

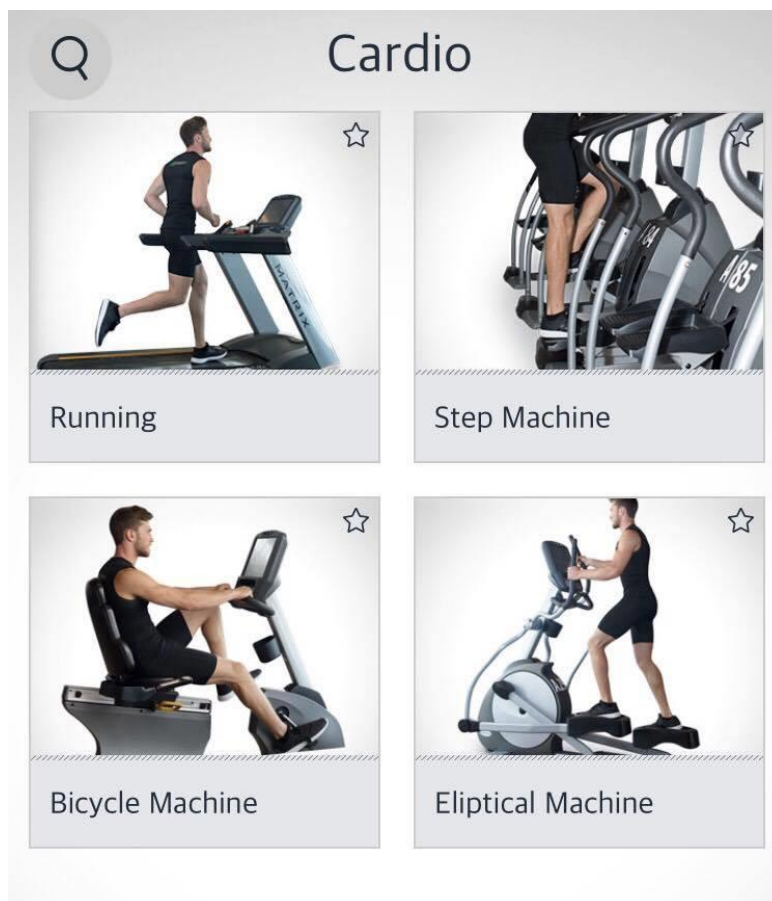
exercise type (Cardio, Strength, Flexibility, Balance).

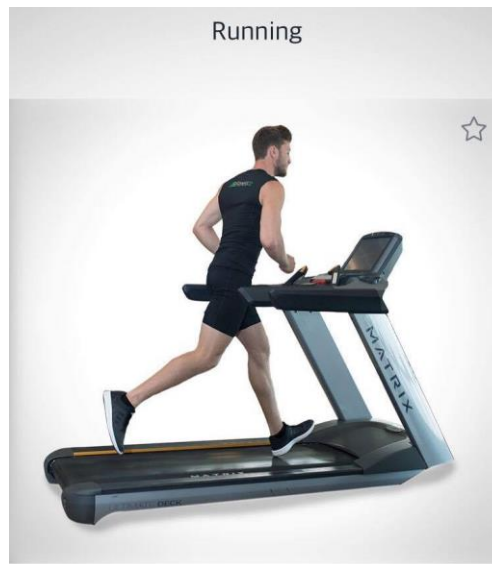
Menu:

- [Cardio](#)
- [Strength](#)
- [Flexibility](#)
- [Balance](#)

This image can go for Cardio section

Cardio



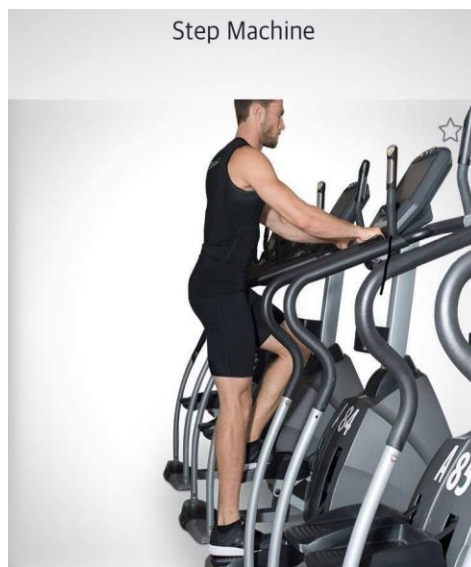


Primary muscle: Quads

Secondary: Calves

Instructions:

Execution: Start with a walk and gradually speed up until you are moving at a fast, steady pace.



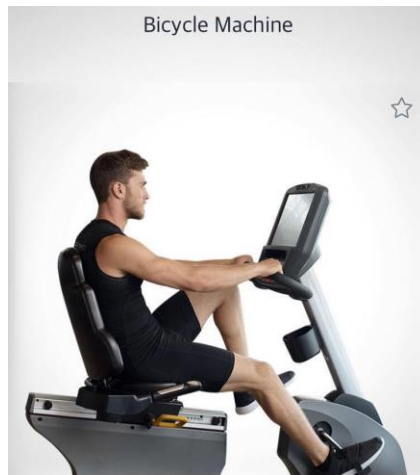
Primary muscle: Quads

Secondary: Cardio

Instructions:

Preparation: Step onto pedal platforms and grasp hand rails.

Execution: Place your bodyweight on one pedal and allow another pedal to raise. Before the lower step hits the bottom or upper step hits top, alternate with opposite movement



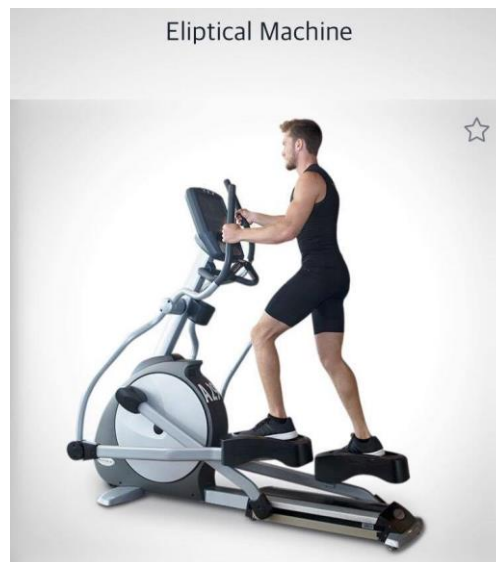
Primary muscle: Quads

Secondary: Calves

Instructions:

Preparation: Sit down on the exercise bike, hold the grips and select quick start.

Execution: Pedal forward as you would on a bike while gripping the handles.



Primary muscle: Quads


Secondary: Cardio

Instructions:



Preparation: Step on pedal platforms and grasp the handle bars on each arm lever.

Execution: Pedal forward while alternating the arm levers back and forth.



Strength





Biceps





Dumbbell Biceps Curl,
Standing, Underhand Grip





EZ-Bar Biceps Curl,
Underhand Narrow Grip





EZ-Bar Biceps Curl,
Underhand Wide Grip



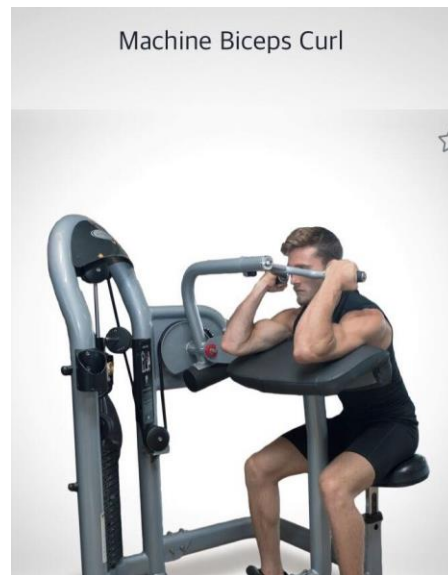
EZ-Bar Biceps Curl,
Preacher, Underhand Grip



EZ-Bar Biceps Bottom Half
Curl, Preacher, Underhand...



EZ-Bar Biceps Top Half Curl,
Preacher, Underhand Grip

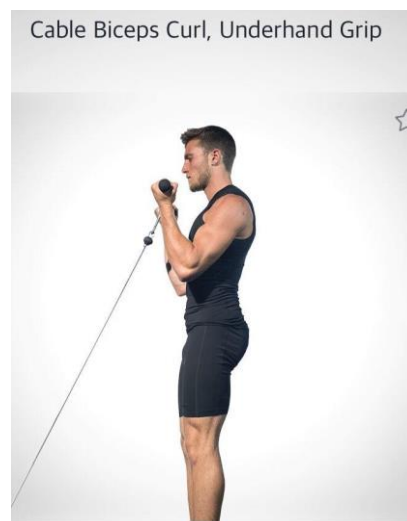


Primary muscle: Biceps

Instructions:

Preparation: Sit down with your arms pressed against the pads and grab the handles in your desired grip type.

Execution: Keep your upper arms still, exhale, and curl the handles upwards, while contracting your biceps and repeat. Only lower the weights all the way down once you are finished with the exercise.

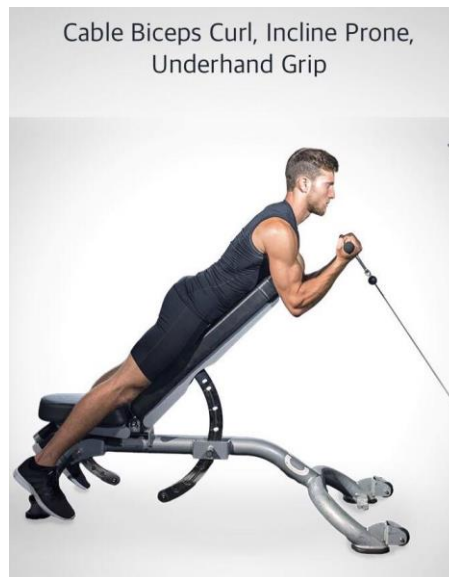


Primary muscle: Biceps

Instructions:

Preparation: Stand with your feet shoulder width apart and grab the bar with both hands, palms facing you, while keeping your arms straight.

Execution: Bend your arms at the elbows, lifting your hands up towards your chest Lower and repeat.

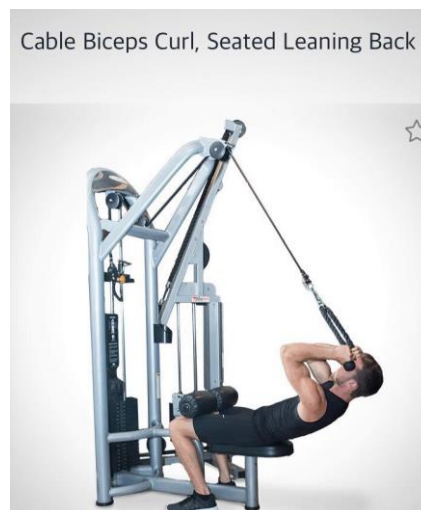


Primary muscle: Biceps

Instructions:

Preparation: Lay face down on the incline bench and grab the bar with both hands, palms facing away from you, keeping your arms straight.

Execution: Bend your arms at the elbows, lifting your hands up towards our chest. Lower and repeat.



Primary muscle: Biceps

Instructions:

Preparation: Sit at the lateral pulldown machine and attach a rope to the high pulley. Lean back as you extend your arms and hold the rope in a neutral grip.

Execution: Exhale as you curl the rope towards your head. Finish the curl with your hands on the rope on either side of your head. Return and repeat.

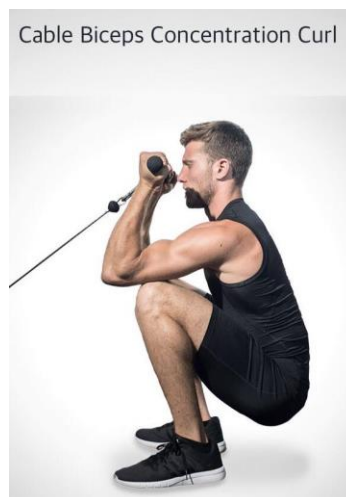


Primary muscle: Biceps

Instructions:

Preparation: Attach a cable handle to the low pulley. Face away from the machine and grab the handle with your right hand in an underhand grip. Step forward with your left foot.

Execution: Exhale as you curl the handle up so your hand is touching your shoulder. Return to start position and repeat.



Primary muscle: Biceps

Instructions:

Preparation: Attach the bar to the low pulley. Take a few small steps back from the machine, and squat all the way down and hold the bar in your desired grip type. Rest the top sections of your triceps on the tops of your knees.

Execution: Curl the bar up until eye-level and bring our arms back to start position with your arms extended.



Primary muscle: Biceps

Secondary: Shoulders

Instructions:

Preparation: Stand with your feet slightly wider than shoulder width apart. Grab the handles with both hands, palms facing forward and arms straight. Step forward, creating tension in the cables.

Execution: Bend your arms at the elbow, crossing your arms to bring your hands up towards opposite shoulder. Lower to start position and repeat.



Primary muscle: Lats

Secondary: Biceps

Instructions:

Preparation: Start by setting your weight. Stand on the side platforms while you hold the pull up handles. Carefully, put both your knees onto the padded knee rest.

Execution: Exhale as you pull yourself up. Inhale as you lower your body until your arms and shoulders are extended and repeat.



Triceps



Cable Triceps Pushdown,
Overhand Grip



Cable Triceps
Pushdown, Single Arm



Cable Triceps Pushdown,
Underhand Grip



EZ-Bar Triceps
Extension

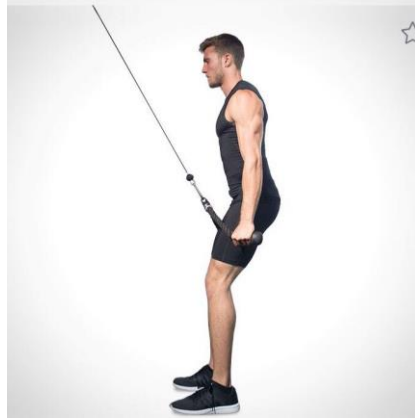


EZ-Bar Triceps Press,
Narrow Grip



Dumbbell Triceps
Extension, Seated

Cable Triceps Pushdown, Overhand Grip



Primary muscle: Triceps

Instructions:

Preparation: Attach the rope to the high pulley. Hold the rope in an overhead grip, facing the machine.

Execution: Exhale as you push down with your triceps, keeping your arms close to your sides. Return to start position and repeat.

Dip, Machine Assisted



Primary muscle: Chest

Secondary: Triceps

Instructions:

Preparation: Stand on the bottom step and grasp the handles with a neutral grip. Adjust the weight accordingly (more weight equals to more assistance). Start with your elbows bent and your chin tucked in.

Execution: Kneel down and inhale as you lower your body and exhale as you push your body up until your arms are fully extended and repeat.



Primary muscle: Chest

Secondary: Triceps

Instructions:

Preparation: Sit down, select your weight and grab the handles with your elbows bent.

Execution: Exhale and push down with your triceps, while keeping your elbows close to your side. Inhale as you return to stat position and repeat.



Primary muscle: Lats

Secondary: Biceps, Triceps

Instructions:

Preparation: Start in a dead hang with shoulders touching your ears.

Execution: Pull yourself up as your hands rotate and when the pull reaches the peak, push your head up and over the rings, while also raising your toes up and push your body up like a normal dip. Complete the muscle up with your elbows in full lock out.

Flexibility

Body Stretcher Pick



Primary muscle: Stretching

Secondary: Biceps, Abs

Instructions:

Preparation: Sit down, select your workout length and grab the handles with your hands.

Execution: Pull yourself up with the kneel pedal go all the way up then all the way down. Exhale while you are going up and inhale when you are going down.

Top Leg Stretcher



Primary muscle: Leg

Secondary: Biceps, Back

Instructions:

Preparation: Sit down, select your weight.

Execution: Push out with your legs then go back to the starting position. Exhale while you are opening and inhale when you are closing.

Motive Fitness TotalStretch



Primary muscle: Full body stretching

Instructions:

Preparation: Sit down, put your arms and legs on the correct sides.

Execution: One your hands are on the handles and your legs stretched on the pedals try to touch your knees with your forehead. Do this process for 10 seconds then repeat 3 more times. Inhale and exhale.

Revolved Half-moon Phase



Primary Muscle: Core, Legs, Butt, Arms, Joint

Instructions:

Execution: Begin in a standing forward bend. Lift your left leg to come to a supported warrior III on your right leg, with both hands on the ground. Keep your left fingertips on the ground and lift your right arm toward the ceiling.

Bird of Paradise Pose



Primary Muscle: Chest, Shoulders, joint, Legs, Pelvis.

Instructions:

Execution: Begin in forward fold with feet slightly wider than hip distance apart. Bend your knees and take your right arm through your legs and left arm behind your back to clasp your right hand. Transfer your weight into your left foot, come on to the ball of your right foot. Breathe here.

Fallen Triangle Pose



Primary Muscle: Shoulders, Chest, Arms, Legs

Instructions:

Execution: Begin in Down Dog. Round your left knee towards your right shoulder and place your left foot on the ground outside of your right hand. Spin your back heel down and lift your right arm up and back as you open your chest and lift your hips. Outer edge of your left foot stays on the ground. Breathe here for at least three deep breaths and then repeat on the other side.

Plow pose



Primary Muscle: Shoulders, Back, Neck

Instructions:

Execution: Begin lying on your back with your knees bent, feet on the floor, and arms on either side of you. Soften your knees and press your arms into the ground to reach your feet up toward the ceiling. Breathe here. Let your feet fall back behind you any amount that feels good on your neck.

Frog Pose



Primary Muscle: Shoulders, Back, Legs, chest

Instructions:

Execution: Begin lying face down on your mat. Rise onto your forearms and breathe here. Keep your knees no wider than hip's distance apart. Bend your left knee and bring your left hand to the top of your left foot, putting gentle pressure on it to open the quadriceps. Elbow grazes your rib cage, not winging out.

Low Lunge Pose



Primary Muscle: Chest, Legs, Pelvis

Instructions:

Execution: Begin in down dog. Round your right knee toward your nose, and step your right foot between your hands. Your hands are on either side of your front foot, with your fingertips tented or on blocks. Keep your neck long and in line with your spine. Breathe here for at least three deep breaths, then repeat on the left.

Lunge with diagonal stretch



Primary Muscle: Glutes, Shoulders, Quads, Abs

Instructions:

Execution: Stand tall, your arms hanging at your sides. Step forward with one leg into a lunge position and lower yourself down while reaching across your body with your opposite arm. Push back to the starting position.

Calf Roll



Primary Muscle: Calf

Instructions:

Execution: Sit on the ground with your legs extended in front of you and your hands on the ground behind you. Rest one calf muscle on top of the foam roller. Raise your hips so that your weight is resting on your hands and the foam roller. Then, slowly begin to roll forward and backward so that your calf rolls up and down the roller.

Lats from roll



Primary Muscle: Lats

Instructions:

Execution: Lie on your side and position a foam roller horizontally under your armpit with your bottom arm extended overhead and against the floor. Your other hand should be in front of you for support. Slowly roll your body upward over the foam roller so it travels downward against your lat. When the roller reaches the bottom of your ribcage, pause, then reverse the direction back to the starting position.

Hand Crossover



Primary Muscle: Stretch

Instructions:

Execution: Stand tall with one arm down by your side with the palm facing behind you and the other arm over your shoulder with the palm facing forward. Swing both arms across your body at the same angles as if they're swapping positions. Alternate their positions back and forth quickly.

Balance

Bosu Pushups



Primary muscle: Chest

Secondary: Abs and triceps

Instructions:

Preparation: Place Bosu and the floor, flat side dacing you.

Execution: Lay down face first and place both arms and Bosu. Balance your weight and push with bothe hands without falling over. Do this for as many reps for 3 sets. Inhale and Exhale.

Bosu Squats



Primary muscle: Quadriceps

Secondary: Abs and Gluteus Maximus

Instructions:

Preparation: Place Bosu flat side facing you.

Execution: For beginners have a wall to help you get on the Bosu then start by placing one foot first then followed by the other. Once on top slowly come down until you feel you are going to fall then squat your way up. For advanced remove the wall.

Bosu Abdominal lay-backs



Primary muscle: Abs

Secondary: lower back

Instructions:

Preparation: Place Bosu Flat side facing down.

Execution: Lay down backside on top of the Bosu, once done start doing crunches. Do as many as you can till failure. For advanced level lift up your legs and do the same thing for 10 reps with 3 sets.

Wobble Board



Primary muscle: Abs, Quadriceps

Secondary: calves

Instructions:

Preparation: Place wobble board on floor.

Execution: For Beginners use a wall for assistance, then place one foot first then followed by the other. Once on top lower your legs a small amount and stay there for as much as you can hold it. For advanced remove the assistance of the wall.

Barbell Squats



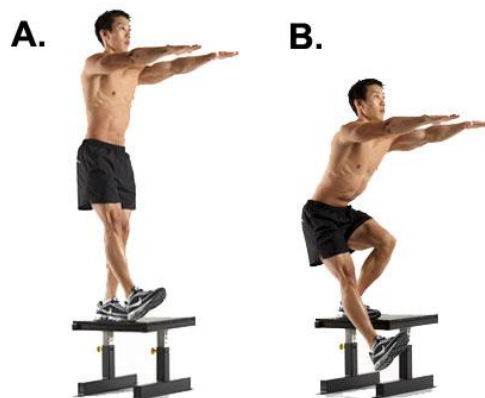
Primary muscle: Quadriceps, Gluteus, Hamstrings

Instructions:

Preparation: Stretch before going on the Barbell machine

Execution: Go beneath the barbell and place both hands on the sides of the barbell. After that slowly squat down then push yourself back up. Be careful not to lean forward because you may injure your back. Do this 10 reps for 4 sets increasing the weight.

Bench Squat



Primary Muscle: Quadriceps

Secondary: Triceps

Instructions:

Preparation: Gather Small Bench or Chair

Execution: Place both feet on top of the bench then slowly bring one foot down and lower your body with it you will start to feel tension on the quad. Do this for 3 sets 10 reps each.

Pistol Squat



Primary Muscle: Quadriceps

Secondary: Abs, Calves

Instructions:

Preparation: Gather water and Time stopper

Execution: Bring one foot forward and squat down working the opposite leg, keep hands in front of you to maintain balance. Do this for 3 set 10 reps each

Wheel Planks



Primary Muscle: Abs

Secondary: Upper Back

Instructions:

Preparation: Gather Water and Wheel

Execution: Place both knees on the floor and slowly push your body down letting the wheel slowly go forward then come back when fully extended. Do this until failure.

Plank



Primary Muscle: Abs

Instructions:

Preparation: Gather Water and Time Stopper

Execution: Place both forearms in front of your body then lower your body hold that for 30 seconds. Do this 5 times.

Side Plank



Primary Muscle: Lateral Obliques

Instructions:

Preparation: Gather Water and time Stopper

Execution: Place one hand on your body and the other with the forearm facing down on the floor. Keep in mind your body must be facing sideways. Hold this for 30 seconds repeat this for 4 sets.

Hanging Leg Raise



Primary Muscle: Upper Abs and Lower Abs

Instructions:

Preparation: Gather Bar

Execution: Place both hands on the bar and hold on tight. Then start doing leg raises. Do this until you can't begin to leg raise.