



STANDING CABLE ROW
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



SEATED CABLE ROW
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



STANDING CABLE Crossover
 • Pull the handle from one side towards the other side of your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



SEATED CABLE Crossover
 • Pull the handle from one side towards the other side of your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



STANDING CABLE CHEST PRESS
 • Push the handle away from your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up and away from your chest, then lower it back down.



SEATED CABLE CHEST PRESS
 • Push the handle away from your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up and away from your chest, then lower it back down.



STANDING CABLE LAT PULL DOWN
 • Pull the handle from above your head down towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



SEATED CABLE LAT PULL DOWN
 • Pull the handle from above your head down towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



STANDING CABLE TRICEP EXTENSION
 • Push the handle away from your head.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up and away from your head, then lower it back down.



SEATED CABLE TRICEP EXTENSION
 • Push the handle away from your head.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up and away from your head, then lower it back down.



STANDING CABLE SHOULDER PRESS
 • Push the handle away from your shoulders.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up and away from your shoulders, then lower it back down.



SEATED CABLE SHOULDER PRESS
 • Push the handle away from your shoulders.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up and away from your shoulders, then lower it back down.



STANDING CABLE BICEP CURL
 • Pull the handle up towards your shoulders.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your shoulders, then lower it back down.



SEATED CABLE BICEP CURL
 • Pull the handle up towards your shoulders.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your shoulders, then lower it back down.



STANDING CABLE TRICEP KICK BACK
 • Push the handle away from your head.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up and away from your head, then lower it back down.



SEATED CABLE TRICEP KICK BACK
 • Push the handle away from your head.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up and away from your head, then lower it back down.



STANDING CABLE CHEST FLY
 • Pull the handle from one side towards the other side of your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



SEATED CABLE CHEST FLY
 • Pull the handle from one side towards the other side of your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



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Weight Machine Exercise Guide

**Barbara Ann Bushman, Janice Clark
Young**



Weight Machine Exercise Guide:

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Action Plan for Menopause Barbara Ann Bushman, Janice Clark Young, 2005 Based on the latest research this exercise based plan will help you take control of your fitness You will learn the best and safest exercises for perimenopause menopause and postmenopause and how diet medication and exercise interact to affect symptoms book cover The Complete Idiot's Guide to First Aid Basics Stephen J. Rosenberg, Karla Dougherty, 1996 The Complete Idiot's Guide to First Aid Basics helps you build the skills you need to help someone who needs it Feel confident about identifying and handling injuries even when a few moments can make a difference In this Complete Idiot's Guide you get solid information about identifying and treating dozens of illnesses and injuries friendly advice in an easy to understand format tips definitions and warnings to help you along the way and clear illustrations that show you exactly what to do **Applied Sport Mechanics** Brendan Burkett, 2025-10-08 Applied Sport Mechanics Fifth Edition explores how the fundamental laws of human movement affect athletes performances Foundational principles of kinetics kinematics and sport technique are clearly presented and then explored through a variety of applied scenarios The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2007 **Instructor's Resource Guide to Accompany Fit and Well** Rob Schurrer, Thomas D. Fahey, 1994 Instructors resource guide to accompany textbook of same title Donated by Mr Lewis 6 96 Mobil Travel Guide, 1998

The Complete Idiot's Guide to Losing Weight Susan McQuillan, Edward J. Saltzman, 1998 Common sense strategies for losing weight and keeping it off **Lloyd's List Law Reports**, 1919 Case Management Resource Guide, 1997 *Indian Club Exercises* Edward Barrett Warman, 1915 Woman's Guide to Shaping Your Body with Weights Marge Covino, Pat Jordan, 1978 **Scientific American**, 1890 **Catalogue and Price List Base Ball Players Supplies, Fishing Tackle**

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