

Always use the Guidance by the BodyCraft Exercise Guide of Body Systems. The BodyCraft exercise guide is designed to help you understand the correct form and technique for each exercise. The correct form and technique are essential for getting the most out of your workout and for preventing injury. The correct form and technique are also essential for getting the most out of your workout and for preventing injury. The correct form and technique are also essential for getting the most out of your workout and for preventing injury.

Xpress

LEGS



1. **Leg Press** - This exercise targets the quadriceps, hamstrings, and glutes. It is performed by lying on your back with your feet flat on the platform and pushing the weight up.



2. **Leg Curl** - This exercise targets the hamstrings and glutes. It is performed by lying on your back with your knees bent and lifting your feet.



3. **Leg Extension** - This exercise targets the quadriceps. It is performed by sitting on a machine and extending your legs.



4. **Leg Press** - This exercise targets the quadriceps, hamstrings, and glutes. It is performed by lying on your back with your feet flat on the platform and pushing the weight up.



5. **Leg Curl** - This exercise targets the hamstrings and glutes. It is performed by lying on your back with your knees bent and lifting your feet.



6. **Leg Press** - This exercise targets the quadriceps, hamstrings, and glutes. It is performed by lying on your back with your feet flat on the platform and pushing the weight up.

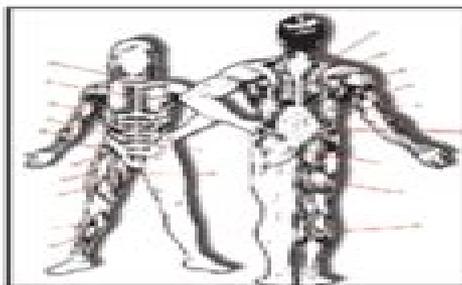
BACK



1. **Lat Pulldown** - This exercise targets the latissimus dorsi muscle. It is performed by pulling the bar down towards your chest.



2. **Seated Row** - This exercise targets the latissimus dorsi, rhomboids, and trapezius muscles. It is performed by pulling the bar towards your chest.



3. **Deadlift** - This exercise targets the latissimus dorsi, rhomboids, and trapezius muscles. It is performed by lifting the weight from the floor.

ARMS



1. **Bicep Curl** - This exercise targets the biceps brachii muscle. It is performed by curling the weight up towards your shoulder.



2. **Tricep Extension** - This exercise targets the triceps brachii muscle. It is performed by extending the weight down behind your head.

SHOULDERS

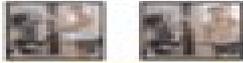


1. **Overhead Press** - This exercise targets the deltoids and triceps. It is performed by pressing the weight up over your head.

SPORTS SPECIFIC



1. **Medicine Ball Toss** - This exercise targets the core and improves coordination. It is performed by tossing a medicine ball.



2. **Agility Drills** - These exercises target the lower body and improve speed and agility. They include various footwork drills.



3. **Core Exercises** - These exercises target the abdominal muscles and improve core strength. They include planks and sit-ups.



4. **Cardio Exercises** - These exercises improve cardiovascular fitness and endurance. They include running and cycling.



5. **Strength Exercises** - These exercises target the major muscle groups and improve overall strength. They include squats and deadlifts.



6. **Flexibility Exercises** - These exercises improve range of motion and prevent injury. They include stretching and yoga.



Bodycraft Exercise Guide

Tobias Bleicker



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