

## BIO FORCE TRAINING SPECIFICALLY FOR WOMEN



### ABDUCTORS STANDING

#### Muscles

Gluteus Maximus and external thigh muscles

#### Exercise

With your arm on the device for support. Pull your outer leg to the side keeping your toes pointed forwards. Maintain tension for a short while then return to the starting position.

#### Tip

Use a low resistance setting and do as many reps as possible until you feel one muscle burning.

#### Benefits

This exercise **tones the thighs and buttocks.**

### ADDUCTOR STANDING

#### Muscles

Gluteus Maximus and internal thigh muscles.

#### Exercise

With your arm on the device for support. Swing your inner foot past your outer leg.

#### Maintain

tension for a short while then return to the starting position.

#### Tip

Use a low resistance setting and do as many reps as possible until you feel one muscle burning.

#### Benefits

This exercise can optimally **tighten your inner thigh.**





## KICKBACKS FOOTED

### Muscles

Gluteus Maximus

### Exercise

Facing the apparatus and support yourself with the hand grips. Pull your leg straight back. Maintain tension for a couple of seconds then return to the starting position.

### Tip

Keep the leg straight throughout the exercise.

### Benefits

This exercise is great for strengthen your Gluteus Maximus and gives your **posterior a beautiful shape.**

## FLYING BUTTERFLY

### Muscles

Chest, shoulders and arms

### Exercise

Bring your arms together across your chest. Maintain tension for a short while then return to the starting position.

### Tip

Hold arms straight throughout the exercise and move in a smooth motion.

### Benefits

This exercise is ideal for consolidating the breast muscles and **tightens the arms.**





## TRICEP DIPS

### Muscles

Arms, triceps

### Exercise

Grab the handles of the AB Strap with both hands and pull your arms down. Maintain tension for a short while then return to the starting position.

### Tip

Keep your elbows close to your body. After pulling your arms down, turn the handles outward.

### Benefits

This exercise is great **for strengthening and streamlining the triceps.**

## LUNGE

### Muscles

hamstrings, gluteus maximus and calves

### Exercise

Take both handles of the AB Strap in your hands, stand with your back to the Bio Force and take a large lunge forward. The rear leg should be parallel to the ground. Shortly hold the position and return to starting position.

### Tip

The weight should be on your front leg. Keep your back straight throughout the exercise. Execute exercise on both sides.

### Benefits

This exercise can tighten and **shape the thighs and buttocks.**





## LATISSIMUS

### Muscles

Back and arms

### Exercise

With almost straight arms grab and pull the lat bar towards your neck. Keep the tension briefly and return to the starting position.

### Tip

Keep your spine straight.

### Benefits

This exercise is ideal **for stabilizing and strengthening the spine.**

## STRAIGHT OR ANGLED CRUNCH

### Muscles

Abdominal

### Exercise

Lay the AB Strap over your shoulders, grab handles with both hands and pull your upper body down. Either straight or diagonally to the right / left. Keep tension briefly and return to the starting position.

### Tip

Do not pull with your arms. Focus the tension on the abdominal muscles. Keep the neck in a straight line with your spine.

### Benefits

This exercise you can streamline and **shape your abdominal muscles.**

### General

If you work out at least 2 days straight in a week your body will need time to recover so treat yourself to 2 days of rest before continuing with the workout.

