

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.

