

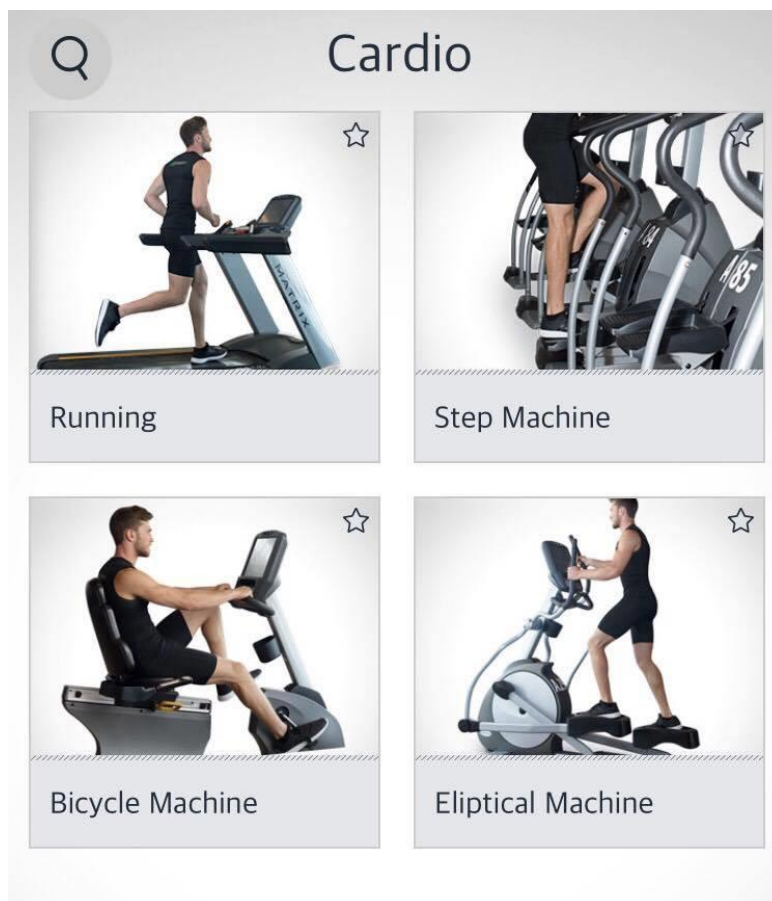
exercise type (Cardio, Strength, Flexibility, Balance).

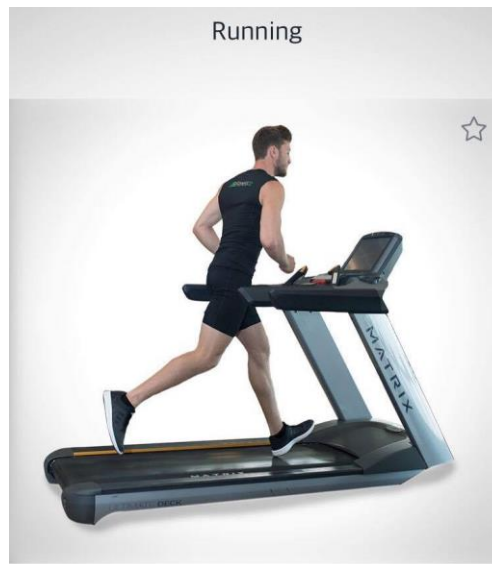
Menu:

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

This image can go for Cardio section

Cardio



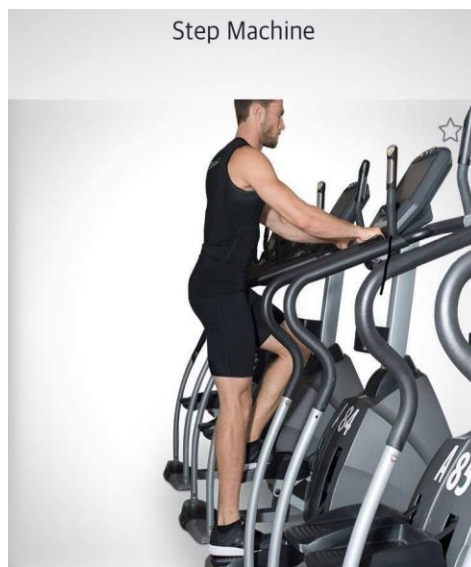


Primary muscle: Quads

Secondary: Calves

Instructions:

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



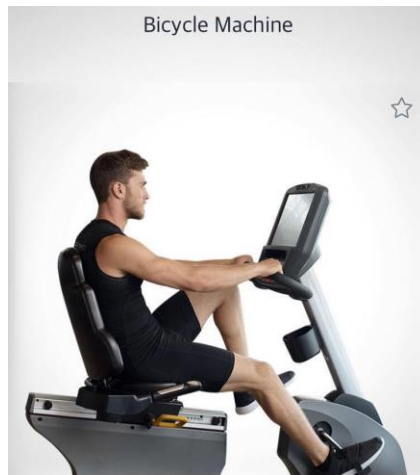
Primary muscle: Quads

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



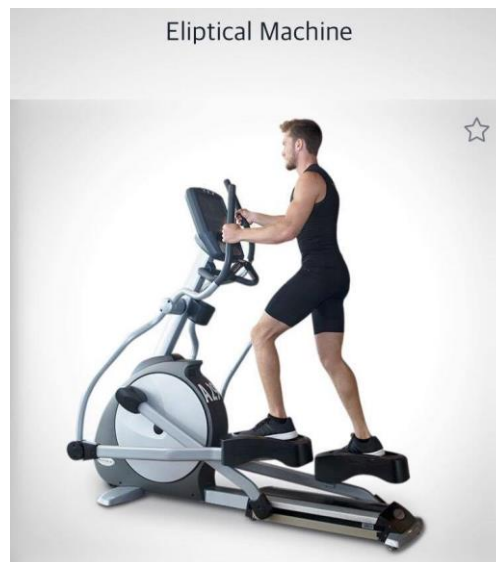
Primary muscle: Quads

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



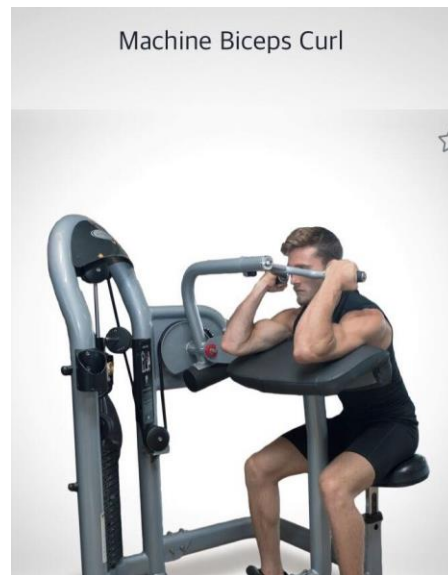
EZ-Bar Biceps Curl,
Preacher, Underhand Grip



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



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

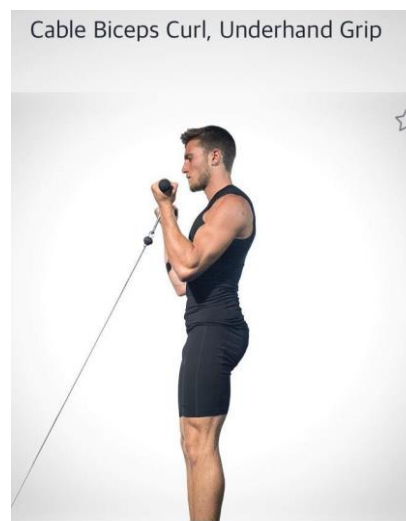


Primary muscle: Biceps

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.

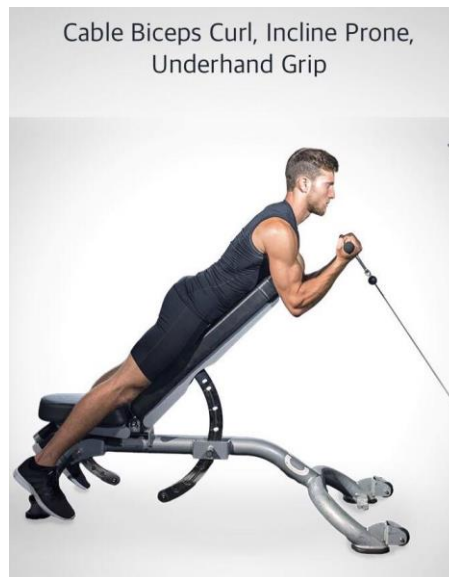


Primary muscle: Biceps

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.

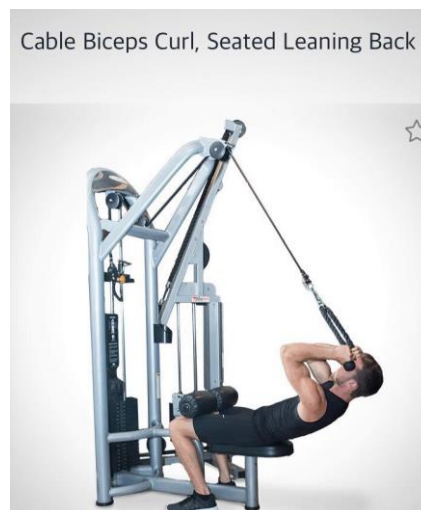


Primary muscle: Biceps

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

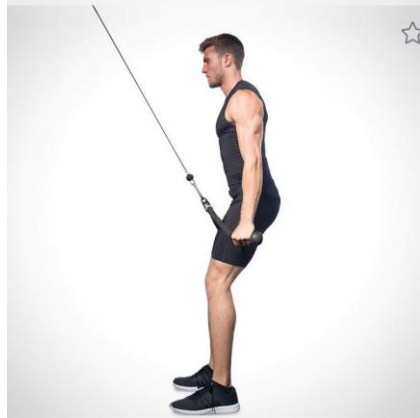


EZ-Bar Triceps Press,
Narrow Grip



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.



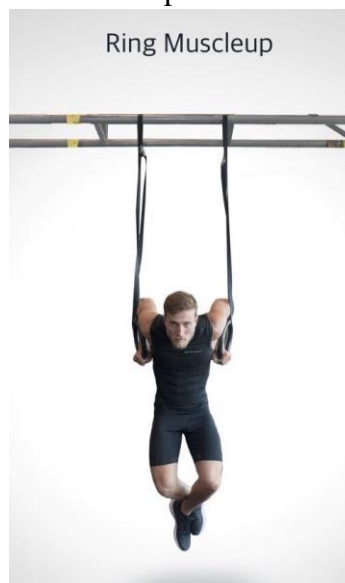
Primary muscle: Chest

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.

Balance

Bosu Pushups



Primary muscle: Chest

Secondary: Abs and triceps

Instructions:

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

Execution: Lay down face first and place both arms and Bosu. Balance your weight and push with both 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

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.