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Exercise Guide Strength Training System
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Learning to use and maintain your strength training system is very important for your personal safety and the proper function of the machine.

BACK CHEST Strength Training System Exercise Guide SPORTS ...

Adjust the Functional Training Arms to a low position, either holes 4, 5, or 6. Sit upright on your machine and grab the handles. Bring your arms up, and together, to chest height. Return slowly. Variations: As with all cable oriented exercises, this exercise can be performed one arm at a time. Page 19: Shoulders Shoulders... Page 20: Shoulder Press

BODYCRAFT STRENGTH TRAINING SYSTEM EXERCISE MANUAL Pdf ...

Begin each session with a 5-15 minute warm up period of light exercise and stretching. During the routine, be sure to maintain proper form and move through the full range of motion. Be sure to breathe naturally; do not hold your

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breath. End each ses- sion with 5-10 minutes of light stretching.

WARNING: Before beginning this or any exercise ... - BODYCRAFT

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Bodycraft ABS System Exercise Stations and Features: Active Balance System™ Simply engage the pin for traditional "machine style" bench press, or, pull the pin for "barbell style" bench press. In other words, when the overhead pin is engaged, the press arm is rigid like all

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BODYCRAFT XPRESS PRO INSTRUCTION MANUAL Pdf

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Why Is The BodyCraft Galena Pro The Most Versatile Home ...

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Exercise Stations and Features: Active Balance System™ Simply engage the pin for traditional “machine style” bench press, or, pull the pin for “barbell style” bench press. In other words, when the overhead pin is engaged, the press arm is rigid like all other home gyms.

Bodycraft Elite (Best Seller) - Exercise Warehouse

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