

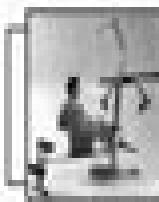
WEEK 4

DAY 3

CROSS BOW

Cardio, Back, Arms, Shoulder, Chest, Abs

MEN



HANGING ROWS

Hang from pull-up bar or on wall in a hanging position. Do an easy, fully lower and hold for a few seconds. Bring the handle toward the spine, pulling the handle back with the elbow bent. Return the handle back to the starting position.

1 Set

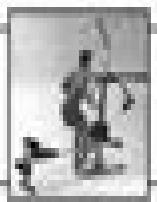


HANGING PRESS

Do an easy, fully lower and hold for a few seconds. Bring the handle back to the starting position. Bring the handle back to the starting position. Bring the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps



BENT OVER ROW

Hang from pull-up bar or on wall in a hanging position. Do an easy, fully lower and hold for a few seconds. Bring the handle toward the spine, pulling the handle back with the elbow bent. Return the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps



SEATED BACK EXTENSION

Do an easy, fully lower and hold for a few seconds. Bring the handle toward the spine, pulling the handle back with the elbow bent. Return the handle back to the starting position.

1 Set 10 Reps



STANDING BICEPS CURLS

Stand with feet shoulder-width apart, facing away from the bar. Hold the handle with both hands and bring the handle toward the chest. Return the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps

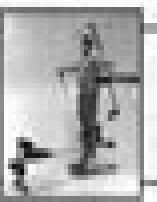


STANDING REVERSE CURLS

Stand with feet shoulder-width apart, facing away from the bar. Hold the handle with both hands and bring the handle toward the chest. Return the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps



LATERAL RAISES

Stand with feet shoulder-width apart, facing away from the bar. Hold the handle with both hands and bring the handle toward the chest. Return the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps



HANGING PRESS

Do an easy, fully lower and hold for a few seconds. Bring the handle back to the starting position. Bring the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps



HANGING PRESS

Do an easy, fully lower and hold for a few seconds. Bring the handle back to the starting position. Bring the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps



SEATED CHEST FLY

Do an easy, fully lower and hold for a few seconds. Bring the handle back to the starting position. Bring the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps

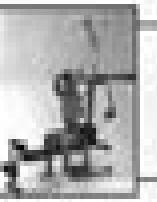


LYING TRICEPS EXTENSION

Lie on the floor with feet tucked under. Hold the handle with both hands and bring the handle toward the chest. Return the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps



FRENCH PRESS

Lie on the floor with feet tucked under. Hold the handle with both hands and bring the handle toward the chest. Return the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps



DUMBBELL CROSSOVER

Lie on the floor with feet tucked under. Hold the handle with both hands and bring the handle toward the chest. Return the handle back to the starting position.

1 Set 10 Reps

1 Set 10 Reps

Crossbow Workout Of File

Sir Ralph Payne-Gallwey

Crossbow Workout Of File:

Straight Arrow Grey Stone,2008-07-07 When God thought peaceful He thought of Union Crossing a mining community nestled in the foothills of central Pennsylvania The township was made up of God fearing people comprised mostly of mining families deeply rooted in the Catholic faith Really nothing much in the way of crime ever happened in the area the last major event was about five years ago when Mrs Roberts caught Mr Roberts in a compromising position with Mrs Cravens Mrs Roberts was acquitted Now things were different a man of the cloth had been murdered It was becoming apparent to Chief Clarence Ralston and Detective Jeb Spaldmg that a killer had decided to cleanse the Catholic Church without Gods help On his own the killer would strike terror into the hearts of the entire brotherhood his modus operandi was simple choose this day that clergy who had brought reproach upon the church Then with a hunters instinct patience cunning and precision make the kill The killers choice of weapon would be the crossbow It was up to the killer to set the metes and bounds for the hunt The territory would be huge ranging from Pennsylvania to the Vatican When Ralston and Spalding started their investigation The Hunter was ahead on two counts he knew the church and how to use the crossbow with deadly accuracy **Nintendo Power** ,2007 **International Directory of Software** ,1980 **Game Informer Magazine** ,2008 **Oxbridge Directory of Newsletters** ,1997 **The Times Index** ,1986 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement Scotland and the Times higher education supplement **Trade Names Dictionary** Donna J. Wood,1988 A complete listing of product trade names with a brief description of the product name of the distributing company and a status and directory code **The Book of the Crossbow** Ralph Payne-Gallwey,1995 **Crossbow Workshop Notes** John Russell Clark,Ken Murphy,1981 **The Crossbow - Mediaeval and Modern Military and Sporting it's Construction, History, and Management** Ralph Payne-Gallwey,2017-09-06 This vintage book contains a treatise on a variety of ancient projective weapons with a special focus on ancient and mediaeval Catapults and Balistas With fascinating historical information and complete descriptions of the various weapons discussed this volume will appeal to those with an interest in historical ballistic weaponry and would make for a worthy addition to collections of related literature Contents include The history of the Crossbow with notes Comparative on the Longbow and Handgun The Construction and Management of Crossbows Mediaeval The Construction and Management of Crossbows continued Modern A Treatise on the Siege Engines used in Ancient and Mediaeval Times for Discharging Great Stones and Arrows et cetera Many vintage books such as this are becoming increasingly scarce and expensive We are republishing this volume now in an affordable modern edition complete with a specially commissioned new biography of the author **Target Crossbow Shooting** John Russell Clark,2002 **The crossbow** Sir Ralph Payne-Gallwey,2007 This extensive and learned work is one of the first to be devoted completely to the crossbow the most important weapon of medieval warfare and still a popular arm for sporting hunting and target use **The Crossbow** Sir Ralph Payne-Gallwey,1903 **The Crossbow** Ralph

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