

WORKOUT 1

 <p>CHEST PRESS</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Push the handles forward until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>PULLDOWN</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Pull the handles down until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Pull the handles down until your arms are fully extended. 2. Return the handles to the starting position.
 <p>STANDING BICEPS CURL</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Stand on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Curl the handles up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>TRICEPS PRESS</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Push the handles forward until your arms are fully extended. 2. Return the handles to the starting position.
 <p>LATERAL RAISE</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Raise the handles up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>LEG EXTENSION</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Extend your legs until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Extend your legs until your arms are fully extended. 2. Return the handles to the starting position.
 <p>LEG CURL</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Curl your legs up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Curl your legs up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>CALF RAISE</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise your heels until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Raise your heels until your arms are fully extended. 2. Return the handles to the starting position.
 <p>ABDOMINAL CRUNCH</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Crunch your abdomen up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>TRICEPS PRESS</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Push the handles forward until your arms are fully extended. 2. Return the handles to the starting position.

WORKOUT 2

 <p>CLOSE GRIP CHEST PRESS</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Push the handles forward until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>LOW ROW</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Row the handles up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Row the handles up until your arms are fully extended. 2. Return the handles to the starting position.
 <p>REVERSE BICEPS CURL</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Curl the handles up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>ONE ARM TRICEPS EXTENSION</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Extend your arm until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Extend your arm until your arms are fully extended. 2. Return the handles to the starting position.
 <p>LATERAL RAISE</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Raise the handles up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>HIP EXTENSION</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Extend your hips until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Extend your hips until your arms are fully extended. 2. Return the handles to the starting position.
 <p>HIP ABDUCTION</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Abduct your hips until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Abduct your hips until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>HIP ADDUCTION</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Adduct your hips until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Adduct your hips until your arms are fully extended. 2. Return the handles to the starting position.
 <p>ABDOMINAL CRUNCH</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Crunch your abdomen up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>TRICEPS PRESS</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Push the handles forward until your arms are fully extended. 2. Return the handles to the starting position.

WORKOUT 3

 <p>ONE ARM PEC FLY</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Fly the handles up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Fly the handles up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>ONE ARM BICEPS CURL</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Curl the handles up until your arms are fully extended. 2. Return the handles to the starting position.
 <p>TRICEPS PRESS</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Push the handles forward until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>LATERAL RAISE</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Raise the handles up until your arms are fully extended. 2. Return the handles to the starting position.
 <p>LEG PRESS</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Press your legs up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Press your legs up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>CALF RAISE</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Raise your heels until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Raise your heels until your arms are fully extended. 2. Return the handles to the starting position.
 <p>ABDOMINAL CRUNCH</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Crunch your abdomen up until your arms are fully extended. 2. Return the handles to the starting position. 	 <p>TRICEPS PRESS</p> <p>Start Up:</p> <ol style="list-style-type: none"> 1. Sit on the machine and adjust the seat to your height. 2. Grasp the handles with your hands, shoulder-width apart. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. <p>Execution:</p> <ol style="list-style-type: none"> 1. Push the handles forward until your arms are fully extended. 2. Return the handles to the starting position.

TOTAL BODY WORKOUTS are designed to provide a comprehensive workout for the entire body. They are ideal for individuals who want to improve their overall fitness and strength. These workouts are designed to be performed 3-4 times per week, with at least one day of rest in between.

SAFE FITNESS FACTS:

- Always warm up before starting any exercise routine.
- Use proper form and technique to avoid injury.
- Listen to your body and stop if you feel pain or discomfort.
- Stay hydrated throughout your workout.
- Get enough rest and recovery time between workouts.

TRAINING TIPS:

- Start with a low weight and gradually increase as you become more comfortable.
- Focus on your breathing and maintain a steady rhythm.
- Take short breaks between sets to rest and recover.
- Keep your core engaged throughout the entire workout.
- Stay motivated and push yourself to reach your goals.

Parabody 42user Guide

JL Elias



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