-width apart, holding the handles of the machine. Row the handles up towards your chest, keeping your torso upright.

BACK

One Arm Row



Stand with feet shoulder-width apart, holding the handle of the machine with one hand. Row the handle up towards your chest, keeping your torso upright.

High Row



Stand with feet shoulder-width apart, holding the handles of the machine. Row the handles up towards your chest, keeping your torso upright.

Rear Delt



Stand with feet shoulder-width apart, holding the handles of the machine. Pull the handles towards your chest, keeping your torso upright.

Reverse Fly



Stand with feet shoulder-width apart, holding the handles of the machine. Pull the handles outwards and upwards, keeping your torso upright.

CHEST

Incline Press



Stand with feet shoulder-width apart, holding the handles of the machine. Press the handles up and slightly forward, keeping your torso upright.

Pec Fly



Stand with feet shoulder-width apart, holding the handles of the machine. Pull the handles towards your chest, keeping your torso upright.

Chest Press



Stand with feet shoulder-width apart, holding the handles of the machine. Press the handles straight forward, keeping your torso upright.

Low Fly



Stand with feet shoulder-width apart, holding the handles of the machine. Pull the handles towards your chest, keeping your torso upright.

LEGS

Glute Kick



Stand with feet shoulder-width apart, holding the handles of the machine. Kick the handles back, keeping your torso upright.

Lunge



Stand with feet shoulder-width apart, holding the handles of the machine. Step forward with one leg, keeping your torso upright.

Hip Abduction



Stand with feet shoulder-width apart, holding the handles of the machine. Pull the handles outwards, keeping your torso upright.

Squat



Stand with feet shoulder-width apart, holding the handles of the machine. Squat down, keeping your torso upright.

FULL BODY

Lunge to Press



Stand with feet shoulder-width apart, holding the handles of the machine. Step forward with one leg and press the handles up, keeping your torso upright.

Lunge to Row



Stand with feet shoulder-width apart, holding the handles of the machine. Step forward with one leg and row the handles up, keeping your torso upright.

Press to Twist



Stand with feet shoulder-width apart, holding the handles of the machine. Press the handles up and twist your torso, keeping your core engaged.

Squat to Press



Stand with feet shoulder-width apart, holding the handles of the machine. Squat down and press the handles up, keeping your torso upright.

Bodycraft Exercise Guide

Victor M. Corman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Bodycraft Exercise Guide:

PC World ,1996 **Runner's World** ,1996 **Multimedia World** ,1996 **Windows Magazine** ,1995 *Shape* ,1996 *Women's Home Workout Bible* Brad Schoenfeld,2010 Millions of women have discovered the benefits of home fitness and female consumers spend millions annually on home gym equipment Working out at home can be the ideal setting for a shapeover but many women are intimidated by the concept or don t know how to make the most of their equipment In *Women s Home Workout Bible* fitness expert and best selling author Brad Schoenfeld makes sense of home based workouts by covering fitness routines for every training style budget and home space The full color guide includes 12 four week programs for conditioning sculpting and core stability plus three levels of fat burning cardio workouts all customizable to fit the reader s goals It also has consumer buying tips for products and guidelines for making the most of any space for a home gym Applicable to any budget the book provides plans for creating a personal gym or adding to an existing home gym on budgets of 100 500 1000 and over 2500 *Women s Home Workout Bible* is a fitness manual buying guide and personal trainer all in one It can help women get the body they want without leaving the house or breaking the bank **The Cumulative Book Index** ,1995 A world list of books in the English language **Forthcoming Books** Rose Army,1995-02 **Books in Print Supplement** ,1994 **Australian National Bibliography** ,1994 The Ultimate Exercise Guide Nicolas Andreou,2025-01-30 The Ultimate Exercise Guide Back Edition 120 How to Instructions for Home and Gym Are you ready to build and strengthen your Abdominals with a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Back Edition your essential resource for mastering 120 targeted back exercises designed for home workouts and gym sessions Whether you re a beginner intermediate or advanced fitness enthusiast this book will help you sculpt a powerful back with expert guidance and visual support What Makes This Guide Stand Out 120 Back Exercises A wide range of exercises that target your back and trapezius from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Machines Suspension Trainer Resistance Bands Dumbbells Barbell exercises and more Step by Step Instructions Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly High Quality 3D Illustrations Visualize your exercises with state of the art 3D illustrations clearly demonstrating form and muscle engagement QR Codes for Video Demonstrations Get access to exercise animation videos by scanning QR codes included with each exercise offering you real time demonstrations and extra visual support For Home or Gym Whether you re working out at home with minimal equipment or hitting the gym this guide covers bodyweight free weights resistance bands and machine exercises For All Fitness Levels Discover a range of exercises perfect for both beginners and advanced athletes No matter your level there s something for you Why Choose The Ultimate Exercise Guide Back Edition Build Strength it s your ultimate resource for building muscle improving strength and enhancing your fitness journey Don t miss out this guide is a must have for anyone serious about training their back **Workout from Home Guide: Planning,**

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