

### WORKOUT 1

 <p><b>CHEST PRESS</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>PULLDOWN</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Pull the handles down until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>STANDING BICEPS CURL</b></p> <p><b>Start Up:</b> 1. Stand on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>TRICEPS PRESS</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>LATERAL RAISE</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>LEG EXTENSION</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Extend your legs until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>LEG CURL</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Curl your legs up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>CALF RAISE</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Raise your heels until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>ABDOMINAL CRUNCH</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	

### WORKOUT 2

 <p><b>CLOSE GRIP CHEST PRESS</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>LOW ROW</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Pull the handles down until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>REVERSE BICEPS CURL</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>ONE ARM TRICEPS EXTENSION</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>LATERAL RAISE</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>HIP EXTENSION</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Extend your hips until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>HIP ABDUCTION</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Abduct your hips until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>HIP ADDUCTION</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Adduct your hips until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>ABDOMINAL CRUNCH</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	

### WORKOUT 3

 <p><b>ONE ARM PEC FLY</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Fly your arms out until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>ONE ARM BICEPS CURL</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>TRICEPS PRESS</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>LATERAL RAISE</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>LEG PRESS</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Press your legs down until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	 <p><b>CALF RAISE</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Raise your heels until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>
 <p><b>ABDOMINAL CRUNCH</b></p> <p><b>Start Up:</b> 1. Sit on the machine and adjust the seat height so that your feet are flat on the floor. 2. Grasp the handles with your hands, palms facing forward. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise.</p>	

**TOTAL BODY WORKOUTS:** These workouts are designed to provide a comprehensive full-body workout. They include exercises for all major muscle groups and are suitable for both beginners and experienced fitness enthusiasts. Each workout is designed to be completed in approximately 45-60 minutes.

**SAFE FITNESS FACTS:**

- Always warm up before starting any exercise routine.
- 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 throughout your workout.
- Get enough rest and recovery time between workouts.

**TRAINING TIPS:**

- Consistency is key to achieving your fitness goals.
- Track your progress and celebrate small victories.
- Mix up your workouts to keep your body challenged.
- Don't be afraid to ask for help from a fitness professional.
- Stay motivated by setting realistic goals and sticking to them.

# Parabody 42user Guide

**WJ Hussar**



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