

Bio Force Training for men



Exercise: Latissimus

Muscles: Back, arms and chest

Movement: With almost straight arms hold the lat bar and pull toward your chest. Hold the tension briefly and return to starting position.

Tip: Keep your head slightly tilted back.

Benefits: This exercise is perfect for a V-shaped back.



Exercise: Standing bicep curls

Muscles: Biceps

Movement: With a firm stance, grab hold of both handles. Your arms should not be completely straightened. Bring your forearms up from the elbow to form a 90 degree angle. Hold position shortly and slowly lower your arms back to starting position.

Tip: Keep the upper part of your arm close to your body. This exercise can also be performed while seated.

Benefits: This exercise is ideal for strong arms and stabilises your core.



Exercise: Flys / Butterfly

Muscles: Chest, shoulders and arms

Movement: Bring your arms across your chest. Arms should be slightly bent and elbows facing up. Hold the tension briefly and return to starting position.

Tip: For better stabilisation this exercise can also be performed on your knees.

Benefits: This exercise forms a broad chest and toned arms.



Exercise: Front arm lift

Muscles: Shoulders, arms

Movement: Grip the handle and bring it up diagonally towards your shoulder. Tense your core. Hold the tension briefly and lower your arm in a controlled motion.

Tip: Keep arms slightly bent and maintain a stable stance. For an advanced workout stretching obliquely upwards is possible.

Benefits: This exercise forms broad shoulders and a strong forearm.



Exercise: Lunge

Muscles: Hamstrings, gluteus maximus and calves

Movement: With the seat removed and grasping both handles take a large lunge forward. Your front thigh should be parallel with the ground. Hold shortly before returning to the starting position.

Tip: With the weight mostly on your front leg, your knee should stay behind your toe. Keep your back straight throughout the entire exercise. Perform lunge on both sides.

Benefits: This exercise can optimally tighten thighs and shape your buttocks.



Exercise: Leg extensions

Muscles: Front thigh muscles

Movement: Using the leg extension module, place your feet in the apparatus and stretch your legs upwards against the resistance. Hold the tension briefly and return to the starting position.

Tip: Grasp the handles firmly in order to stabilise yourself.

Benefits: This exercise strengthens your thigh muscle and defines your quadriceps.



Exercise: Rowing

Muscles: Back and arms

Movement: Grasp the EZ-Curl Bar with both hands and pull the bar toward your chest. With elbows facing outward, hold the tension briefly and your lower arms again in a controlled motion.

Tip: Keep your spine straight and maintain a tensed core.

Benefits: This exercise is best for stabilising and strengthening the spine.



Exercise: Bench Press

Muscles: Chest and arms

Movement: Grasp both handles and stretch your arms forward. Hold **the** tension briefly and return to starting position.

Tip: Tense **your** torso and allow arms to slightly bend.

Benefits: This exercise can optimally shape and strengthen your chest muscles.

General: Train at least twice a week in order to achieve visible results. Unless stated otherwise, the repetitions should always be from 12 to 15. This particularly contributes to building muscle mass. Perform three sets of each exercise resting one minute after each.

Every training session should be followed by one day of rest. This way your muscles can regenerate. If you want to train every day, make sure that you put the training emphasis on a different muscle group each day.