

GYMSTICK GYM HG4.0 Exercise Chart Instruction Manual

Home » GYMSTICK » GYMSTICK GYM HG4.0 Exercise Chart Instruction Manual



GYMSTICK GYM HG4.0 Exercise Chart Instruction Manual



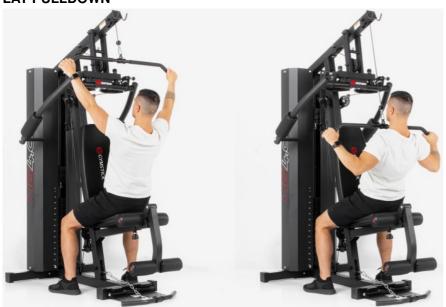
Gymstick Home Gym HG4.0 offers a versatile training platform for home fitness. Follow the exercise chart for an effective full-body workout or adapt the machine to your own liking and reach your fitness goals effectively!

Contents

- 1 BACK
- 2 CHEST & ARMS
- 3 LEGS & CORE
- 4 Documents /
- Resources
 - 4.1 References
- **5 Related Posts**

BACK

LAT PULLDOWN



CHEST SUPPORTED ROW



REVERSE FLYES



LOW ROW



CHEST & ARMS

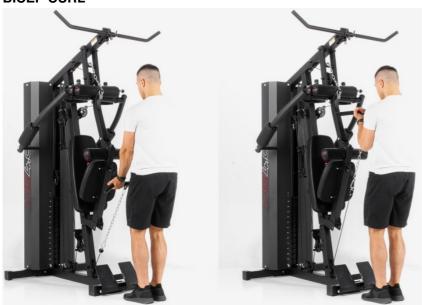
CHEST PRESS







BICEP CURL



LEGS & CORE

LEG EXTENSION



SINGLE LEG CURL



KICKBACK





Documents / Resources



GYMSTICK GYM HG4.0 Exercise Chart [pdf] Instruction Manual GYM HG4.0, GYM HG4.0 Exercise Chart, Exercise Chart, Chart

References

• User Manual

Manuals+, Privacy Policy

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.