



**BASIC ROWING**

Remove seat belt. Lock up at end of a sliding motion. Sit on rowing seat with feet on your plate. Grab the handles forward and pull gently towards your seat. Return to your starting position.

1 Set-10 Reps  
2 Sets-10 Reps



**BENT OVER ROW**

Remove seat belt. Stand on platform. Stand with feet shoulder width apart. Grab the handles with your hands close together. Bend slightly forward at hips. Keeping feet flat and spine in neutral position. Pull handles back with elbows out, keeping shoulder blades together. Return spine to neutral position.

1 Set-10 Reps  
2 Sets-10 Reps



**LEANING BACK EXTENSION**

Sit on flat board facing away. Grab the handles and hold with arms straight in front of you. Bend your hips back backwards with keeping your neck flat.

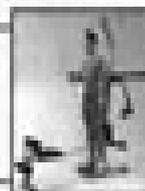
1 Set-10 Reps



**STANDING SCOOP CURL**

Remove seat belt. Stand on platform. Bring arms from lower chest level up. Grab the handles. Keeping elbows at side and palms facing up. Perform curl bringing hands toward shoulders.

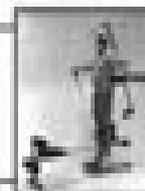
1 Set-10 Reps  
2 Sets-10 Reps



**STANDING REVERSE CURL**

Remove seat belt. Stand on platform. Bring arms from lower chest level up. Grab the handles with palms facing down. Keeping elbows at side, perform curl bringing hands toward shoulders.

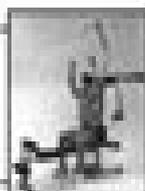
1 Set-10 Reps  
2 Sets-10 Reps



**LATERAL RAISE**

Remove seat belt. Stand on platform. Stand with feet shoulder width apart. Grab the handles with your hands close together. Keeping elbows slightly bent, raise arms out to side to shoulder level.

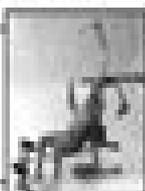
1 Set-10 Reps  
2 Sets-10 Reps



**SHOULDER PRESS**

Sit on flat board facing away. Feet close. Grab the handles with your hands close together. Push arms forward and upward at a 45 degree angle shoulder level. Hold arms forward only.

1 Set-10 Reps  
2 Sets-10 Reps



**INCLINE PRESS**

Sit on inclined board. Grab the handles. Bend elbows at 90 degrees with arms parallel to floor. Push straight upward ending over your head.

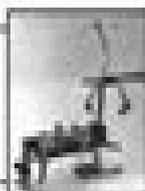
1 Set-10 Reps  
2 Sets-10 Reps



**UPPER CHEST FLY**

Sit with one leg pointing forward. Using a 10 or 20 lb resistance band grab each end of the band. Hold it above your head and bend it so that it's forming a V.

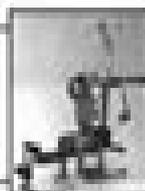
1 Set-10 Reps  
2 Sets-10 Reps



**LYING TRICEPS PRESSDOWN**

Sit on flat board with feet toward your lower. Grab both the handles. With arms bent, hands at shoulders and palms facing up, extend arms toward your feet. Keep elbows at side.

1 Set-10 Reps  
2 Sets-10 Reps



**FRENCH PRESS**

Sit on flat board facing away from board. Grab the handles in both hands. Bring handles behind head with elbows bent at 90 degrees angle. Extend arms upward, keeping elbows bent 90 degrees.

1 Set-10 Reps  
2 Sets-10 Reps



**ABDOMINAL CRUNCH**

Sit on flat board with feet toward board. Grab the handles, cross arms over chest and hold in opposite shoulders. Contract abs, bringing the board up.

1 Set-10 Reps  
2 Sets-10 Reps

# Exercise Guide For Weider Crossbow

**O García**

A decorative graphic element consisting of a horizontal light blue bar with a rounded right end, overlapping a semi-transparent red circular shape.

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