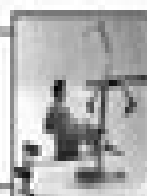


CROSS BOW

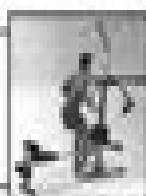
Cardio, Back, Arms, Shoulders, Chest, Abs

MEN



KNEELING ROWING

Remove seat belt. Lie on stomach in a kneeling position. Sit on heels facing forward with feet on ground plate. Grasp bow handles behind legs with palms facing forward. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



KNEELING ROW

Remove seat belt. Stand on platform, straddling rail. Facing forward. Grasp bow handles with palms facing forward. Pull bow forward to chest level, then to your knees and chest. Pull bow forward to chest level, then to your knees and chest. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



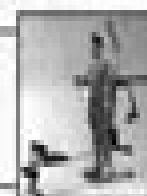
UPPER BACK EXTENSION

Go on feet level facing forward. Grasp bow handles and feet with arms straight in front of feet. Bend forward from hips, then backward with legs and arms straight.
1 Set-10 Reps
2 Sets-10 Reps



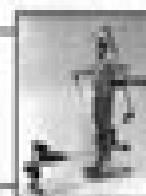
STANDING SCOPE CURL

Remove seat belt. Stand on platform, facing away from crossbow straddling rail. Grasp bow handles hanging above at sides and pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



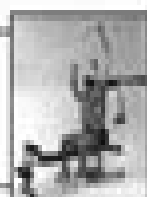
STANDING REVERSE CURL

Remove seat belt. Stand on platform, facing away from crossbow straddling rail. Grasp bow handles with palms facing forward. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



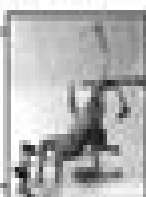
LATERAL BEND

Remove seat belt. Stand on platform, straddling rail. Facing away from crossbow. Grasp bow handles with palms facing forward. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



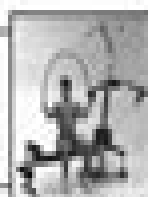
SHOULDER PRESS

Go on feet level facing away from crossbow. Grasp bow handles with palms facing forward. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



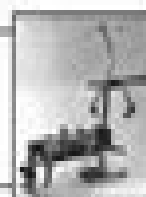
INCLINE PRESS

Go on feet level facing away from crossbow. Grasp bow handles with palms facing forward. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



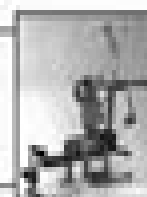
UPPER CHEST FLY

Go on feet level facing away from crossbow. Grasp bow handles with palms facing forward. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



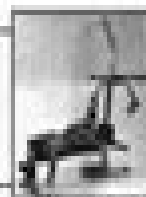
LYING TRICEPS PULLOVER

Go on feet level facing away from crossbow. Grasp bow handles with palms facing forward. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



FRENCH PRESS

Go on feet level facing away from crossbow. Grasp bow handles with palms facing forward. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps



ABDOMINAL CRUNCH

Go on feet level facing away from crossbow. Grasp bow handles with palms facing forward. Pull bow forward to chest level, then to your knees and chest.
1 Set-10 Reps
2 Sets-10 Reps

Crossbow Workout Manual

Jiyuan Zhang



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