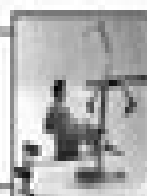


# CROSS BOW

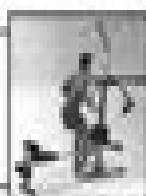
Cardio, Back, Arms, Shoulders, Chest, Abs

MEN



## KNEELING ROWING

Remove seat belt. Kneel on all fours in a sitting position. Sit on heels facing forward with feet on ground plate. Grasp bow handles behind legs with palms facing forward to chest level. Pull to chest position and repeat.  
1 Set-10 Reps  
2 Sets-10 Reps



## BENT OVER ROW

Remove seat belt. Stand on platform, straddling rail. Facing forward. Grasp bow handles with palms facing down. Bend slightly forward at hips, keeping feet flat and spine in neutral position. Pull handles back with elbows out, squeezing shoulder blades together. Release to neutral position.  
1 Set-10 Reps  
2 Sets-10 Reps



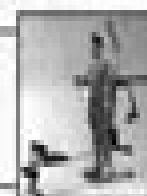
## LOWER BACK EXTENSION

Sit on flat board facing forward. Grasp bow handles and feet with arms straight in front board. Bend from hips back backward while keeping spine neutral.  
1 Set-10 Reps  
2 Sets-10 Reps



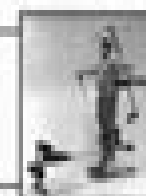
## STANDING BICEPS CURL

Remove seat belt. Stand on platform, facing away from board straddling rail. Grasp bow handles hanging above at sides with palms facing up. Perform a curl, bringing hands toward shoulders.  
1 Set-10 Reps  
2 Sets-10 Reps



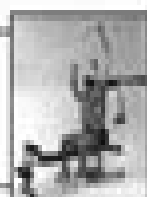
## STANDING REVERSE CURL

Remove seat belt. Stand on platform, facing away from board straddling rail. Grasp bow handles with palms facing down. Hanging above at sides, perform curl, bringing hands toward shoulders.  
1 Set-10 Reps  
2 Sets-10 Reps



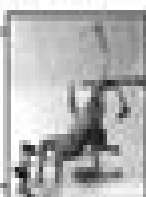
## LATERAL RAISE

Remove seat belt. Stand on platform, straddling rail, facing away from board. Grasp bow handles with palms facing down. Hanging above slightly back, raise arms out to sides to shoulder level.  
1 Set-10 Reps  
2 Sets-10 Reps



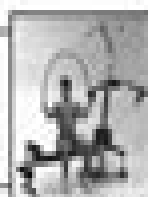
## SHOULDER PRESS

Sit on flat board facing away from board. Grasp bow handles with palms facing forward. Bend arms to a 90-degree angle, shoulder level. Extend arms forward using.  
1 Set-10 Reps  
2 Sets-10 Reps



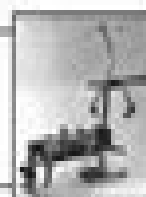
## INCLINE PRESS

Sit on inclined board. Grasp bow handles. Bend arms to 90 degrees with arms parallel to floor. Push straight upward using arms from chest.  
1 Set-10 Reps  
2 Sets-10 Reps



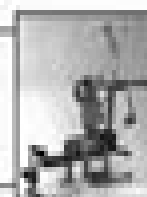
## UPPER CHEST FLY

Sit with back pointing forward. Using a 10 or 20 lb resistance band, grab each end of the band, hold in front your head and hands so that it's loosely around.  
1 Set-10 Reps  
2 Sets-10 Reps



## LYING TRICEPS PRESSDOWN

Sit on flat board with head toward board. Grasp both bow handles with arms bent, hands at shoulders and palms hanging toward knees. Extend arms, keep elbows at sides.  
1 Set-10 Reps  
2 Sets-10 Reps



## FRENCH PRESS

Sit on flat board facing away from board. Grasp bow handles in each hand. Bring handles behind head with elbows bent to arms at a 90-degree angle. Extend arms upward, keeping elbows bent up.  
1 Set-10 Reps  
2 Sets-10 Reps



## ABDOMINAL CRUNCH

Sit on flat board with head toward board. Grasp bow handles, arms and legs extended with hands in opposite shoulders. Contract abs, bringing legs toward legs.  
1 Set-10 Reps  
2 Sets-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 Spalding 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

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Payne-Gallwey, 2007-04-17 This unique exploration of a weapon used for centuries will fascinate historians and enthusiasts alike. The crossbow probably introduced to England by the Norman invaders in 1066 was once considered so barbarous that it was prohibited as a weapon hateful to God and unfit for Christians. Sir Ralph Payne Gallwey, an accomplished engineer, here describes military and sporting crossbows and their dimensions, components, and ranges. Provides hard-to-find information on crossbow construction, gives details about modern crossbows such as bullet shooting crossbows and bolt shooting crossbows, and peeks at unusual crossbows like the Chinese repeating crossbow. Comprehensively illustrated with original drawings and selections from historical manuscripts, this is a necessary reference book for anyone who hunts with a crossbow or collects or studies weapons of the past.

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