

PARABODY

GS-516

GYM SYSTEM Exercise Chart

WORKOUT 1

	SEATED ROW This exercise targets the back muscles, including the latissimus dorsi, rhomboids, and trapezius. It also works the biceps and forearms. To perform, sit on the machine with feet on the footrests and knees bent. Pull the handle towards your chest, squeezing your shoulder blades together. Return to the starting position and repeat.	
	SEATED CHEST PRESS This exercise targets the pectoral muscles, anterior deltoids, and triceps. To perform, sit on the machine with feet on the footrests and knees bent. Push the handle forward until your arms are fully extended. Return to the starting position and repeat.	
	SEATED LAT PULDOWN This exercise targets the latissimus dorsi, biceps, and forearms. To perform, sit on the machine with feet on the footrests and knees bent. Pull the handle down towards your chest, squeezing your biceps. Return to the starting position and repeat.	
	SEATED SHOULDER PRESS This exercise targets the deltoids, triceps, and upper chest. To perform, sit on the machine with feet on the footrests and knees bent. Press the handle up over your head until your arms are fully extended. Return to the starting position and repeat.	
	SEATED LEG PRESS This exercise targets the quadriceps, hamstrings, and glutes. To perform, sit on the machine with feet on the footrests and knees bent. Push the handle down until your legs are fully extended. Return to the starting position and repeat.	
	SEATED CALF PRESS This exercise targets the calf muscles. To perform, sit on the machine with feet on the footrests and knees bent. Push the handle down until your heels are flat on the footrests. Return to the starting position and repeat.	
	SEATED ABDOMINAL This exercise targets the abdominal muscles. To perform, sit on the machine with feet on the footrests and knees bent. Lift the handle up towards your chest. Return to the starting position and repeat.	
	SEATED BACK EXTENSION This exercise targets the lower back muscles, including the erector spinae. To perform, sit on the machine with feet on the footrests and knees bent. Lift your hips up until your body is in a straight line. Return to the starting position and repeat.	
	SEATED BICEP CURL This exercise targets the biceps and forearms. To perform, sit on the machine with feet on the footrests and knees bent. Curl the handle up towards your chest. Return to the starting position and repeat.	
	SEATED TRICEP EXTENSION This exercise targets the triceps and shoulders. To perform, sit on the machine with feet on the footrests and knees bent. Extend the handle down behind your head. Return to the starting position and repeat.	

WORKOUT 2

	SEATED ROW This exercise targets the back muscles, including the latissimus dorsi, rhomboids, and trapezius. It also works the biceps and forearms. To perform, sit on the machine with feet on the footrests and knees bent. Pull the handle towards your chest, squeezing your shoulder blades together. Return to the starting position and repeat.	
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PARABODY GYM SYSTEMS
The Parabody Gym System is a complete fitness solution for your home or gym. It features a variety of exercises that target all major muscle groups, ensuring a balanced and effective workout. The system is designed to be easy to use and maintain, making it a great choice for anyone looking to improve their fitness.

FEATURES:
- Wide range of exercises for full-body toning
- Adjustable resistance levels
- Compact design for easy storage
- Durable construction for long-lasting use

HOW TO USE:
1. Read the instructions carefully before using the machine.
2. Adjust the resistance level to your desired intensity.
3. Perform the exercises as shown in the chart, maintaining proper form throughout.
4. Rest for 30 seconds between sets and 1 minute between exercises.
5. Complete all 10 exercises in the chart for a full workout.

Parabody 250 User Guide

Inc Staf American Business Directo

Parabody 250 User Guide:

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