

### Shoulder Exercises

Shoulder exercises are essential for maintaining strength and flexibility in the upper body. These exercises target the deltoid muscles, which are responsible for arm movement and stability. Regular practice can help prevent injuries and improve posture.



### Core Exercises

Core exercises are crucial for a strong and stable midsection. They engage the abdominal muscles, lower back, and pelvic floor. A strong core supports better balance, coordination, and overall health.

#### Exercise 1: Seated Row



Seated row: Sit on the floor with legs extended and feet flat. Loop the band under one foot and hold the other end with both hands. Pull the band towards your chest, squeezing your shoulder blades together.

#### Exercise 2: Seated Row



Seated row: Sit on the floor with legs extended and feet flat. Loop the band under one foot and hold the other end with both hands. Pull the band towards your chest, squeezing your shoulder blades together.

#### Exercise 3: Seated Row



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#### Exercise 4: Seated Row



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#### Exercise 5: Seated Row



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#### Exercise 6: Seated Row



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#### Exercise 7: Seated Row



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#### Exercise 8: Seated Row



Seated row: Sit on the floor with legs extended and feet flat. Loop the band under one foot and hold the other end with both hands. Pull the band towards your chest, squeezing your shoulder blades together.

#### Exercise 9: Seated Row



Seated row: Sit on the floor with legs extended and feet flat. Loop the band under one foot and hold the other end with both hands. Pull the band towards your chest, squeezing your shoulder blades together.

#### Exercise 10: Seated Row



Seated row: Sit on the floor with legs extended and feet flat. Loop the band under one foot and hold the other end with both hands. Pull the band towards your chest, squeezing your shoulder blades together.

#### Exercise 11: Seated Row



Seated row: Sit on the floor with legs extended and feet flat. Loop the band under one foot and hold the other end with both hands. Pull the band towards your chest, squeezing your shoulder blades together.

# BOWFLEX FITNESS

# **Bowflex Power Pro Workouts Guide**

**Joseph E. Muscolino**



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