

PARABODY

GS-516

GYM SYSTEM Exercise Chart

WORKOUT 1

	SEATED ROW This exercise targets the latissimus dorsi, trapezius, and rhomboid muscles. It is performed by pulling the handle towards the chest while seated.	
	SEATED CHEST PRESS This exercise targets the pectoralis major and minor muscles. It is performed by pushing the handle forward from the chest while seated.	
	SEATED LAT PULL-DOWN This exercise targets the latissimus dorsi muscle. It is performed by pulling the bar down from the top position while seated.	
	SEATED SHOULDER PRESS This exercise targets the deltoid and triceps muscles. It is performed by pressing the handle upwards from the shoulders while seated.	
	SEATED BICEP CURL This exercise targets the biceps brachii muscle. It is performed by curling the handle upwards from the thighs while seated.	
	SEATED TRICEP EXTENSION This exercise targets the triceps brachii muscle. It is performed by extending the handle downwards from the shoulders while seated.	
	SEATED LEG PRESS This exercise targets the quadriceps and gluteal muscles. It is performed by pressing the handle downwards from the feet while seated.	
	SEATED CALF RAISE This exercise targets the gastrocnemius and soleus muscles. It is performed by raising the handle upwards from the feet while seated.	
	SEATED CORE EXERCISE This exercise targets the abdominal and oblique muscles. It is performed by pulling the handle towards the knees while seated.	
	SEATED BACK EXTENSION This exercise targets the erector spinae muscles. It is performed by pulling the handle upwards from the feet while seated.	

WORKOUT 2

	SEATED ROW This exercise targets the latissimus dorsi, trapezius, and rhomboid muscles. It is performed by pulling the handle towards the chest while seated.	
	SEATED CHEST PRESS This exercise targets the pectoralis major and minor muscles. It is performed by pushing the handle forward from the chest while seated.	
	SEATED LAT PULL-DOWN This exercise targets the latissimus dorsi muscle. It is performed by pulling the bar down from the top position while seated.	
	SEATED SHOULDER PRESS This exercise targets the deltoid and triceps muscles. It is performed by pressing the handle upwards from the shoulders while seated.	
	SEATED BICEP CURL This exercise targets the biceps brachii muscle. It is performed by curling the handle upwards from the thighs while seated.	
	SEATED TRICEP EXTENSION This exercise targets the triceps brachii muscle. It is performed by extending the handle downwards from the shoulders while seated.	
	SEATED LEG PRESS This exercise targets the quadriceps and gluteal muscles. It is performed by pressing the handle downwards from the feet while seated.	
	SEATED CALF RAISE This exercise targets the gastrocnemius and soleus muscles. It is performed by raising the handle upwards from the feet while seated.	
	SEATED CORE EXERCISE This exercise targets the abdominal and oblique muscles. It is performed by pulling the handle towards the knees while seated.	
	SEATED BACK EXTENSION This exercise targets the erector spinae muscles. It is performed by pulling the handle upwards from the feet while seated.	

WORKOUT 3

	SEATED ROW This exercise targets the latissimus dorsi, trapezius, and rhomboid muscles. It is performed by pulling the handle towards the chest while seated.	
	SEATED CHEST PRESS This exercise targets the pectoralis major and minor muscles. It is performed by pushing the handle forward from the chest while seated.	
	SEATED LAT PULL-DOWN This exercise targets the latissimus dorsi muscle. It is performed by pulling the bar down from the top position while seated.	
	SEATED SHOULDER PRESS This exercise targets the deltoid and triceps muscles. It is performed by pressing the handle upwards from the shoulders while seated.	
	SEATED BICEP CURL This exercise targets the biceps brachii muscle. It is performed by curling the handle upwards from the thighs while seated.	
	SEATED TRICEP EXTENSION This exercise targets the triceps brachii muscle. It is performed by extending the handle downwards from the shoulders while seated.	
	SEATED LEG PRESS This exercise targets the quadriceps and gluteal muscles. It is performed by pressing the handle downwards from the feet while seated.	
	SEATED CALF RAISE This exercise targets the gastrocnemius and soleus muscles. It is performed by raising the handle upwards from the feet while seated.	
	SEATED CORE EXERCISE This exercise targets the abdominal and oblique muscles. It is performed by pulling the handle towards the knees while seated.	
	SEATED BACK EXTENSION This exercise targets the erector spinae muscles. It is performed by pulling the handle upwards from the feet while seated.	

WORKOUT 4

	SEATED ROW This exercise targets the latissimus dorsi, trapezius, and rhomboid muscles. It is performed by pulling the handle towards the chest while seated.	
	SEATED CHEST PRESS This exercise targets the pectoralis major and minor muscles. It is performed by pushing the handle forward from the chest while seated.	
	SEATED LAT PULL-DOWN This exercise targets the latissimus dorsi muscle. It is performed by pulling the bar down from the top position while seated.	
	SEATED SHOULDER PRESS This exercise targets the deltoid and triceps muscles. It is performed by pressing the handle upwards from the shoulders while seated.	
	SEATED BICEP CURL This exercise targets the biceps brachii muscle. It is performed by curling the handle upwards from the thighs while seated.	
	SEATED TRICEP EXTENSION This exercise targets the triceps brachii muscle. It is performed by extending the handle downwards from the shoulders while seated.	
	SEATED LEG PRESS This exercise targets the quadriceps and gluteal muscles. It is performed by pressing the handle downwards from the feet while seated.	
	SEATED CALF RAISE This exercise targets the gastrocnemius and soleus muscles. It is performed by raising the handle upwards from the feet while seated.	
	SEATED CORE EXERCISE This exercise targets the abdominal and oblique muscles. It is performed by pulling the handle towards the knees while seated.	
	SEATED BACK EXTENSION This exercise targets the erector spinae muscles. It is performed by pulling the handle upwards from the feet while seated.	

PARABODY GYM SYSTEMS are designed to provide a comprehensive workout for all levels of fitness. The system includes a variety of exercises that target all major muscle groups, ensuring a balanced and effective workout.

EXERCISE CHART provides a detailed guide to the exercises included in the system. Each exercise is illustrated with a photograph and a brief description of the movement and the muscles it targets. The chart also includes a list of the exercises and the muscles they work.

EXERCISES:

- SEATED ROW
- SEATED CHEST PRESS
- SEATED LAT PULL-DOWN
- SEATED SHOULDER PRESS
- SEATED BICEP CURL
- SEATED TRICEP EXTENSION
- SEATED LEG PRESS
- SEATED CALF RAISE
- SEATED CORE EXERCISE
- SEATED BACK EXTENSION

MUSCLES WORKED:

- Latissimus dorsi
- Trapezius
- Rhomboid
- Pectoralis major and minor
- Deltoid
- Biceps brachii
- Triceps brachii
- Quadriceps
- Gluteal
- Gastrocnemius
- Soleus
- Abdominal
- Oblique
- Erector spinae

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Jiyuan Zhang



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