

# PARABODY

# GS-516

GYM SYSTEM Exercise Chart

### WORKOUT 1

	<b>SEATED CABLE ROW</b> This exercise targets the latissimus dorsi, trapezius, and rhomboid muscles. It is performed by pulling the cable handle towards the chest while seated.	
	<b>SEATED CABLE CHEST PRESS</b> This exercise targets the pectoralis major and minor muscles. It is performed by pressing the cable handle forward from the chest while seated.	
	<b>SEATED CABLE SHOULDER PRESS</b> This exercise targets the deltoid and triceps muscles. It is performed by pressing the cable handle upward from the shoulders while seated.	
	<b>SEATED CABLE BICEP CURL</b> This exercise targets the biceps brachii muscle. It is performed by curling the cable handle upward from the thighs while seated.	
	<b>SEATED CABLE TRICEP EXTENSION</b> This exercise targets the triceps brachii muscle. It is performed by extending the cable handle downward from the head while seated.	
	<b>SEATED CABLE LEG EXTENSION</b> This exercise targets the quadriceps muscles. It is performed by extending the cable handle forward from the knees while seated.	
	<b>SEATED CABLE HAMSTRING CURL</b> This exercise targets the hamstrings. It is performed by pulling the cable handle towards the chest while lying on the back.	
	<b>SEATED CABLE CALF RAISE</b> This exercise targets the gastrocnemius and soleus muscles. It is performed by raising the cable handle from the heels while seated.	
	<b>SEATED CABLE CORE EXERCISE</b> This exercise targets the abdominal muscles. It is performed by pulling the cable handle towards the chest while lying on the back.	

### WORKOUT 2

	<b>SEATED CABLE ROW</b> This exercise targets the latissimus dorsi, trapezius, and rhomboid muscles. It is performed by pulling the cable handle towards the chest while seated.	
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### WORKOUT 4

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**GENERAL SAFETY INFORMATION:** Always use proper form and technique. Do not overexert. Stop if you feel pain or discomfort.

**WEIGHTS:** Use appropriate weights for your fitness level. Start with lighter weights and increase as you progress.

**REPS AND SETS:** Perform the specified number of repetitions and sets for each exercise.

**REST:** Take adequate rest between sets and exercises.

**WARM-UP:** Perform a warm-up routine before starting the workout.

**Cooling Down:** Perform a cooling down routine after the workout.

# Parabody 250 User Guide

**Inc Staf American Business Directo**

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