

## WORKOUT 1

**CHEST PRESS**

**Best Use:** Chest, triceps, shoulders, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Push the handles forward and upward until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**PULLDOWN**

**Best Use:** Back, biceps, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Pull the handles down towards your chest.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**STANDING BICEPS CURL**

**Best Use:** Biceps, forearms, and core.

**Instructions:**

1. Stand on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Curl the handles up towards your shoulders.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**TRICEPS PRESS**

**Best Use:** Triceps, shoulders, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Push the handles forward and upward until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**LATERAL RAISE**

**Best Use:** Shoulders, triceps, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Raise the handles out to the sides.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**LEG EXTENSION**

**Best Use:** Quads, hamstrings, and core.

**Instructions:**

1. Lie on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Extend your legs forward.
4. Lower your legs back to the starting position.
5. Repeat for the desired number of repetitions.

**LEG CURL**

**Best Use:** Hamstrings, glutes, and core.

**Instructions:**

1. Lie on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Curl your legs up towards your chest.
4. Lower your legs back to the starting position.
5. Repeat for the desired number of repetitions.

**CALF RAISE**

**Best Use:** Calves, glutes, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Raise your heels.
4. Lower your heels back to the starting position.
5. Repeat for the desired number of repetitions.

**ABDOMINAL CRUNCH**

**Best Use:** Abdominals, core, and back.

**Instructions:**

1. Lie on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Crunch your upper body up towards your knees.
4. Lower your upper body back to the starting position.
5. Repeat for the desired number of repetitions.

## WORKOUT 2

**CLOSE GRIP CHEST PRESS**

**Best Use:** Chest, triceps, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Push the handles forward and upward until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**LOW ROW**

**Best Use:** Back, biceps, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Pull the handles up towards your chest.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**REVERSE BICEPS CURL**

**Best Use:** Biceps, forearms, and core.

**Instructions:**

1. Stand on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Curl the handles up towards your shoulders.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**ONE ARM TRICEPS EXTENSION**

**Best Use:** Triceps, shoulders, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Push the handles forward and upward until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**LATERAL RAISE**

**Best Use:** Shoulders, triceps, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Raise the handles out to the sides.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**HIP EXTENSION**

**Best Use:** Glutes, hamstrings, and core.

**Instructions:**

1. Lie on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Extend your hips forward.
4. Lower your hips back to the starting position.
5. Repeat for the desired number of repetitions.

**HIP ABDUCTION**

**Best Use:** Glutes, hamstrings, and core.

**Instructions:**

1. Lie on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Abduct your hips out to the sides.
4. Lower your hips back to the starting position.
5. Repeat for the desired number of repetitions.

**HIP ADDUCTION**

**Best Use:** Glutes, hamstrings, and core.

**Instructions:**

1. Lie on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Adduct your hips towards the center.
4. Lower your hips back to the starting position.
5. Repeat for the desired number of repetitions.

**ABDOMINAL CRUNCH**

**Best Use:** Abdominals, core, and back.

**Instructions:**

1. Lie on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Crunch your upper body up towards your knees.
4. Lower your upper body back to the starting position.
5. Repeat for the desired number of repetitions.

## WORKOUT 3

**ONE ARM PEC FLY**

**Best Use:** Pectorals, triceps, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Fly the handles out to the sides.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**ONE ARM BICEPS CURL**

**Best Use:** Biceps, forearms, and core.

**Instructions:**

1. Stand on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Curl the handles up towards your shoulders.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**TRICEPS PRESS**

**Best Use:** Triceps, shoulders, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Push the handles forward and upward until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**LATERAL RAISE**

**Best Use:** Shoulders, triceps, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Raise the handles out to the sides.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

**LEG PRESS**

**Best Use:** Quads, hamstrings, and core.

**Instructions:**

1. Lie on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Press your legs forward.
4. Lower your legs back to the starting position.
5. Repeat for the desired number of repetitions.

**CALF RAISE**

**Best Use:** Calves, glutes, and core.

**Instructions:**

1. Sit on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Raise your heels.
4. Lower your heels back to the starting position.
5. Repeat for the desired number of repetitions.

**ABDOMINAL CRUNCH**

**Best Use:** Abdominals, core, and back.

**Instructions:**

1. Lie on the machine and adjust the seat and backrest to a comfortable position.
2. Grasp the handles with your hands, palms facing each other.
3. Crunch your upper body up towards your knees.
4. Lower your upper body back to the starting position.
5. Repeat for the desired number of repetitions.

**TOTAL BODY WORKOUTS:** These workouts are designed to provide a full-body workout using the GS1 Gym System. They are suitable for individuals of all fitness levels and can be performed at home or in a gym.

**SAFE FITNESS FACTS:**

- Always warm up before exercising to prevent injury.
- Use proper form and technique to avoid injury.
- Start with a low weight and gradually increase as you become more comfortable.
- Listen to your body and stop if you experience any pain or discomfort.
- Stay hydrated and take breaks as needed.
- Consult with a healthcare professional if you have any medical conditions or injuries.

**TRAINING TIPS:**

- Consistency is key to achieving your fitness goals.
- Track your progress and adjust your workout as needed.
- Incorporate variety into your routine to keep it interesting.
- Get enough rest and recovery between workouts.
- Stay motivated and focused throughout your workout.
- Use the GS1 Gym System to your advantage by following the instructions and safety guidelines.

# Parabody 25user Guide

**Standard & Poor's**



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