

Bio Force Training for women



Exercise: Standing abductors

Muscles: Gluteus Maximus and outer thigh muscles

Movement: Support yourself with one arm on the device. Pull your leg to the side, toes pointing forward. Keep the tension briefly and return to starting position.

Tip: Use a lighter weight than normal and do as many repetitions as possible until you feel a burning sensation in your muscle.

Benefits: This exercise tones your thighs and bottom for a sleek shape.



Exercise: Standing adductor

Muscles: Inner thigh muscles and gluteus

Movement: Support yourself with one arm on the device. With one leg in the foot pad bring the other across your inner leg. Keep the tension briefly and return to the starting position.

Tip: Use a lighter weight than normal and do as many repetitions as possible until you feel a burning sensation in your muscle.

Benefits: This exercise will optimally tighten and shape your inner thighs.



Exercise: Footed kickbacks

Muscles: Gluteus maximus

Movement: Facing the machine, stand and hold yourself up with your arms on the seat handle. Pull your leg straight back. Keep the tension briefly and return to the starting position.

Tip: Keep your leg straight during exercise and hold the tension for 2 seconds.

Benefits: This exercise is great for strengthening your gluteus maximus and gives your buttocks a nice crisp form.



Exercise: Flying Butterfly

Muscles: Chest, shoulders and arms

Movement: Bring arms across your chest. Briefly keep the tension and return to starting position.

Tip: Keep your arms straight throughout the exercise, using smooth movement. Maintain the tension for 2 seconds.

Benefits: This exercise is great for strengthening your chest and firms the arms.



Exercise: Tricep Dips

Muscles: Arms, triceps

Movement: Stretch your arms out and hold the tension briefly before returning to the starting position.

Tip: Keep elbows close to your body. When pushing down, slightly rotate the handles outward. Maintain an upright position. Tense your abdominal muscles to better stabilise your upper body.

Benefits: This exercise is great for firming and toning your arms.



Exercise: Lunge

Muscles: Hamstrings, gluteus maximus and calves

Movement: Begin standing with both legs together and lunge backwards with one leg. Your front thigh should be parallel with the ground.

Tip: Shift your weight to the forefoot. Keep your back straight throughout the exercise. Perform the exercise on both sides.

Benefits: This exercise can optimally tighten and sculpt your thighs and bottom.



Exercise: Latissimus

Muscles: Back and arms

Movement: Bend your elbows and pull the bar towards your neck. Hold the tension briefly before returning to the starting position.

Tip: Keep your spine straight.

Benefits: This exercise is ideal for stabilizing and strengthening your back (among other things against everyday complaints).



Exercise: Straight or Angled Crunch

Muscles: Abdominal

Movement: Pull your upper body down, either straight or inclined to the right or left. Hold the tension briefly and return to the starting position.

Tip: Do not pull with your arms. Focus on tensing your abs. Keep your neck in a straight line with your spine.

Benefits: This exercise can optimally tighten and shape your abdominal muscles.

General: Exercise at least 2 days a week. The body needs **to** rest. Treat yourself to 2 days of rest before continuing with any workout.