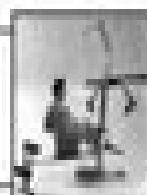


CROSS BOW

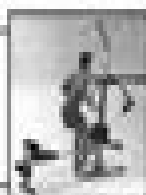
Cardio, Back, Arms, Shoulders, Chest, Abs

MEN



KNEELING ROWING

Remove seat belt. Kneel on all fours in a sitting position. Sit on heels facing forward 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



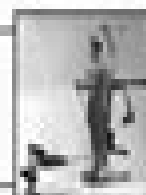
BENT OVER ROW

Remove seat belt. Stand on platform, straddling rail. Facing forward. 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



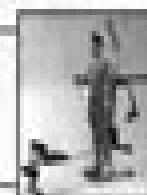
LOWER BACK EXTENSION

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



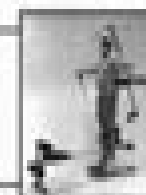
STANDING BICEPS CURL

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



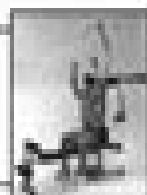
STANDING REVERSE CURL

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



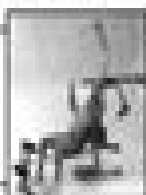
LATERAL RAISE

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



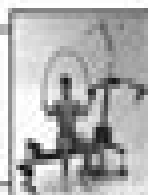
SHOULDER PRESS

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



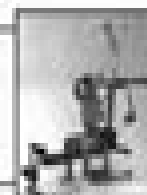
UPPER CHEST FLY

Sit with back 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. 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 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 Manual

Jianjun Gao



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