

WORKOUT 1

CHEST PRESS

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

Instructions:

1. Sit on the machine and adjust the seat and footrests.
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 for the desired number of repetitions.

PULLDOWN

Best Use: Back, shoulders, and biceps.

Instructions:

1. Sit on the machine and adjust the seat and footrests.
2. Grasp the handle with one hand, palm facing down.
3. Pull the handle down towards your chest.
4. Return the handle to the starting position.
5. Repeat for the desired number of repetitions.

STANDING BICEPS CURL

Best Use: Biceps, shoulders, and core.

Instructions:

1. Stand on the machine and adjust the seat and footrests.
2. Grasp the handle with one hand, palm facing up.
3. Curl the handle up towards your shoulder.
4. Return the handle 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 footrests.
2. Grasp the handle with one hand, palm facing down.
3. Press the handle forward until your arm is fully extended.
4. Return the handle to the starting position.
5. Repeat for the desired number of repetitions.

LATERAL RAISE

Best Use: Shoulders, core, and back.

Instructions:

1. Sit on the machine and adjust the seat and footrests.
2. Grasp the handle with one hand, palm facing down.
3. Raise the handle out to the side.
4. Return the handle to the starting position.
5. Repeat for the desired number of repetitions.

LEG EXTENSION

Best Use: Quads, core, and back.

Instructions:

1. Lie on the machine and adjust the seat and footrests.
2. Grasp the handle with both hands.
3. Extend your legs forward.
4. Return your legs to the starting position.
5. Repeat for the desired number of repetitions.

LEG CURL

Best Use: Hamstrings, core, and back.

Instructions:

1. Lie on the machine and adjust the seat and footrests.
2. Grasp the handle with both hands.
3. Curl your legs back.
4. Return your legs to the starting position.
5. Repeat for the desired number of repetitions.

CALF RAISE

Best Use: Calves, core, and back.

Instructions:

1. Sit on the machine and adjust the seat and footrests.
2. Grasp the handle with both hands.
3. Raise your heels.
4. Return your heels 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 footrests.
2. Grasp the handle with both hands.
3. Crunch your upper body forward.
4. Return your upper body to the starting position.
5. Repeat for the desired number of repetitions.

WORKOUT 2

CLOSE GRIP CHEST PRESS

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

Instructions:

1. Sit on the machine and adjust the seat and footrests.
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 for the desired number of repetitions.

LOW ROW

Best Use: Back, shoulders, and biceps.

Instructions:

1. Sit on the machine and adjust the seat and footrests.
2. Grasp the handle with one hand, palm facing down.
3. Pull the handle up towards your chest.
4. Return the handle to the starting position.
5. Repeat for the desired number of repetitions.

REVERSE BICEPS CURL

Best Use: Biceps, shoulders, and core.

Instructions:

1. Stand on the machine and adjust the seat and footrests.
2. Grasp the handle with one hand, palm facing down.
3. Curl the handle up towards your shoulder.
4. Return the handle 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 footrests.
2. Grasp the handle with one hand, palm facing down.
3. Press the handle forward until your arm is fully extended.
4. Return the handle to the starting position.
5. Repeat for the desired number of repetitions.

LATERAL RAISE

Best Use: Shoulders, core, and back.

Instructions:

1. Sit on the machine and adjust the seat and footrests.
2. Grasp the handle with one hand, palm facing down.
3. Raise the handle out to the side.
4. Return the handle to the starting position.
5. Repeat for the desired number of repetitions.

HIP EXTENSION

Best Use: Glutes, core, and back.

Instructions:

1. Lie on the machine and adjust the seat and footrests.
2. Grasp the handle with both hands.
3. Extend your hips forward.
4. Return your hips to the starting position.
5. Repeat for the desired number of repetitions.

HIP ABDUCTION

Best Use: Glutes, core, and back.

Instructions:

1. Lie on the machine and adjust the seat and footrests.
2. Grasp the handle with both hands.
3. Abduct your hips.
4. Return your hips to the starting position.
5. Repeat for the desired number of repetitions.

HIP ADDUCTION

Best Use: Glutes, core, and back.

Instructions:

1. Lie on the machine and adjust the seat and footrests.
2. Grasp the handle with both hands.
3. Adduct your hips.
4. Return your hips 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 footrests.
2. Grasp the handle with both hands.
3. Crunch your upper body forward.
4. Return your upper body to the starting position.
5. Repeat for the desired number of repetitions.

WORKOUT 3

ONE ARM PEC FLY

Best Use: Pectorals, shoulders, and core.

Instructions:

1. Sit on the machine and adjust the seat and footrests.
2. Grasp the handle with one hand, palm facing down.
3. Fly the handle out to the side.
4. Return the handle to the starting position.
5. Repeat for the desired number of repetitions.

ONE ARM BICEPS CURL

Best Use: Biceps, shoulders, and core.

Instructions:

1. Stand on the machine and adjust the seat and footrests.
2. Grasp the handle with one hand, palm facing up.
3. Curl the handle up towards your shoulder.
4. Return the handle 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 footrests.
2. Grasp the handle with one hand, palm facing down.
3. Press the handle forward until your arm is fully extended.
4. Return the handle to the starting position.
5. Repeat for the desired number of repetitions.

LATERAL RAISE

Best Use: Shoulders, core, and back.

Instructions:

1. Sit on the machine and adjust the seat and footrests.
2. Grasp the handle with one hand, palm facing down.
3. Raise the handle out to the side.
4. Return the handle to the starting position.
5. Repeat for the desired number of repetitions.

LEG PRESS

Best Use: Quads, core, and back.

Instructions:

1. Lie on the machine and adjust the seat and footrests.
2. Grasp the handle with both hands.
3. Press your legs forward.
4. Return your legs to the starting position.
5. Repeat for the desired number of repetitions.

CALF RAISE

Best Use: Calves, core, and back.

Instructions:

1. Sit on the machine and adjust the seat and footrests.
2. Grasp the handle with both hands.
3. Raise your heels.
4. Return your heels 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 footrests.
2. Grasp the handle with both hands.
3. Crunch your upper body forward.
4. Return your upper body 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.
- Use proper form and technique.
- Start with a low weight and increase gradually.
- Rest for 1-2 minutes between sets.
- Stay hydrated throughout the workout.
- Stop if you experience any pain or discomfort.

TRAINING TIPS:

- Consistency is key.
- Track your progress.
- Listen to your body.
- Stay motivated.
- Enjoy the process.

Parabody 42user Guide

Lingsheng Yao



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