

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.	
	SEATED CHEST PRESS This exercise targets the pectoral muscles, anterior deltoids, and triceps.	
	SEATED LEG PRESS This exercise targets the quadriceps, glutes, and hamstrings.	
	SEATED SHOULDER PRESS This exercise targets the deltoids and triceps.	
	SEATED BICEP CURL This exercise targets the biceps and forearms.	
	SEATED TRICEP EXTENSION This exercise targets the triceps.	
	SEATED CALF RAISE This exercise targets the calf muscles.	
	SEATED CORE This exercise targets the abdominal and lower back muscles.	
	SEATED LEG EXTENSION This exercise targets the quadriceps.	
	SEATED HAMSTRING CURL This exercise targets the hamstrings and glutes.	

WORKOUT 2

	SEATED ROW This exercise targets the back muscles, including the latissimus dorsi, rhomboids, and trapezius. It also works the biceps and forearms.	
	SEATED CHEST PRESS This exercise targets the pectoral muscles, anterior deltoids, and triceps.	
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WORKOUT 3

	SEATED ROW This exercise targets the back muscles, including the latissimus dorsi, rhomboids, and trapezius. It also works the biceps and forearms.	
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	SEATED CALF RAISE This exercise targets the calf muscles.	
	SEATED CORE This exercise targets the abdominal and lower back muscles.	
	SEATED LEG EXTENSION This exercise targets the quadriceps.	
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WORKOUT 4

	SEATED ROW This exercise targets the back muscles, including the latissimus dorsi, rhomboids, and trapezius. It also works the biceps and forearms.	
	SEATED CHEST PRESS This exercise targets the pectoral muscles, anterior deltoids, and triceps.	
	SEATED LEG PRESS This exercise targets the quadriceps, glutes, and hamstrings.	
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	SEATED BICEP CURL This exercise targets the biceps and forearms.	
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	SEATED CALF RAISE This exercise targets the calf muscles.	
	SEATED CORE This exercise targets the abdominal and lower back muscles.	
	SEATED LEG EXTENSION This exercise targets the quadriceps.	
	SEATED HAMSTRING CURL This exercise targets the hamstrings and glutes.	

PARABODY GYM SYSTEMS are designed to provide a complete workout in a compact space. The GS-516 system is a versatile piece of equipment that can be used for a variety of exercises, including cardio, strength training, and core work.

FEATURES:

- Adjustable resistance for different fitness levels.
- Multiple exercise stations for a full-body workout.
- Compact design for easy storage.
- Sturdy construction for long-lasting use.

SALES & SERVICE:

For more information on the Parabody Gym System, please contact our sales and service department. We are committed to providing you with the best quality equipment and the best customer service.

Parabody 425 User Guide

Michael Hoelscher



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$$\begin{bmatrix} 45 & 50 \\ 0 & 1 \end{bmatrix} \begin{bmatrix} 75 \\ 86 \end{bmatrix} + \begin{bmatrix} 60 & 60 \\ 60 & 60 \end{bmatrix} \begin{bmatrix} t \\ w \end{bmatrix} = \begin{bmatrix} 2 & 75 \\ 68 & 32 \end{bmatrix} \begin{bmatrix} t \\ 86 \end{bmatrix} + \begin{bmatrix} 36 & 0 \\ 3 & 68 \end{bmatrix} \begin{bmatrix} ad \\ 86 \end{bmatrix}$$

setting $t = 4.3 \text{ kn}$ into the above equations gives $t = 4.1667 \text{ kn}$ $w = 3.8250 \text{ kn}$ $w = 9.71 \text{ kn}$

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