# Autark workout beachbody 2016:



**Exercise:** Lat pull

**Muscle group:** Back, Arms

**Execution:** Grab the lat bar with almost straight arms and pull towards your neck. Keep tension briefly and return to station position.

**Tip:** Pay attention that you have an upright sitting position and hold your body tension.

**Benefit:** This exercise is perfect for a **V-shaped-back**.

**Autark 1500**

**Exercise:** Standing bicep curls

**Muscle group:** Biceps

**Execution:** Find a firm stand and grab both handles. Your arms should not be straightened completely. Tighten your core (torso) and arms and move your forearms upward. Hold this position shortly and lower your arms slowly.

**Tip:** Hold your upper arms still tight at your body and do the exercise slow and controlled.

**Benefit:** This exercise is ideal for **strong arms** and **stabilizes the core**.

**Autark 1500**



**Exercis:** Butterfly

**Muscle group:** Breast, Shoulder and Arms

**Execution:** You have to merge your arms across the breast. The arms are slightly bent, your elbows stay on top. Keep the tension and return to the starting position.

**Tip:** Keep your shoulders low and be fully aware that you have an upright sitting position.

**Benefit:** This exercise **built a broad breast** and **strengthens the front shoulder muscles.**

**Autark 2200**

**Autark 6800**

**Exercise:** Side lateral raise

**Muscle group:** Shoulder, Arms

**Execution:** Stand upright and bead seat width, lift up the grip from down the side to shoulder height, tense your tank. Keep tension at the highest point and let down your arm slowly and controlled.

**Tip:** Your arms should always be slightly bent. Pay attention that you have a stable stand and avoid uncontrolled momentum.

**Benefit:** This exercise target **strengthens the shoulder blade**.



**Exercise:** Abdominal training with a rope

**Muscle group:** Belly

**Execution:** Place the rope in your neck and grab it with both hands. Keep tension and tighten the abdominal muscles to move forward. It is important that the movement back is also under tension.

**Tip:** This exercise is also possible with an AB-Strap.

**Benefit:** With this simple exercise you will easily get a **six pack**.



**Autark 1500**

**Exercise:** Leg stretch

**Muscle group:** Front thigh muscles

**Execution:** Put your back on the back cushion and seek the foot cushion above the ankles. Stretch your leg until it is parallel to the floor. Your legs should not be completely straight.

**Tip:** Hold onto the handles next to the seat tight to stabilize yourself.

**Benefit:** With this exercise you will gain **power in your thigh** and **define your quadriceps.**

**Autark 1500**



**Exercise:** Bench press

**Muscle group:** Breast and arms

**Execution:** Grip both handles and press both arms in controlled motion forward. Keep tension and return to the starting position.

**Tip:** Tense your body and do not completely straighten your arms.

**Benefit:** With this exercise you can optimally **shape breast muscles.**

**Autark 6000**

**Exercise:** Pre neigtes rowing

**Muscle group:** Back and arms

**Execution:** Grip the cables with both hands. Tilt your upper body slightly forward keeping your back straight. Pull arms toward your belly, your elbows should face backwards. Keep tension and lower your arms in a controlled movement.

**Tip:** Keep your spine straight and tense your whole body.

**Benefit:** This exercise is ideal for **stabilizing and strengthening the back.**

**Autark 6600**

*General:* *Train at least three times a week in order to achieve visible results. Unless otherwise specified, the number of repetitions should always be between 8 and 10 reps. This promotes more muscle building and achieves greater muscle mass. Do 3 or 4 sets of each exercise and pause after each unit for one minute.*

*Depending on the amount of exercise, after each training day you should take a day off so that your muscles can regenerate. If you want to train every day you have to make sure that you put every day to training emphasis on another muscle.*