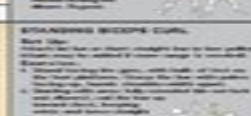
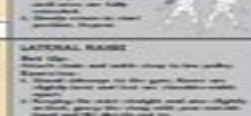
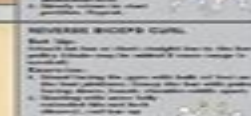
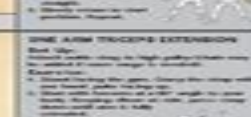


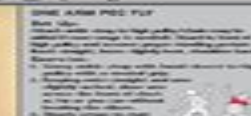
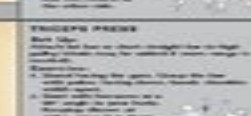
WORKOUT 1

 CHEST PRESS Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 PULLDOWN Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Pull the handles down until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 STANDING BICEPS CURL Start Up: 1. Stand on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 TRICEPS PRESS Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 LATERAL RAISE Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 LEG EXTENSION Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Extend your legs until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 LEG CURL Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Curl your legs up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 CALF RAISE Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Raise your heels until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 ABDOMINAL CRUNCH Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 TRICEPS PRESS Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.

WORKOUT 2

 CLOSE GRIP CHEST PRESS Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 LOW ROW Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Row the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 REVERSE BICEPS CURL Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 ONE ARM TRICEPS EXTENSION Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Extend your arm until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 LATERAL RAISE Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 HIP EXTENSION Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Extend your hips until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 HIP ABDUCTION Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Abduct your hips until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 HIP ADDUCTION Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Adduct your hips until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 ABDOMINAL CRUNCH Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 TRICEPS PRESS Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.

WORKOUT 3

 ONE ARM PEC FLY Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Fly the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 ONE ARM BICEPS CURL Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Curl the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 TRICEPS PRESS Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 LATERAL RAISE Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Raise the handles up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 LEG PRESS Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Press your legs up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 CALF RAISE Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Raise your heels until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.
 ABDOMINAL CRUNCH Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Crunch your abdomen up until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.	 TRICEPS PRESS Start Up: 1. Sit on the machine and adjust the seat and footrests so that your feet are flat on the floor and your knees are at a 90-degree angle. 2. Grasp the handles with your hands, palms facing each other. 3. Push the handles forward until your arms are fully extended. 4. Return the handles to the starting position. 5. Repeat the exercise for the desired number of repetitions.

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 exercisers. Each workout is 30 minutes long and includes a warm-up and cool-down.

SAFE FITNESS FACTS:

- Always warm up before exercising to prevent injury.
- Use proper form and technique to maximize results and prevent 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 get enough rest between workouts.
- Consult your doctor before starting any exercise program.

TRAINING TIPS:

- Set realistic goals and track your progress.
- Mix up your workouts to keep them interesting.
- Use a mirror to check your form.
- Take breaks when needed to avoid fatigue.
- Stay motivated by reminding yourself of your goals.
- Use the GS1 Gym System to its full potential.

Parabody 84user Guide

Julia Schneider



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