



DENFIT
OUTDOOR FITNESS



Alternative exercises

SportPoint

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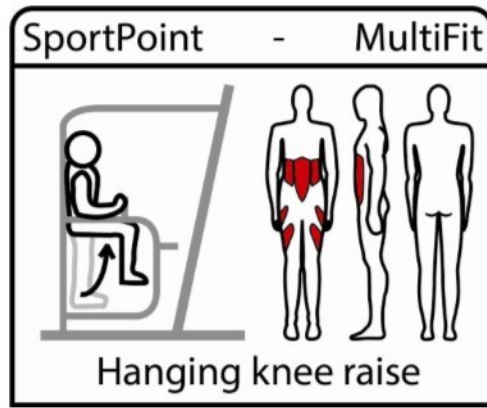
Pagina 18: Cardio Row

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MultiFit



Instructions:

- Support with the elbows on the arm rests
- Tighten the upper body and raise your knees

Training goal:



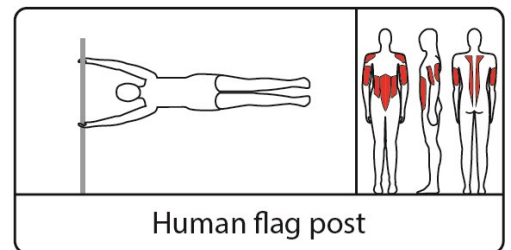
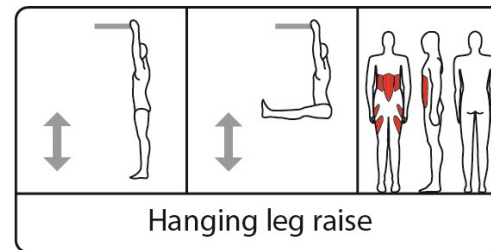
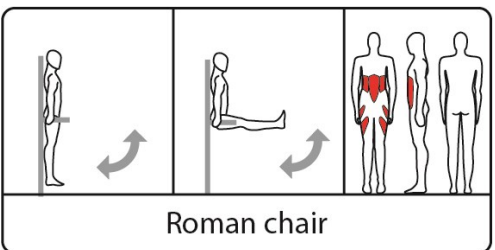
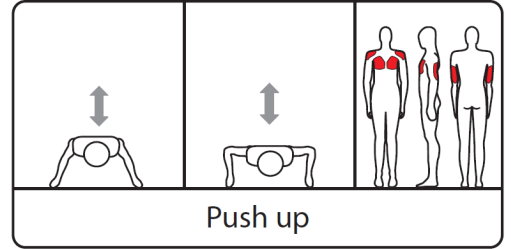
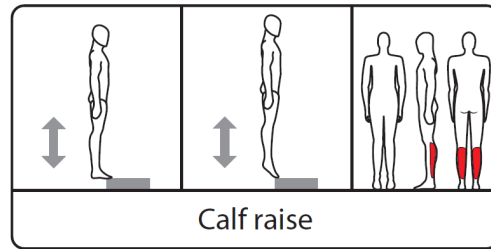
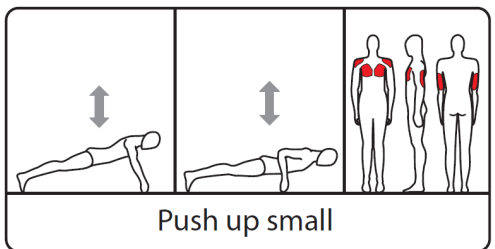
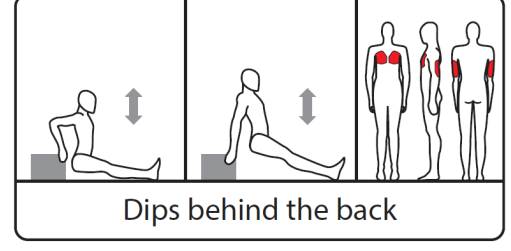
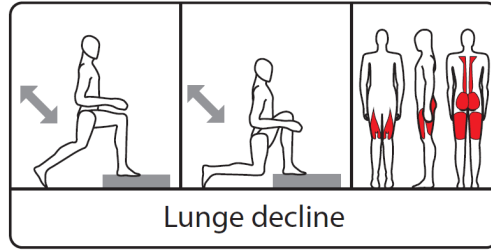
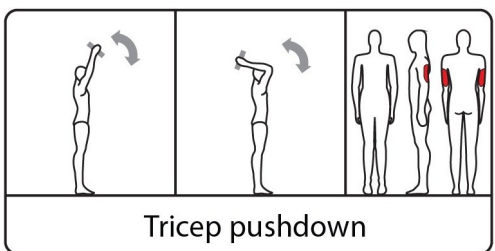
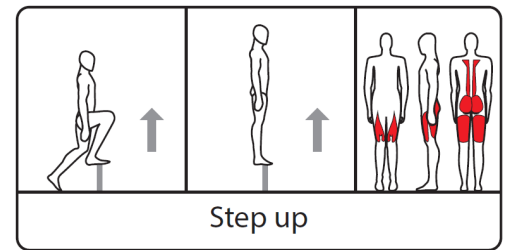
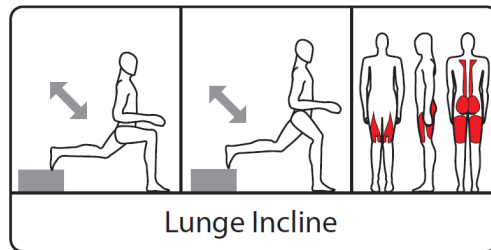
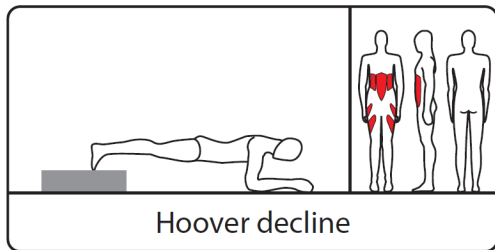
Stay Fit



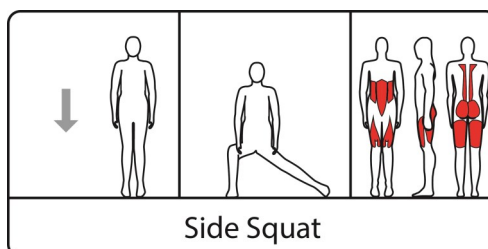
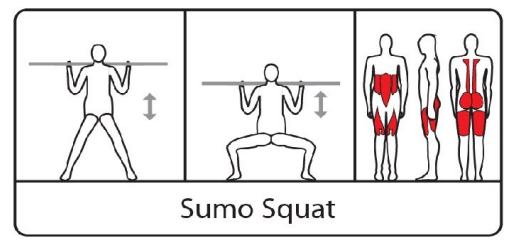
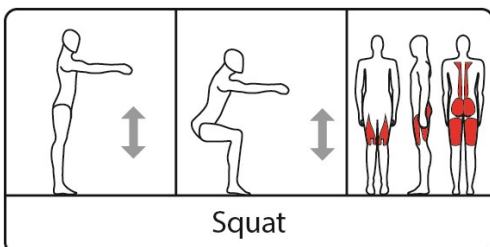
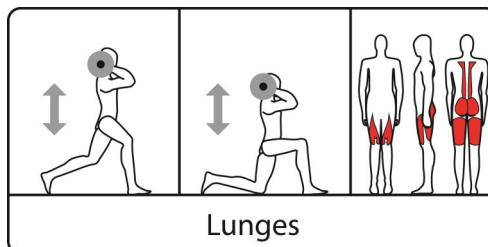
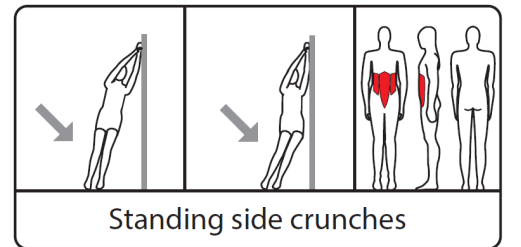
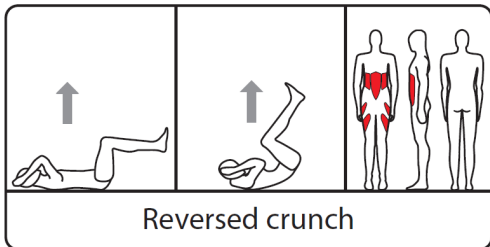
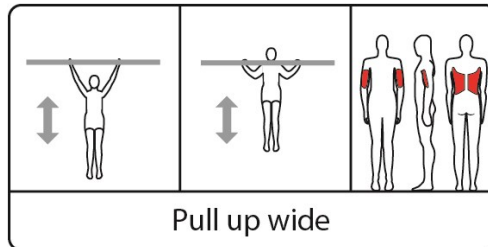
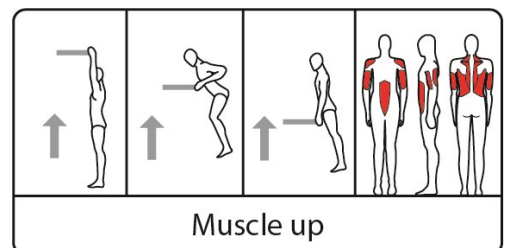
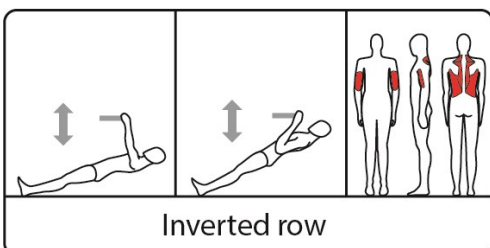
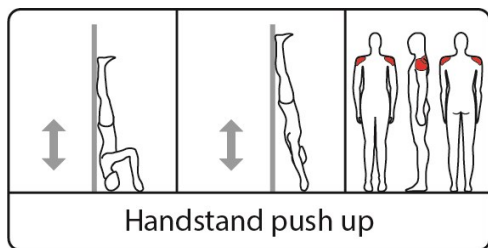
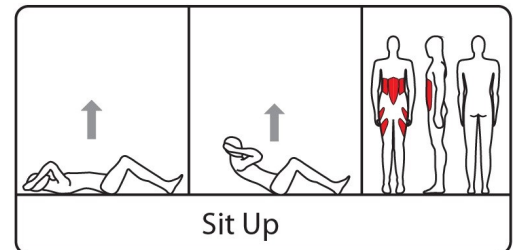
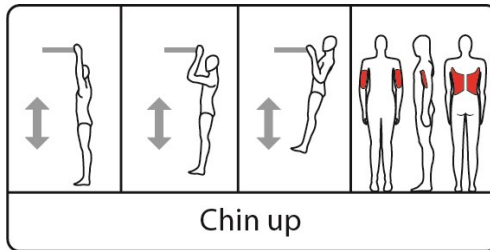
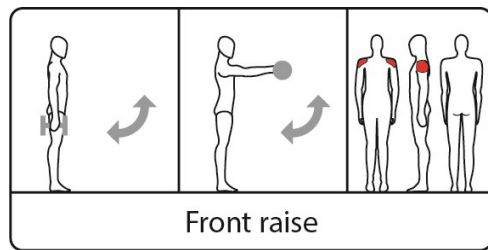
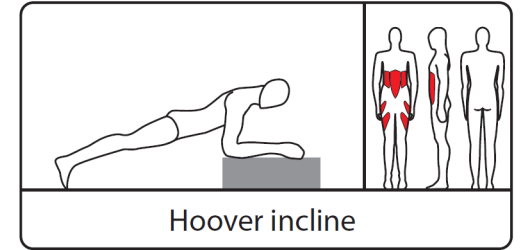
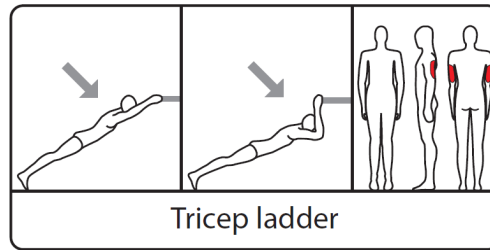
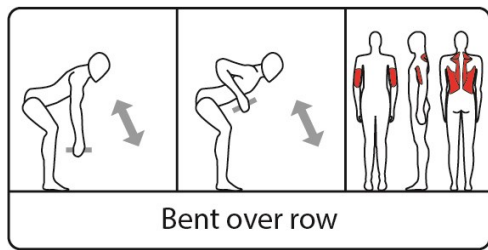
Cardio



Alternative exercises MultiFit



Alternative exercises MultiFit

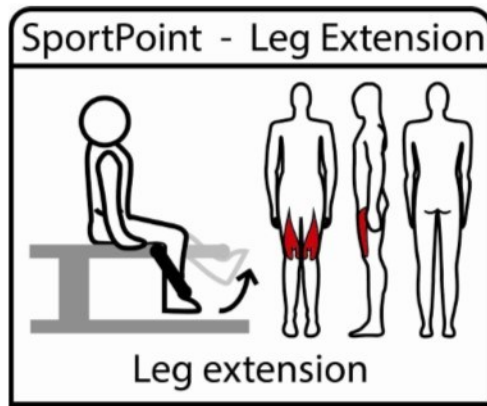


Leg Extension

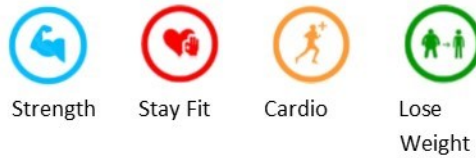


Workout resistance:

- 0 weights = 7kg
- 2 weights = 16kg
- 4 weights = 26kg
- 6 weights = 36kg
- 8 weights = 46kg
- 10 weights = 56kg



Training goal:



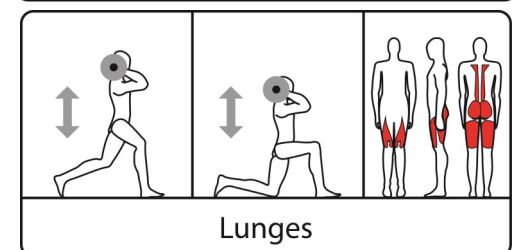
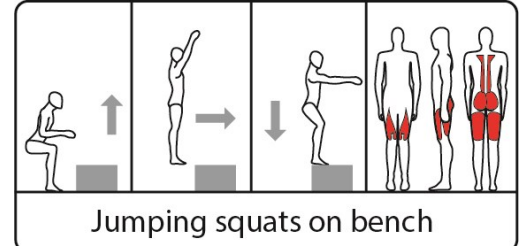
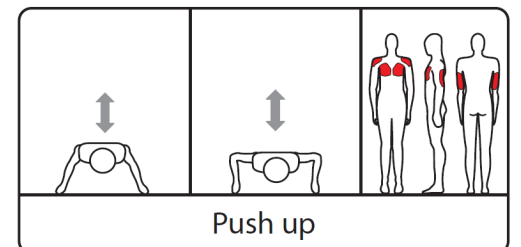
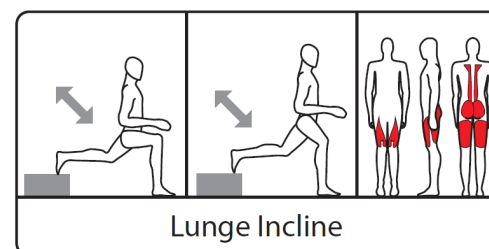
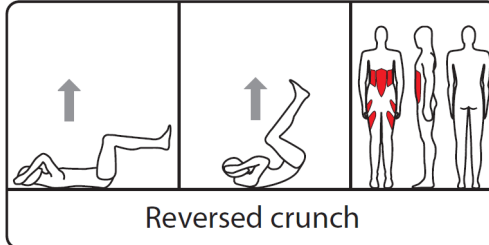
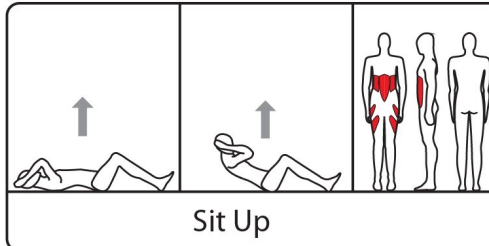
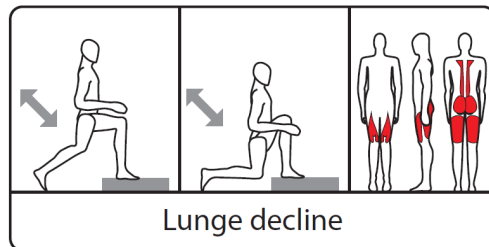
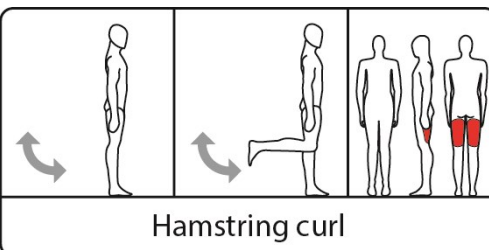
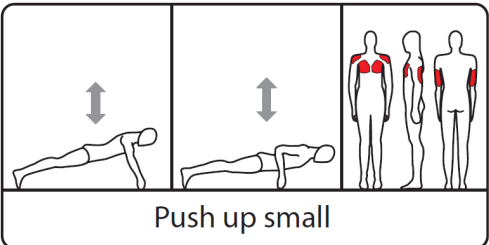
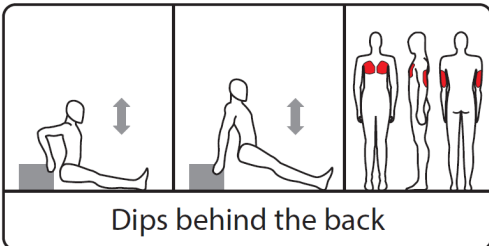
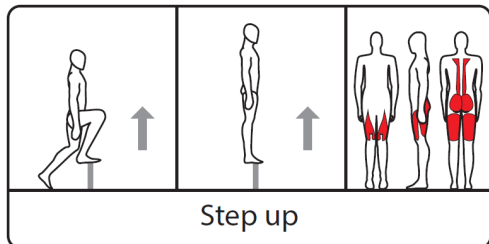
Instructions:

- Sit down and place the feet behind the bar
- Try to stretch the legs completely and slowly let them come down again

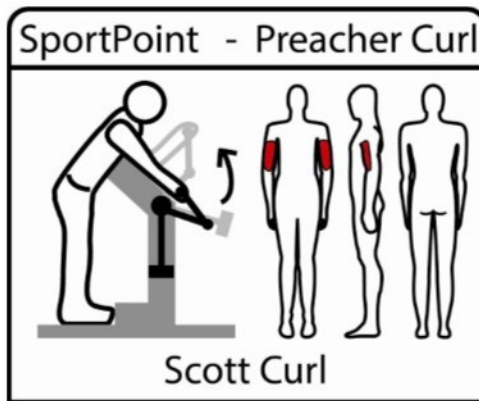
Including 10 weights of 5kg each



Alternative exercises Leg Extension



Preacher Curl



Instructions:

- Place the upper arms on the sloping part
- Put your hands on the bar with the palms up
- Bend the arms as far as possible

Including 8 weights of 2kg each

Workout resistance:

- 0 weights = 6,2kg
- 2 weights = 12,2kg
- 4 weights = 18,3kg
- 6 weights = 24,4kg
- 8 weights = 30,4kg

Training goal:



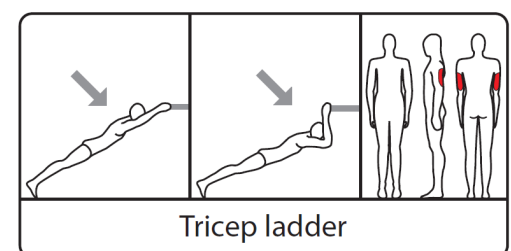
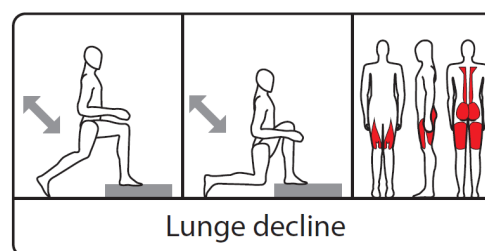
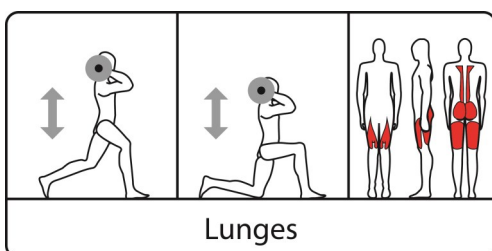
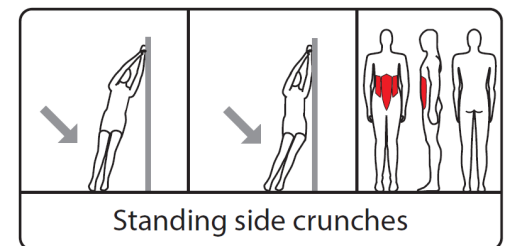
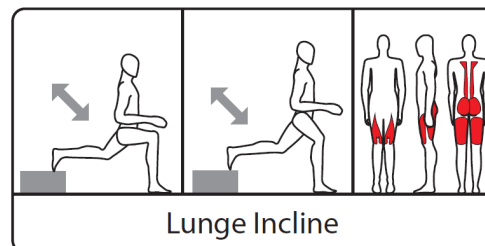
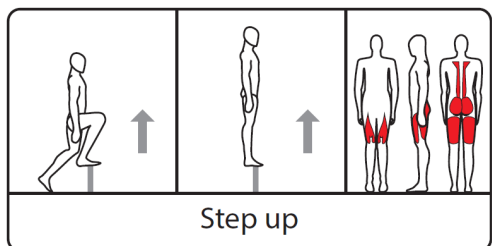
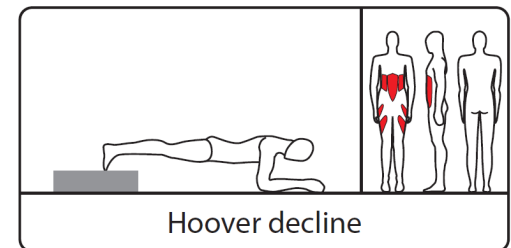
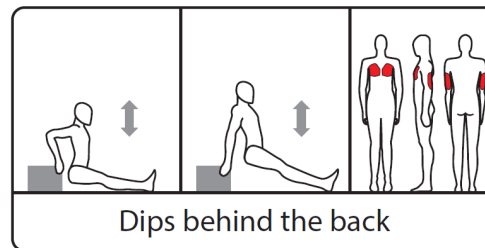
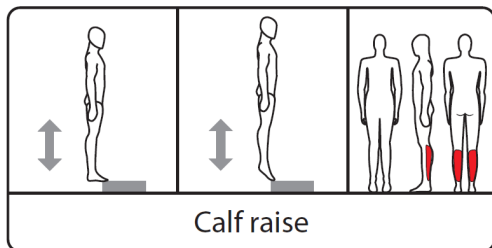
Strength



Stay Fit

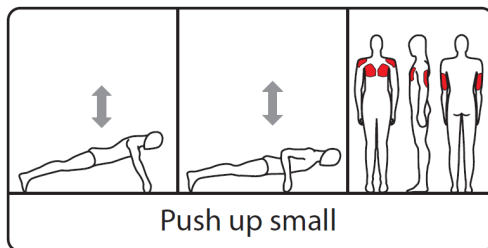
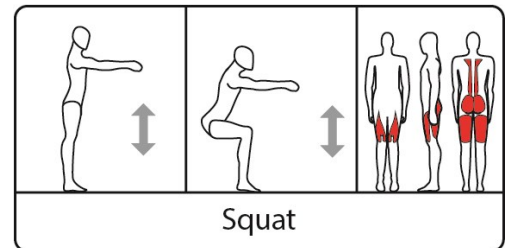
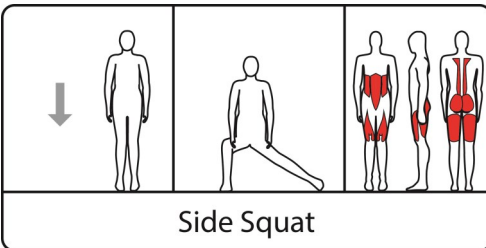
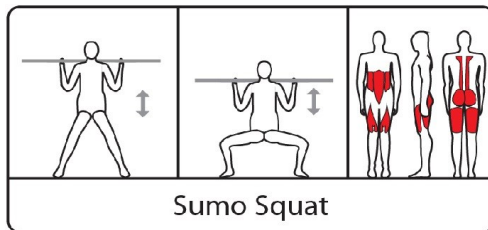
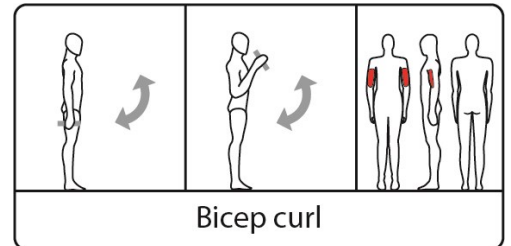
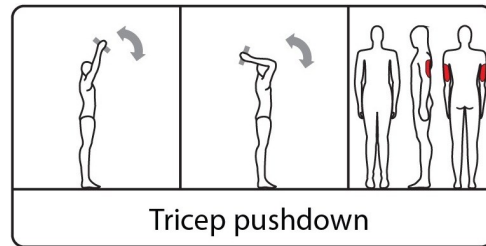
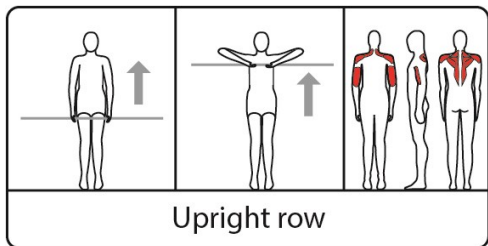
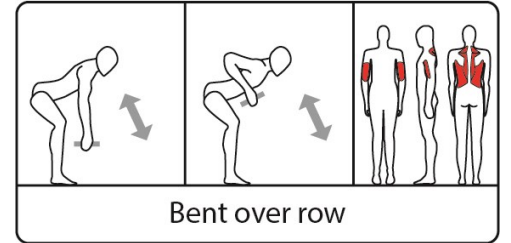
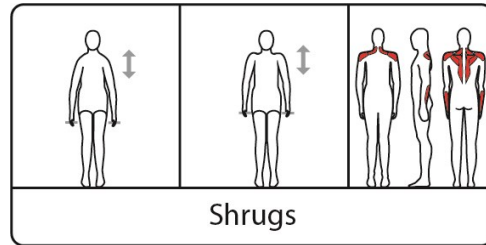
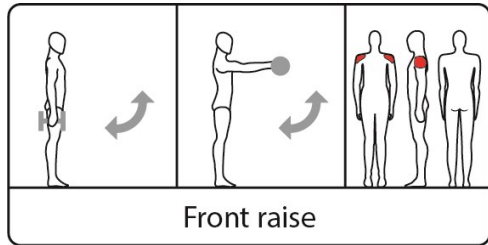


Alternative exercises Preacher Curl

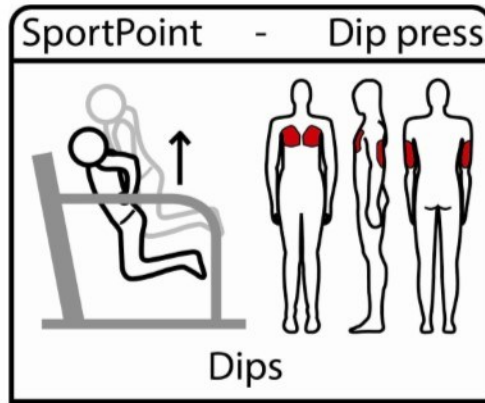


Alternative exercises

Preacher Curl



Dip Press



Instructions:

- Put your hands on the horizontal bar
- Lower your body with the elbows straight backwards
- Push yourself up again

Training goal:



Strength



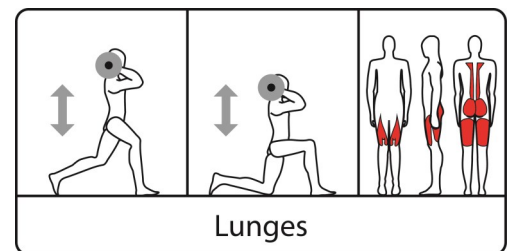
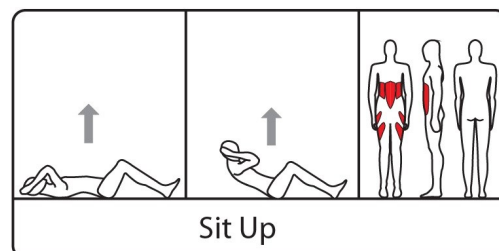
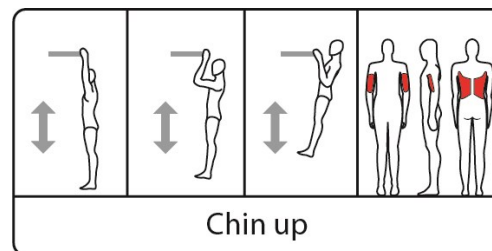
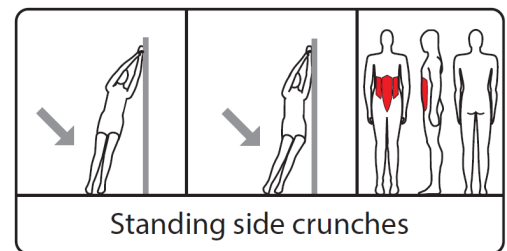
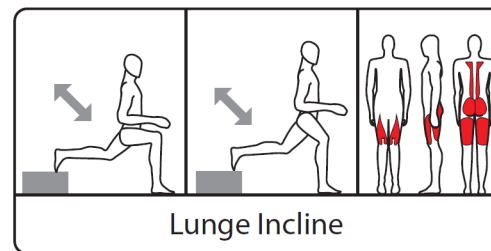
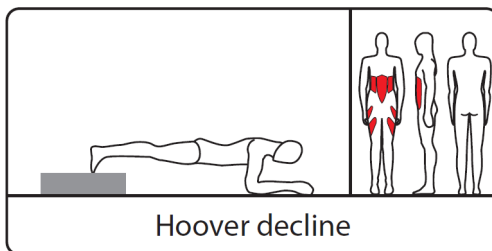
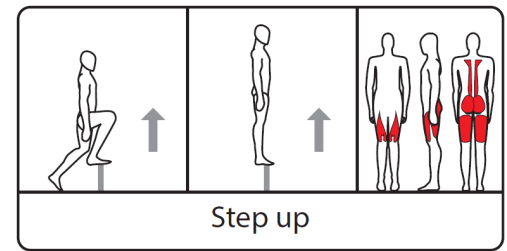
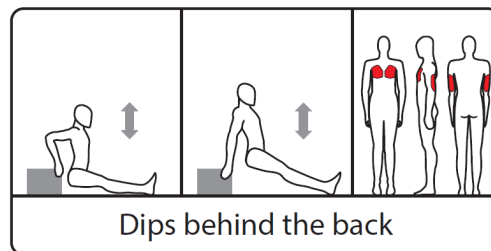
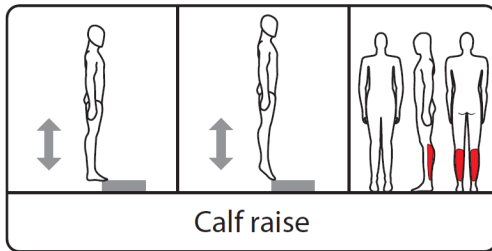
Stay Fit



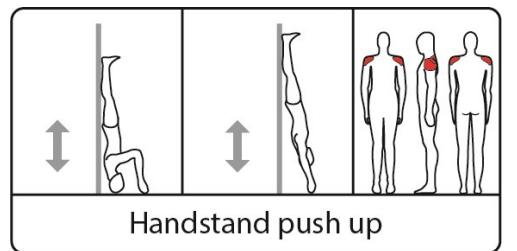
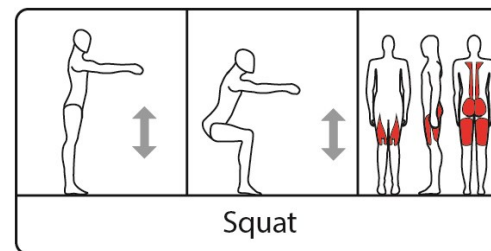
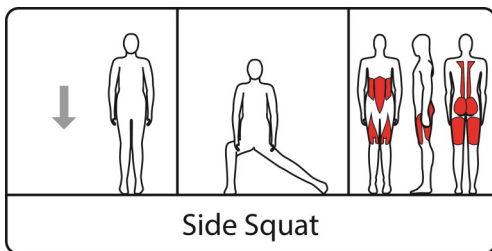
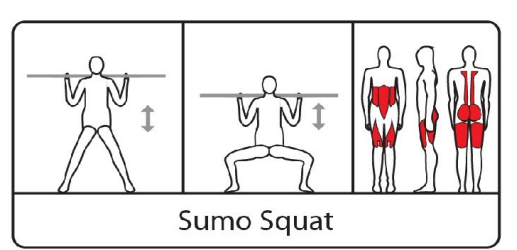
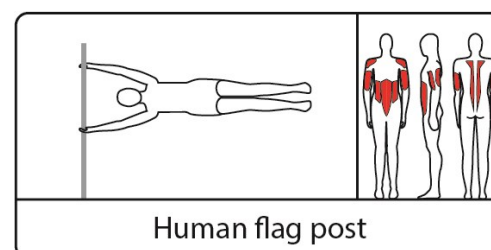
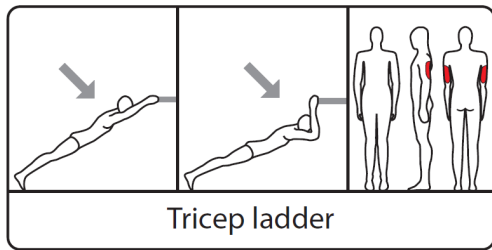
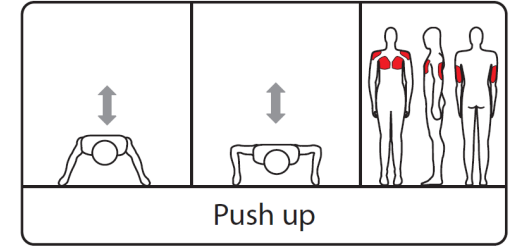
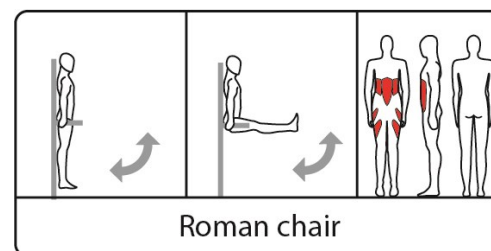
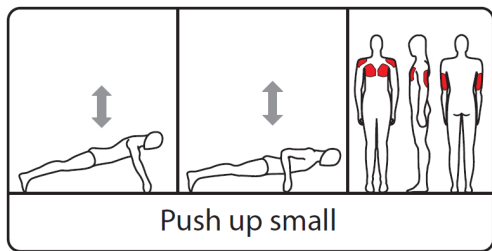
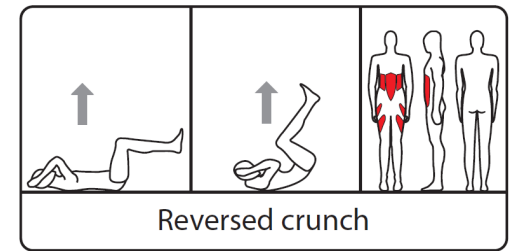
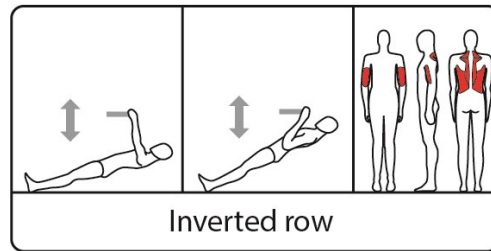
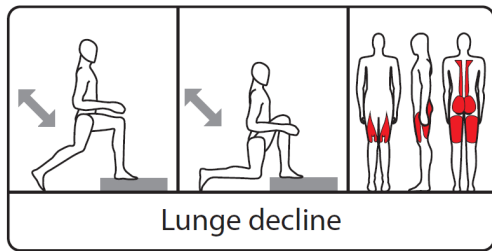
Lose Weight



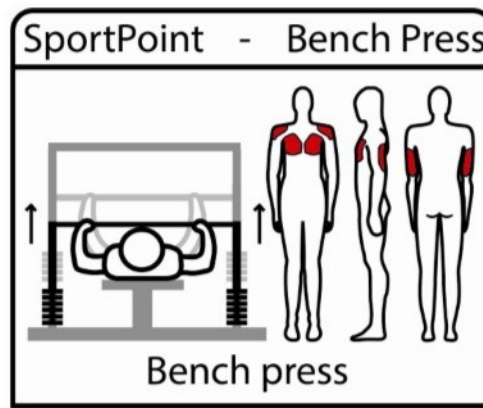
Alternative exercises DipPress



Alternative exercises DipPress



Bench Press



Instructions:

- Lay down on the bench
- Put hands at shoulders width
- Slowly lower the bar and push out explosively

Including 14 weights of 5kg each

bar/start weight = 10kg



Adjusting weights



Training goal:



Strength



Stay Fit



Cardio

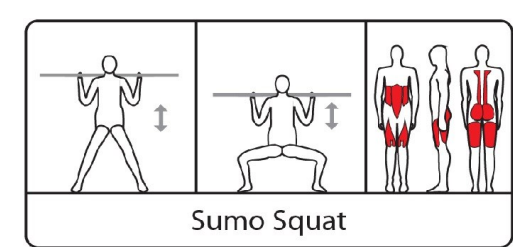
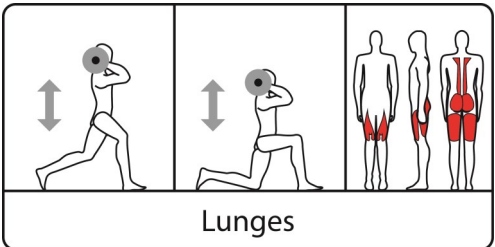
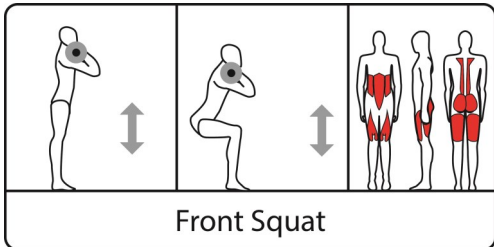
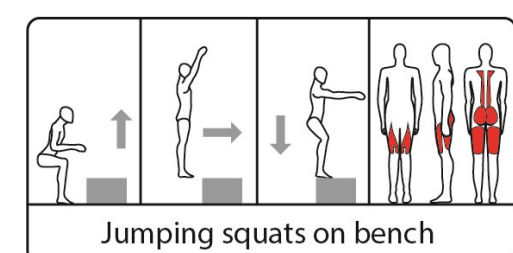
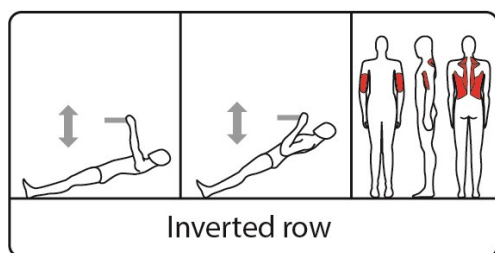
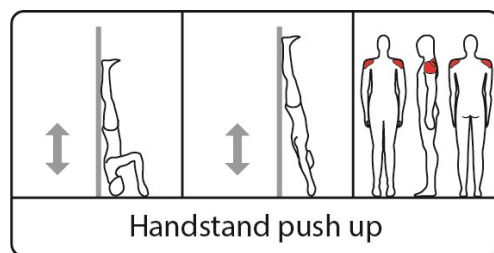
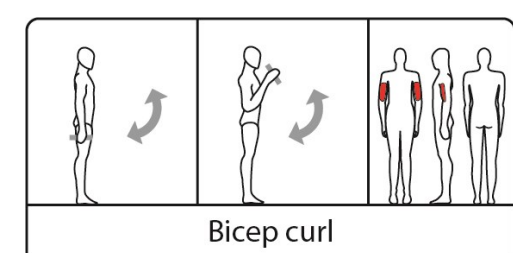
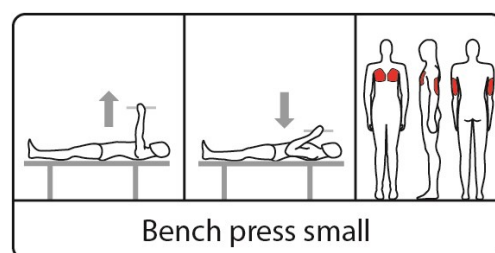
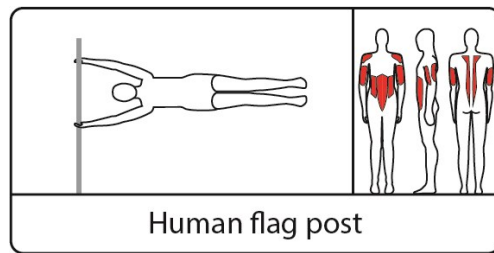
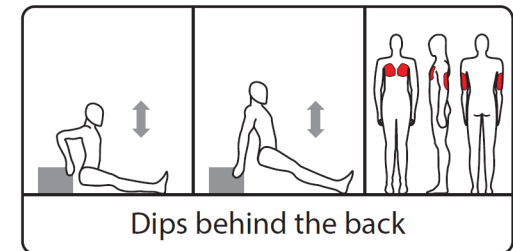
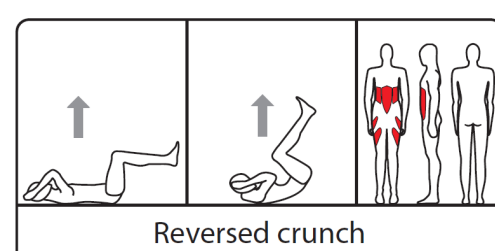
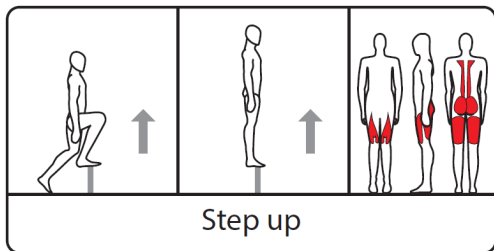
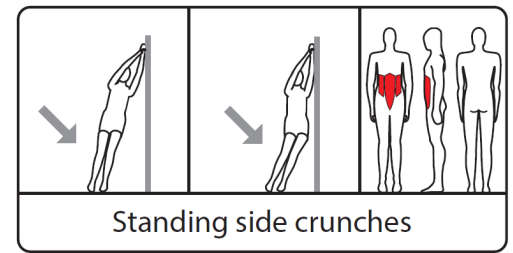
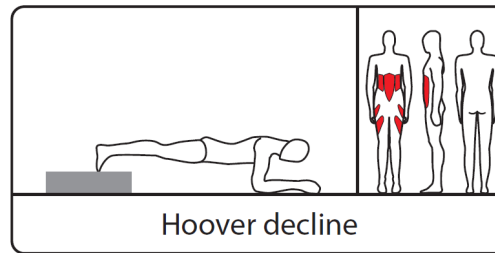
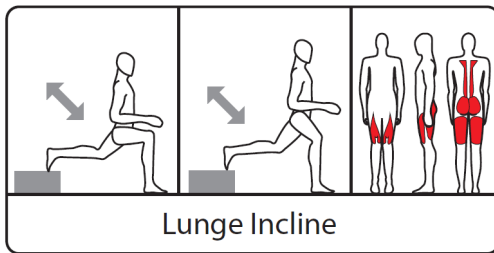


Lose Weight

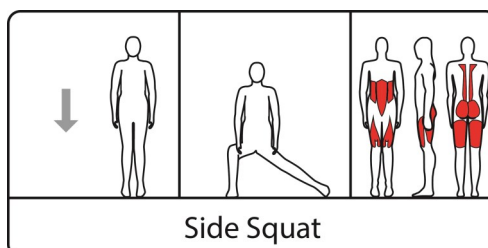
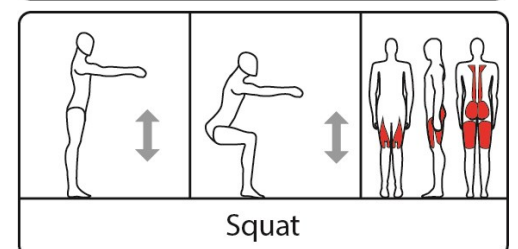
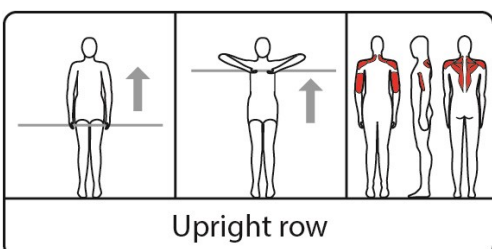
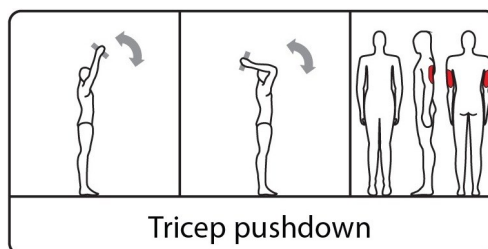
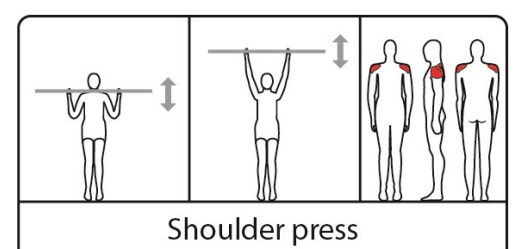
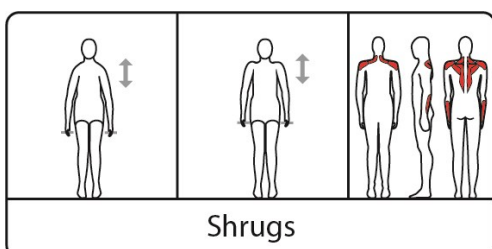
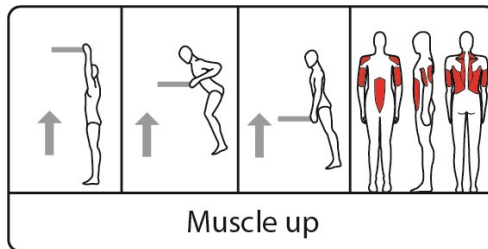
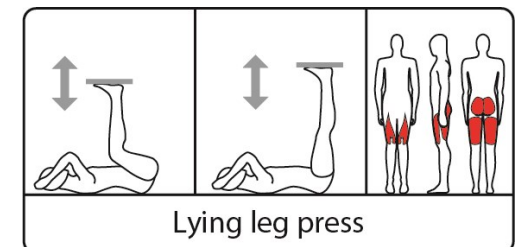
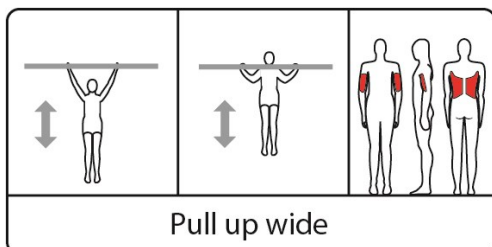
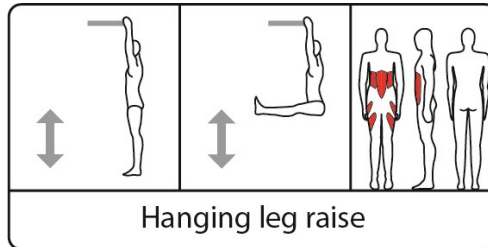
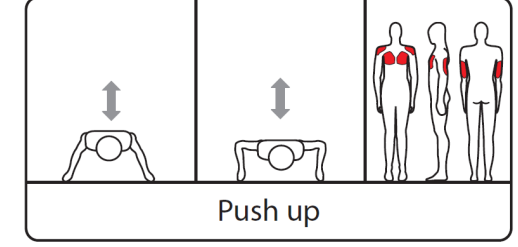
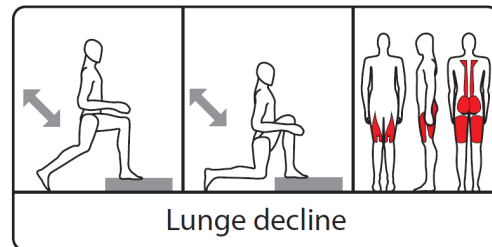
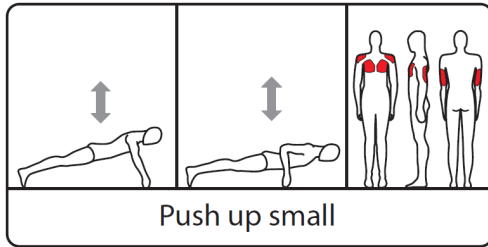
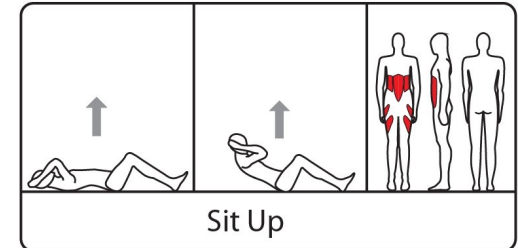
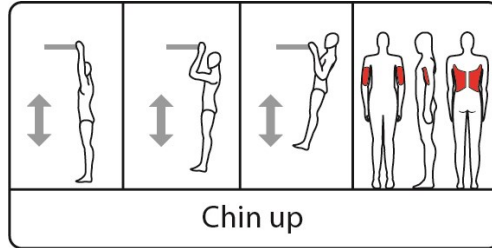
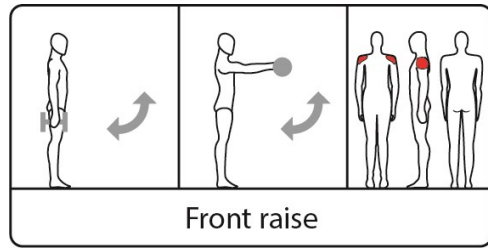
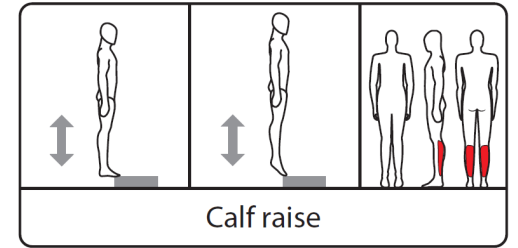
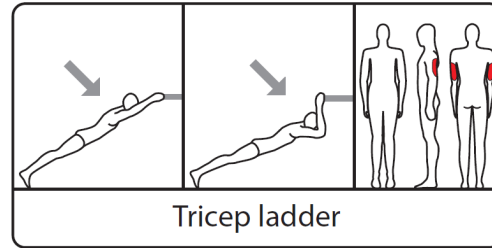
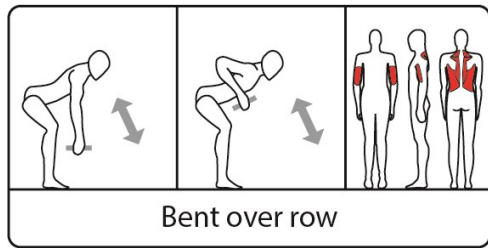


YouTube

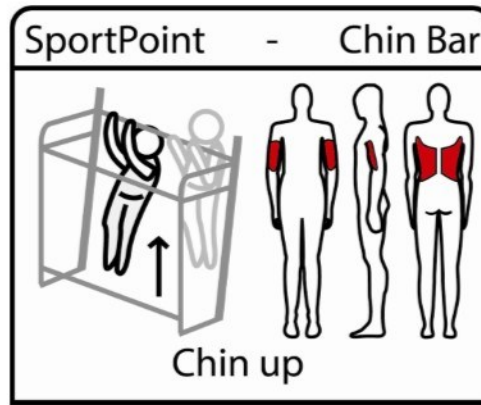
Alternative exercises Bench Press



Alternative exercises Bench Press



Chin Bar



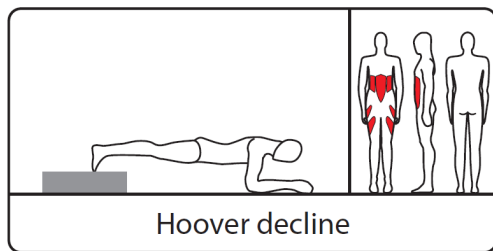
Instructions:

- Put your hands on the upper bar with your palms facing you
- Pull yourself up, the elbows go towards your hips
- Slowly lower yourself

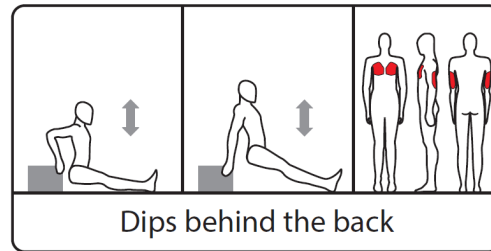
Training goal:



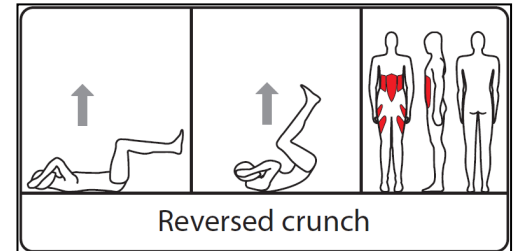
Alternative exercises ChinBar



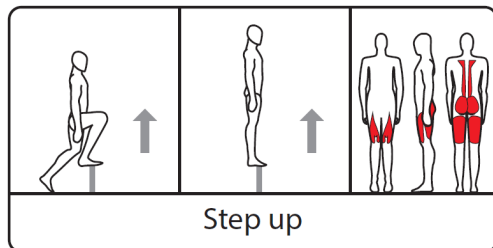
Hoover decline



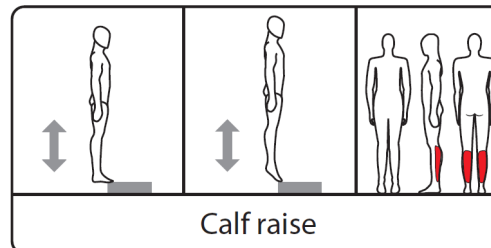
Dips behind the back



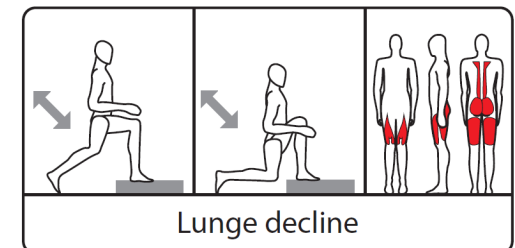
Reversed crunch



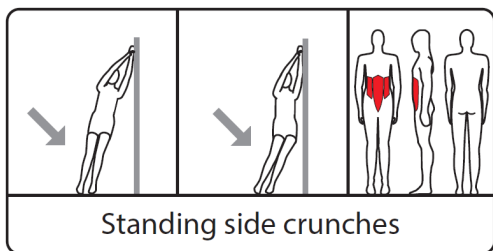
Step up



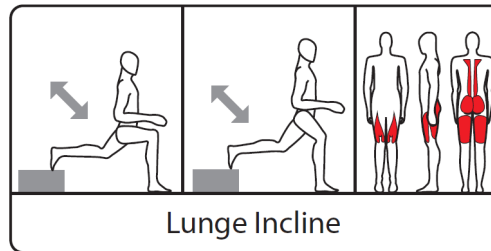
Calf raise



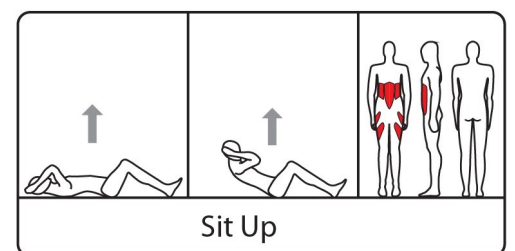
Lunge decline



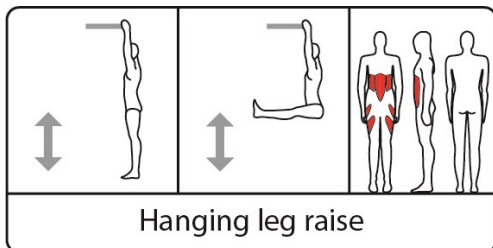
Standing side crunches



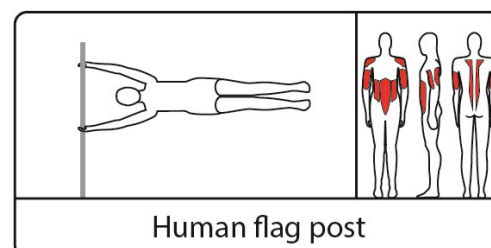
Lunge Incline



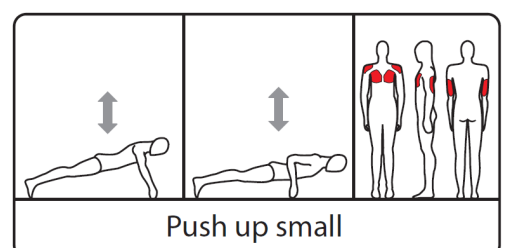
Sit Up



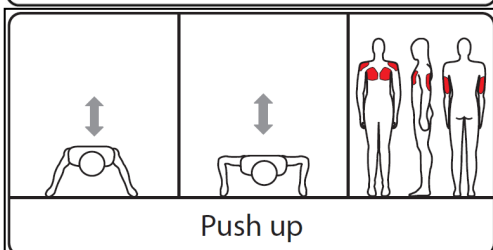
Hanging leg raise



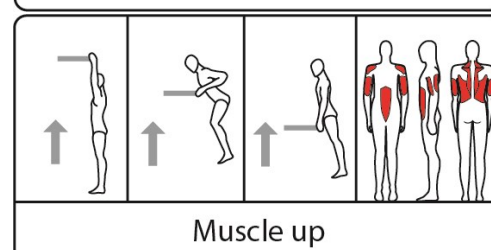
Human flag post



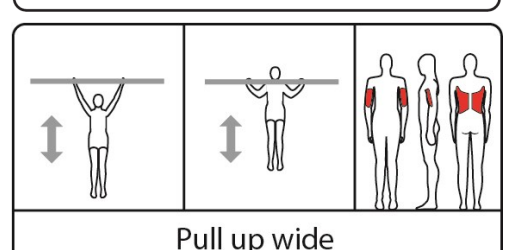
Push up small



Push up

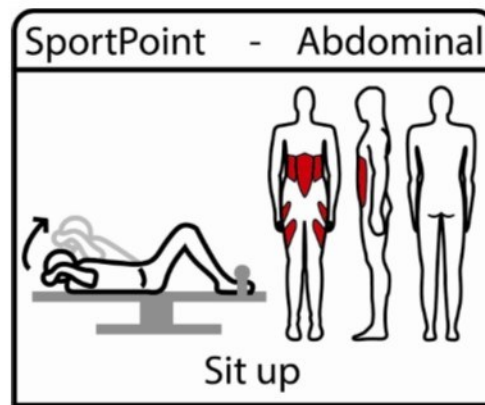
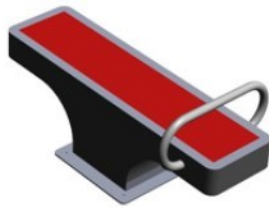


Muscle up



Pull up wide

Abdominal



Instructions:

- Hands at the ears, do not grab the neck
- Hands at the waist if it is too hard
- Bend torso and tighten the abs
- Raise torso towards the knees

Training goal:



Strength



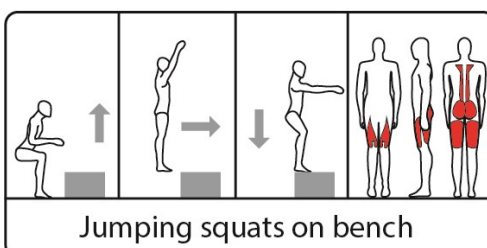
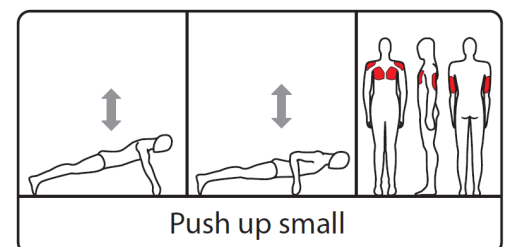
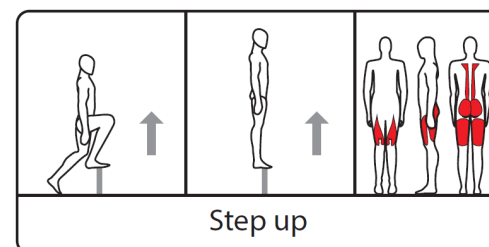
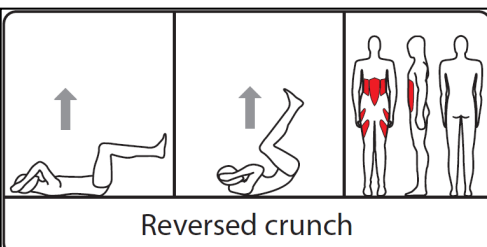
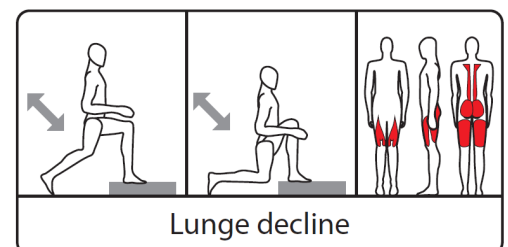
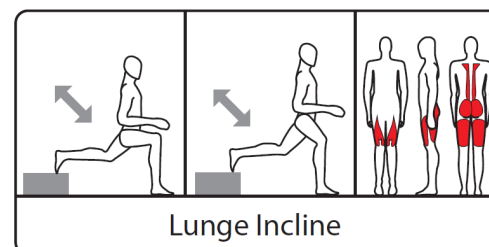
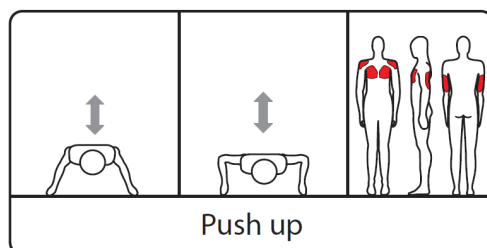
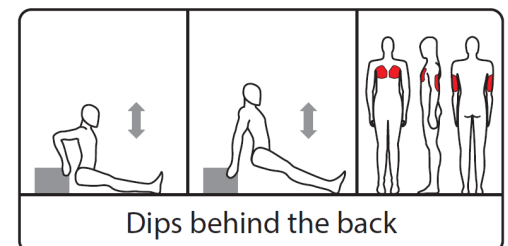
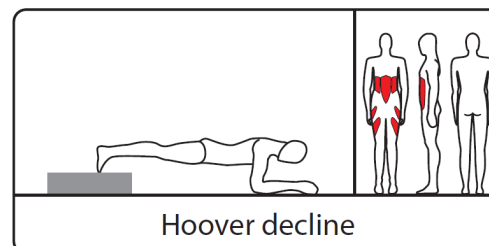
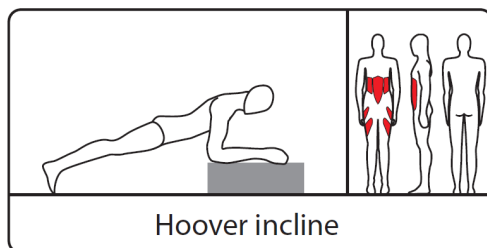
Stay Fit



Lose Weight



Alternative exercises Abdominal

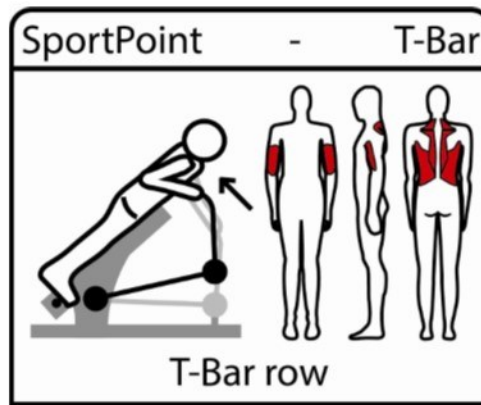


T-Bar



Workout resistance:

- 0 weights = 16kg
- 2 weights = 22kg
- 4 weights = 28kg
- 6 weights = 35kg
- 8 weights = 42kg
- 10 weights = 49kg



Training goal:



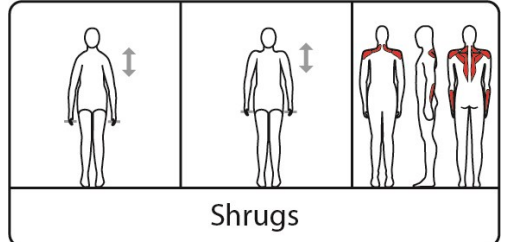
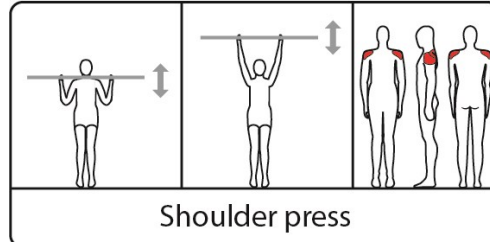
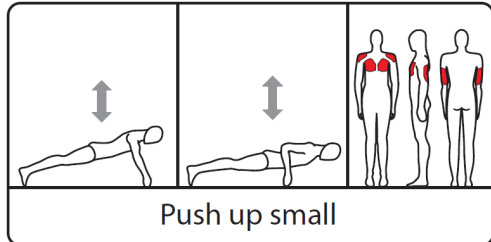
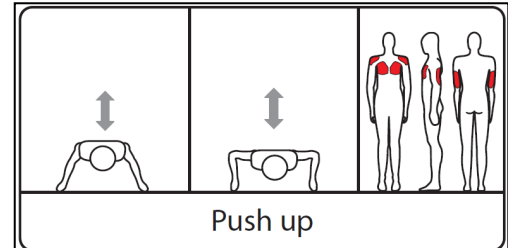
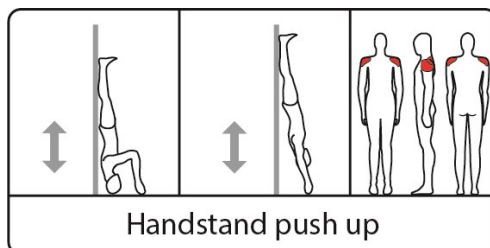
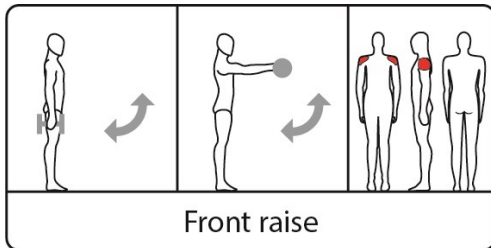
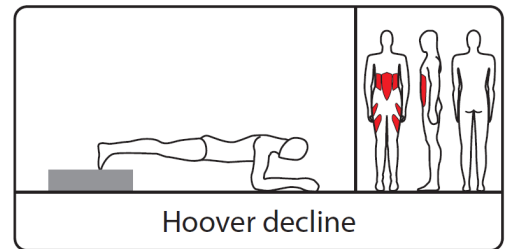
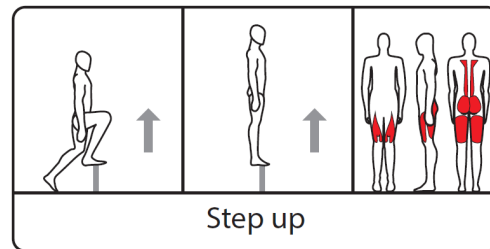
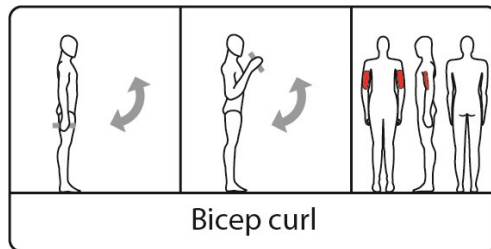
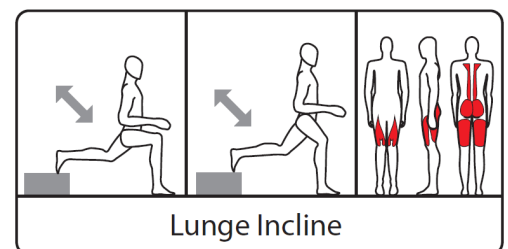
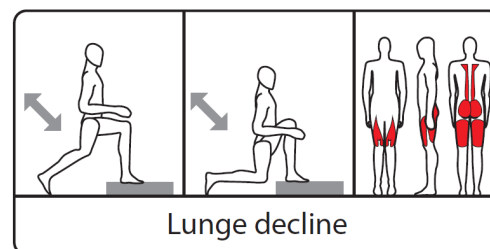
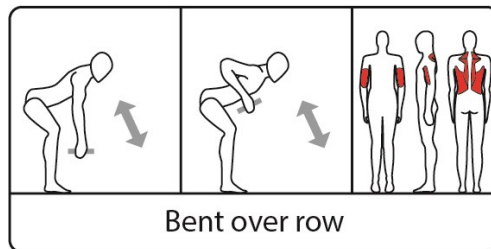
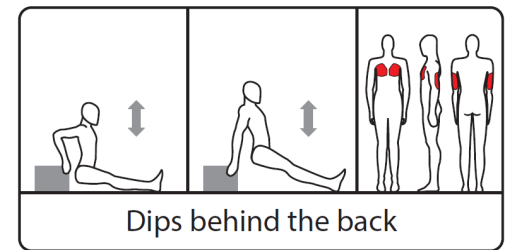
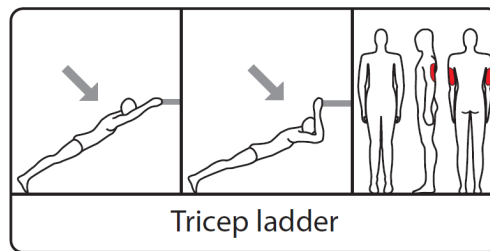
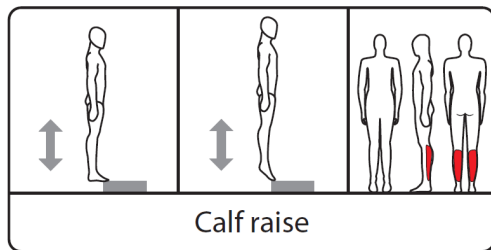
Instructions:

- Lay down on the sloping part
- Put your hands on the bar
- Pull the bar towards you as far as possible
- Slowly lower the bar

Including 10 weights of 5kg each



Alternative exercises T-Bar

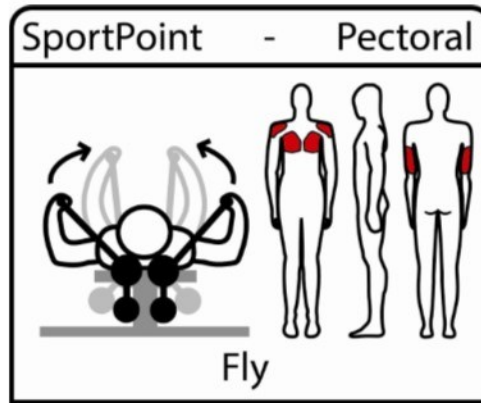


Pectoral



Workout resistance per arm:

- 0 weights = 5kg
- 1 weight = 6,8kg
- 2 weights = 8,8kg
- 3 weights = 10,7kg
- 4 weights = 12,6kg
- 5 weights = 14,5kg
- 6 weights = 16,4kg



Training goal:



Strength



Stay Fit

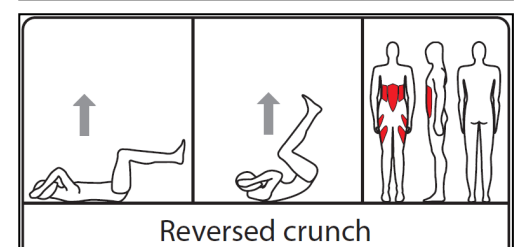
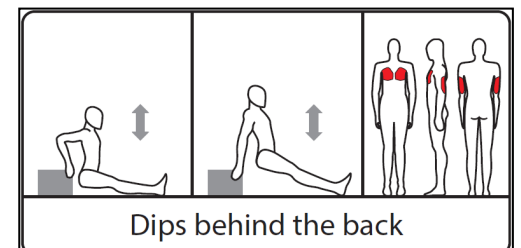
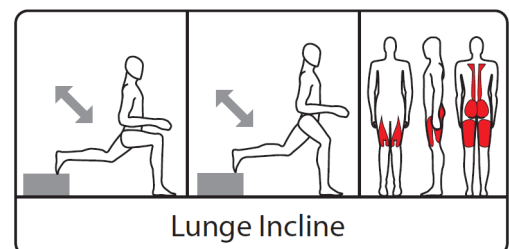
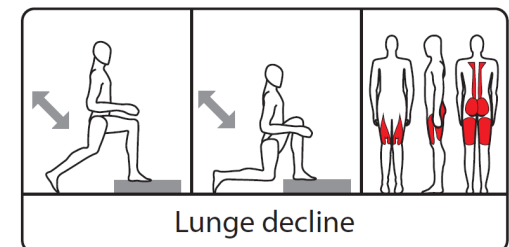
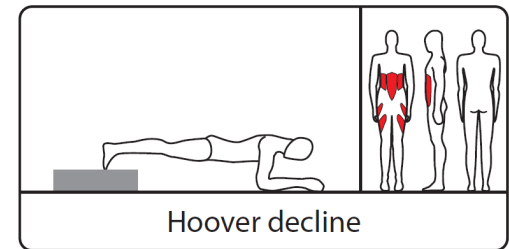
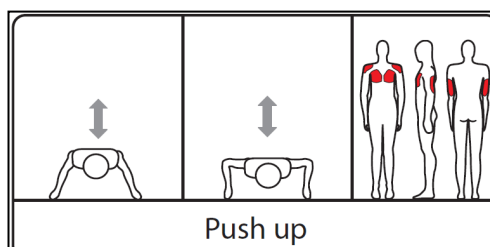
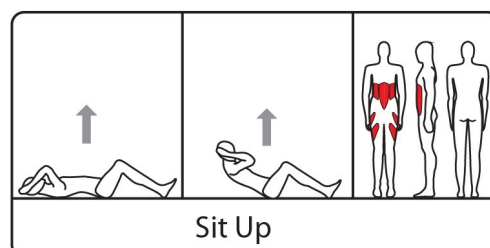
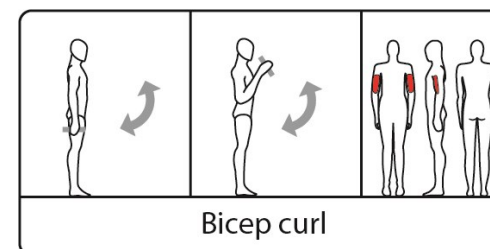
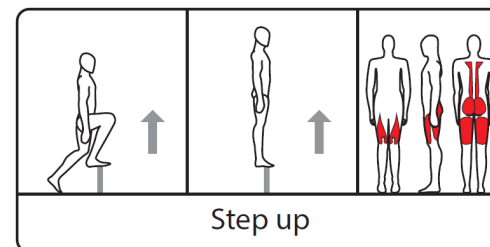
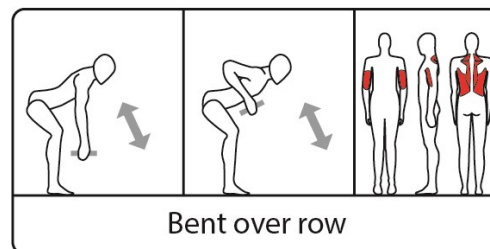
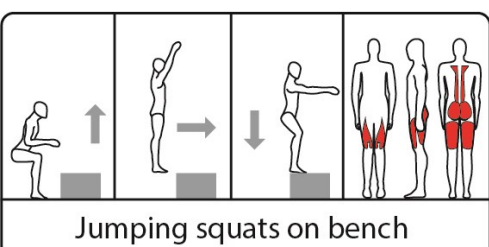
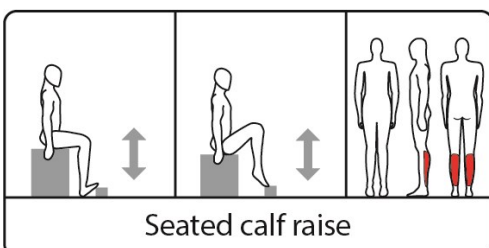
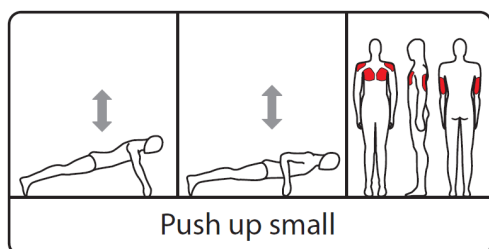
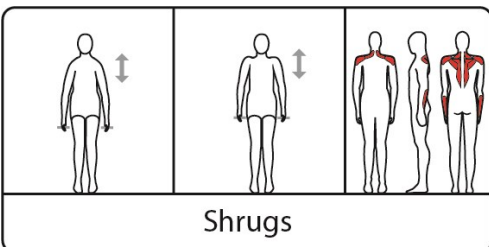
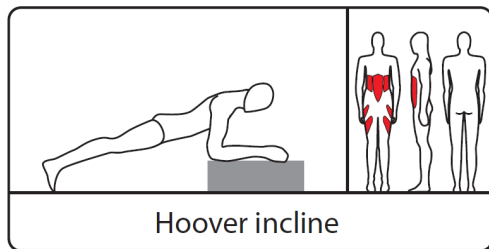
Instructions:

- Lay down on the bench
- Put your hands on the bars
- Make a swinging motion to the inside

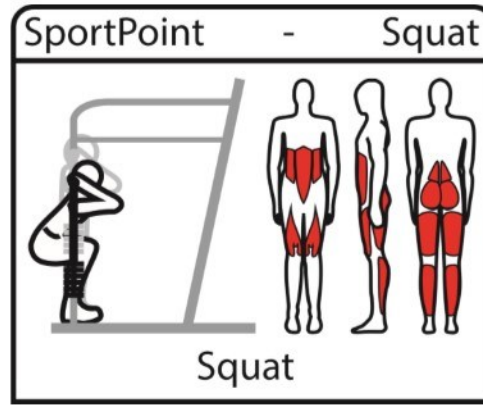
Including 12 weights of 2kg each



Alternative exercises Pectoral



Squat



Instructions:

- Put the bar on the soft part of your neck
- Put out your buttocks backwards and make a 'sit down' motion
- Push yourself up again

Including 14 weights of 5kg each

bar/start weight = 10kg



Adjusting weights



Training goal:



Strength



Stay Fit



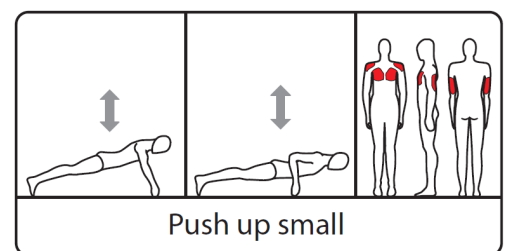
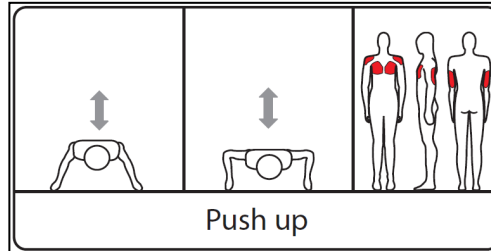
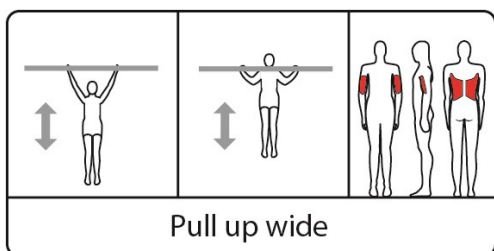
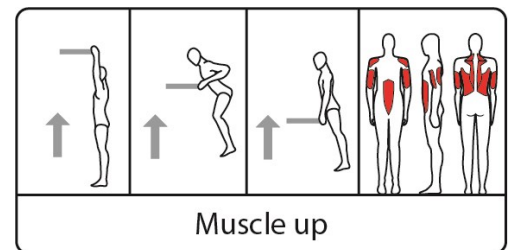
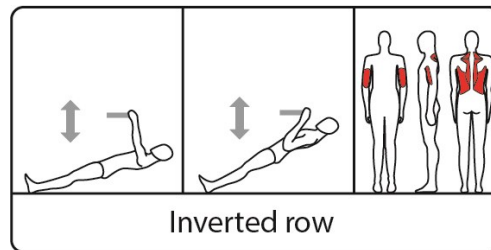
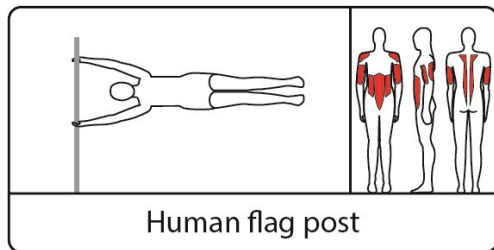
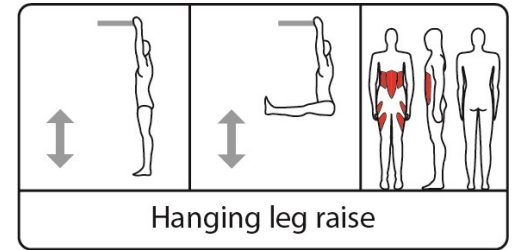
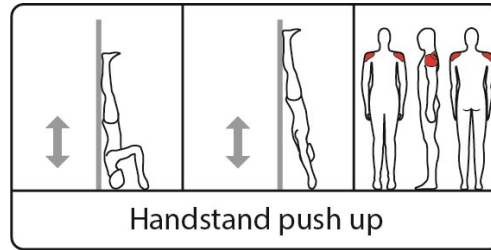
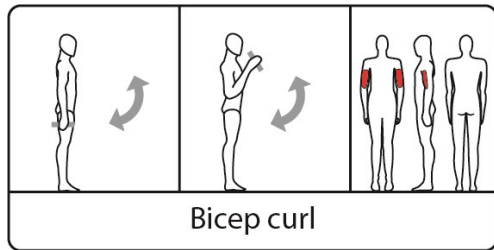
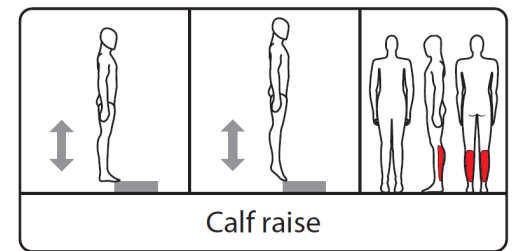
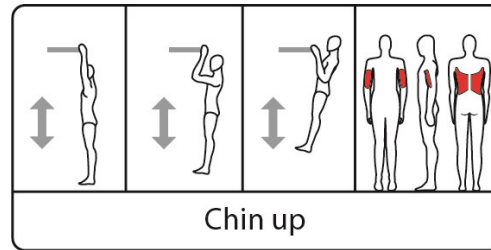
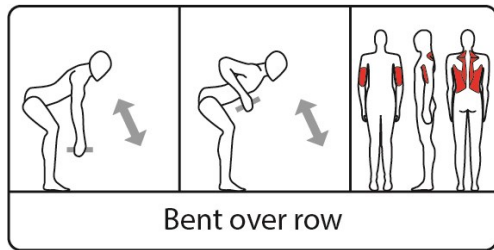
Cardio



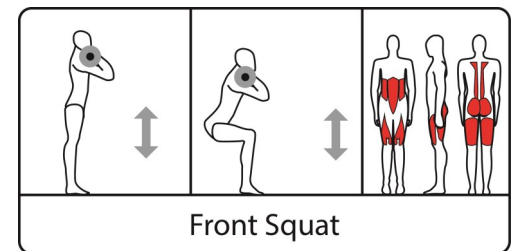
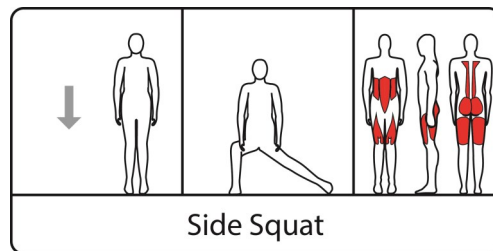
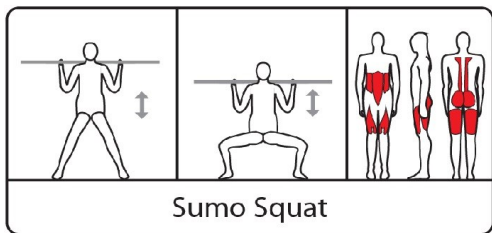
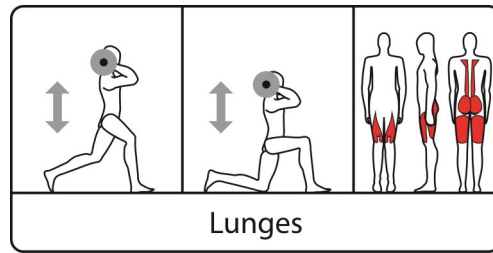
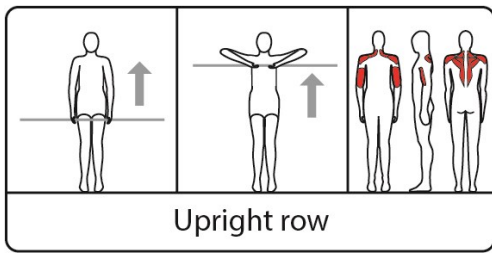
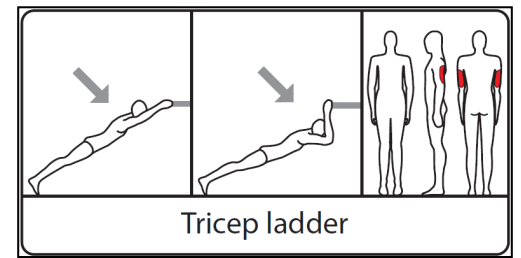
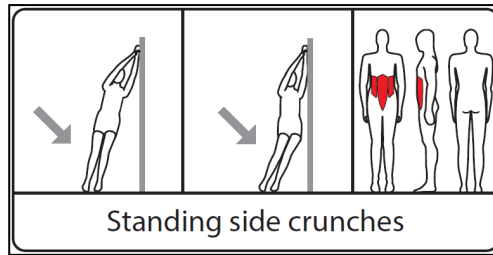
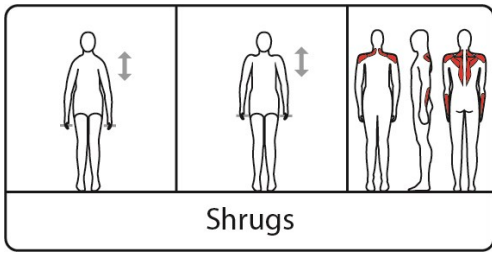
Lose Weight



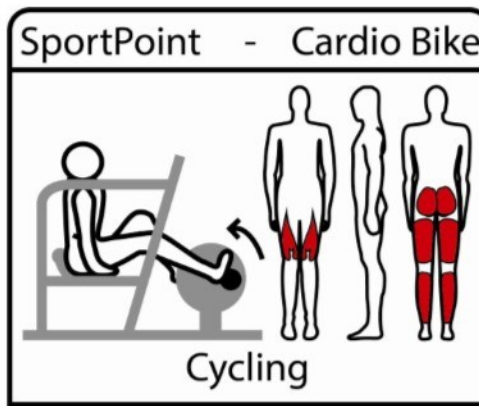
Alternative exercises Squat



Alternative exercises Squat



Cardio Bike



Instructions:

- Sit on the seat
- Put both feet on the pedals
- Make a cycling motion, as on a bicycle

With adjustable resistance

Training goal:



Lose Weight



Cardio



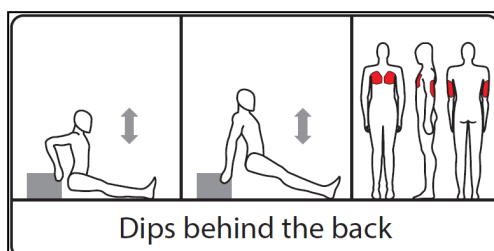
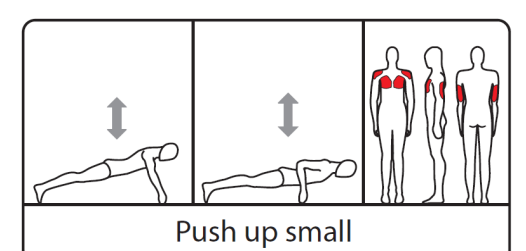
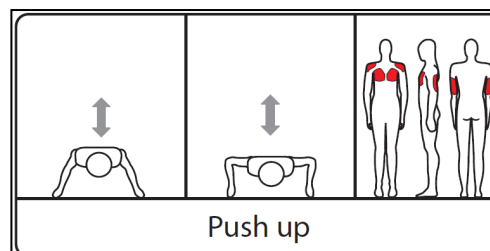
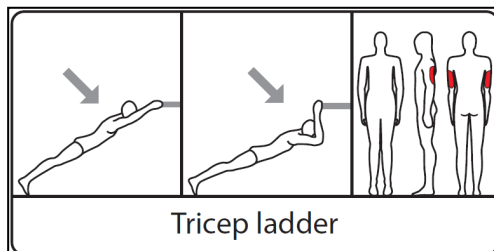
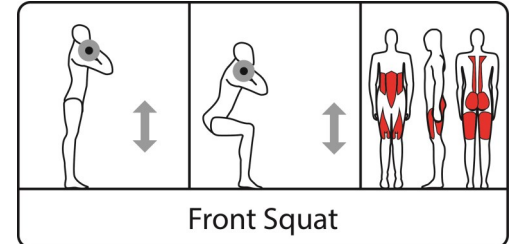
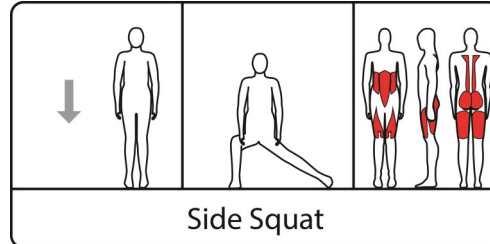
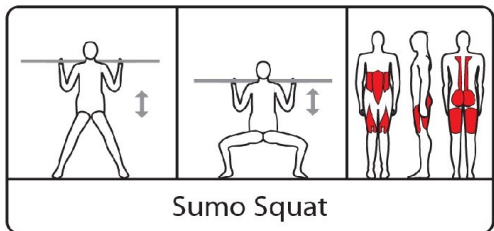
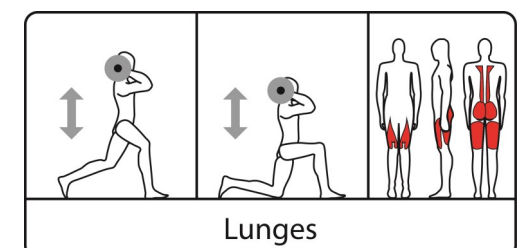
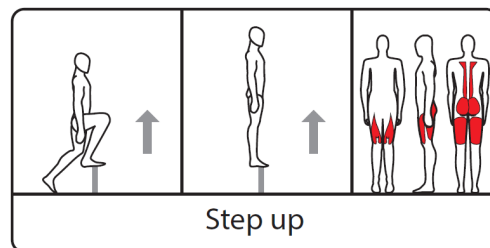
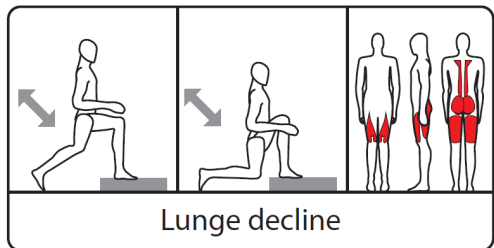
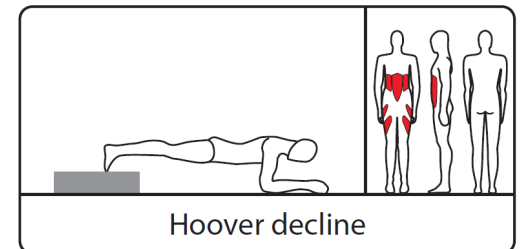
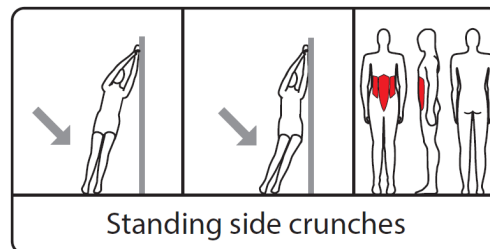
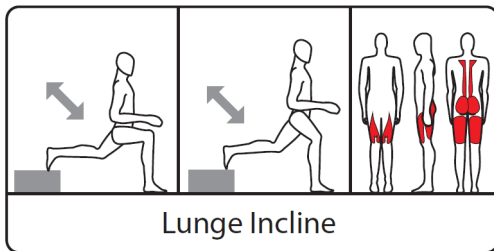
Stay Fit



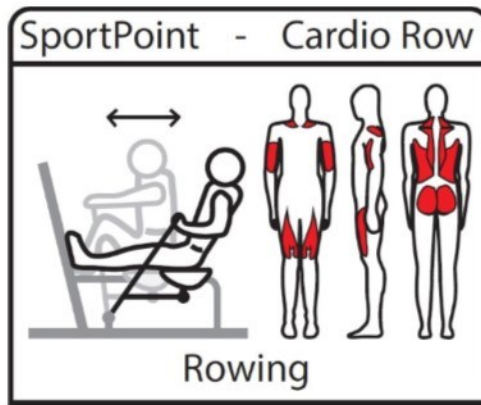
Stay Fit for elderly



Alternative exercises Cardio Bike



Cardio Row



Instructions:

- Sit on the seat
- Put hands on the bar, stretch the legs and pull the bar towards you
- Hold the upper body stable

Training goal:



Lose Weight



Cardio



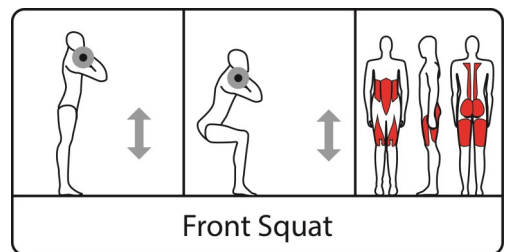
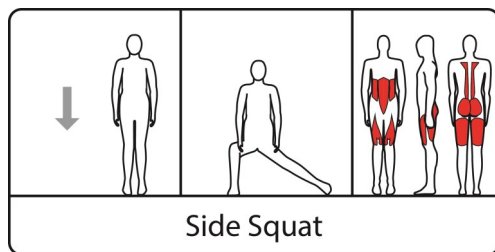
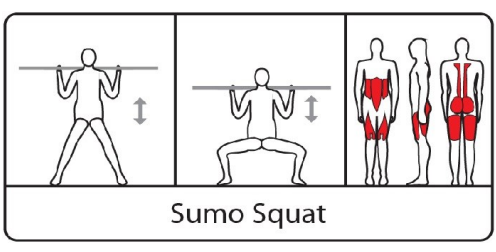
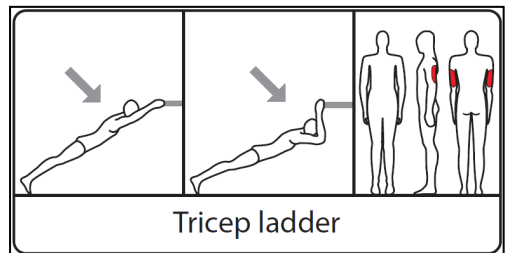
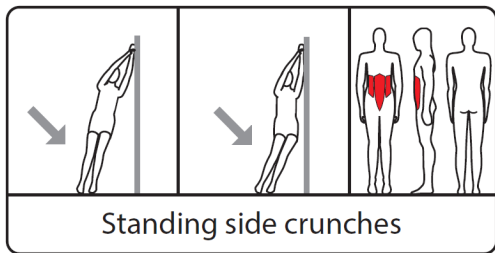
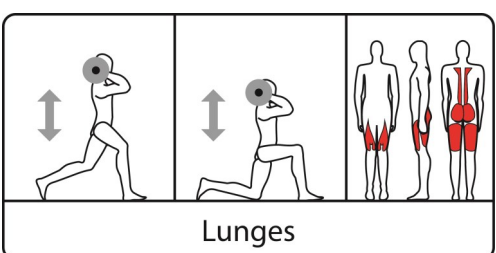
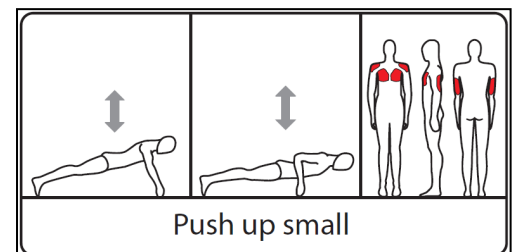
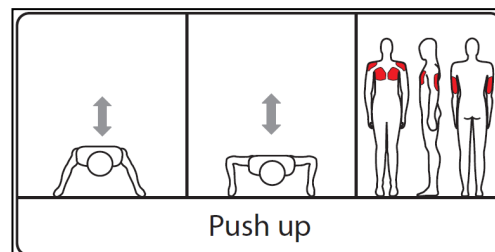
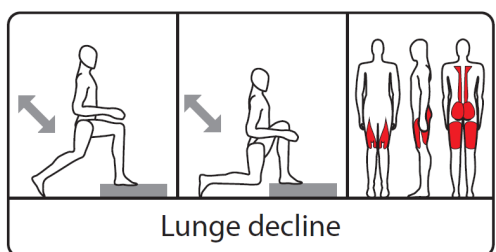
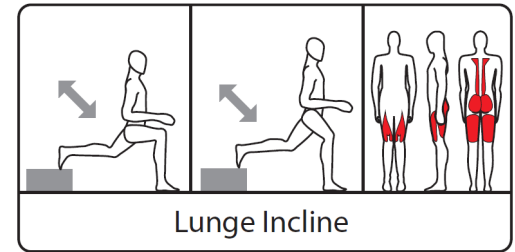
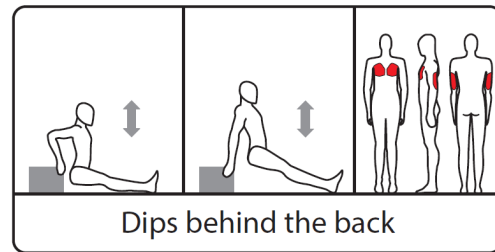
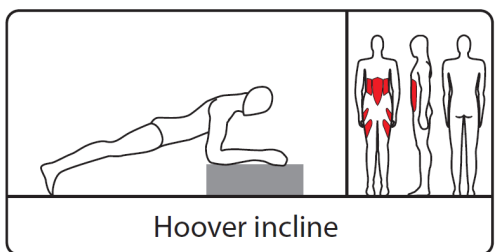
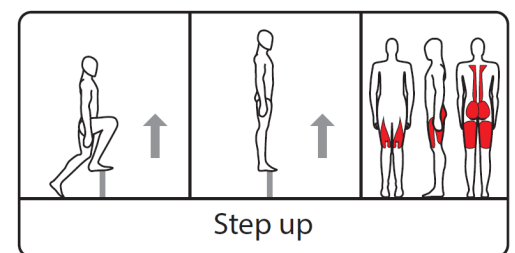
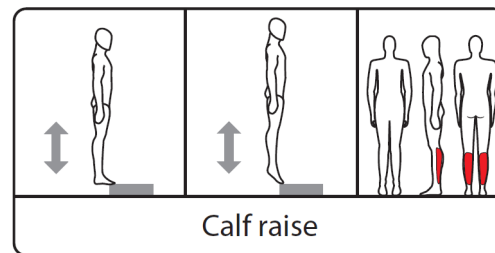
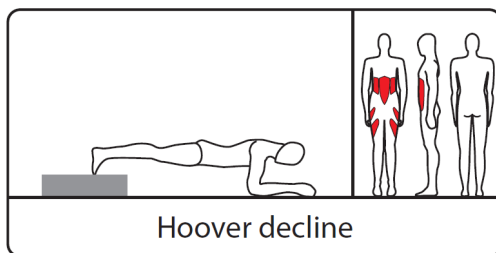
Stay Fit



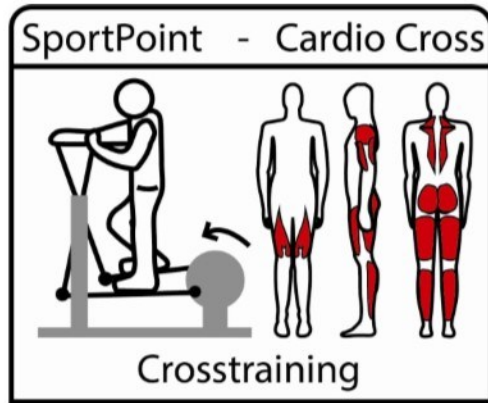
Stay Fit for elderly



Alternative exercises Cardio Row



Cardio Cross



Instructions:

- Carefully step up
- Hold the handles and make an forward walking motion with the legs
- Devide power between both legs and arms

With adjustable resistance

Training goal:



Cardio



Stay Fit



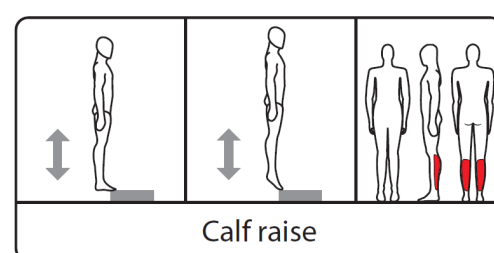
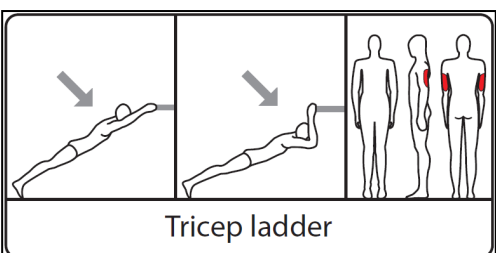
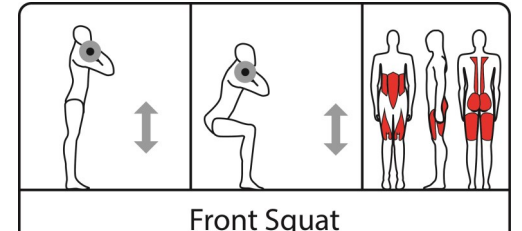
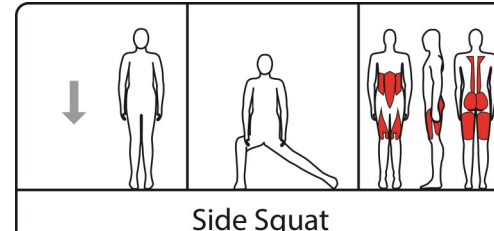
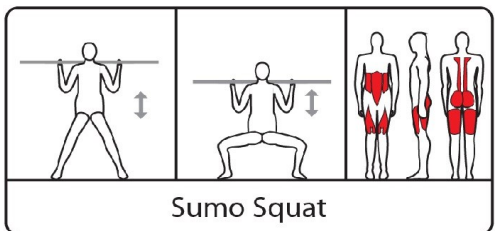
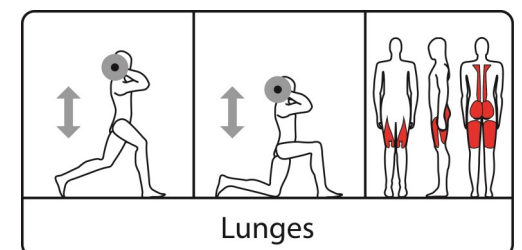
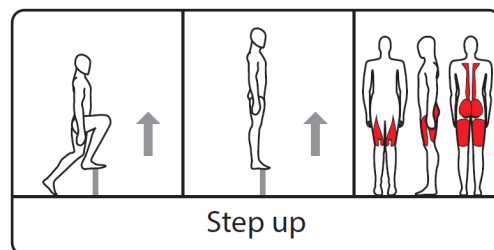
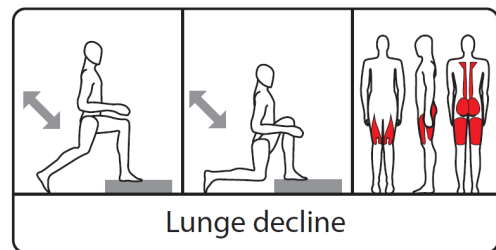
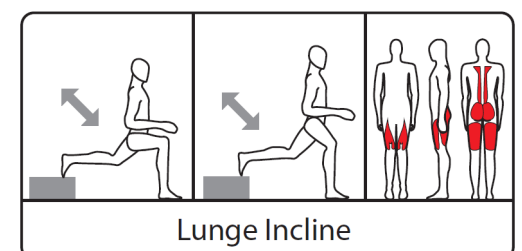
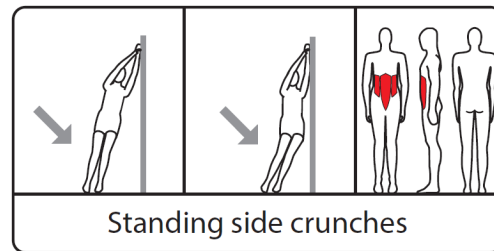
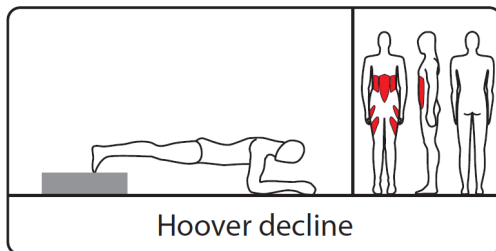
Stay Fit
for elderly



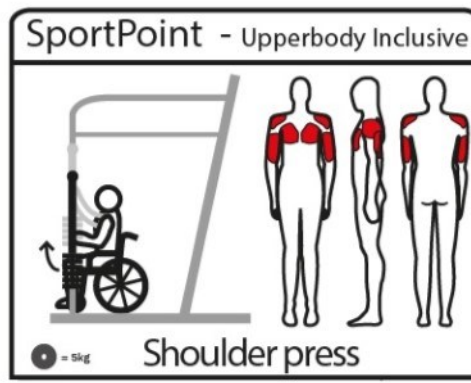
Lose Weight



Alternative exercises Cardio Cross



UpperBody Inclusive



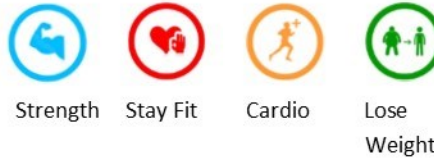
Instructions:

- Lift the bar up
- Put the bar on the soft part of your neck
- Push out the bar completely
- Slowly lower the bar again

Including 14 weights of 5kg each

bar/start weight = 10kg

Training goal:



Strength

Stay Fit

Cardio

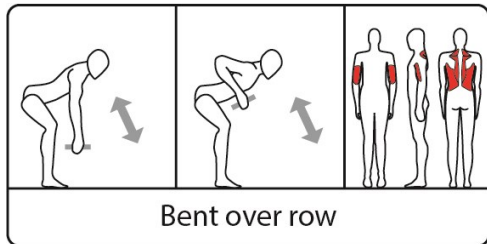
Lose Weight



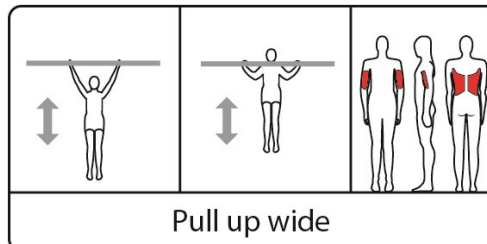
Adjusting weights



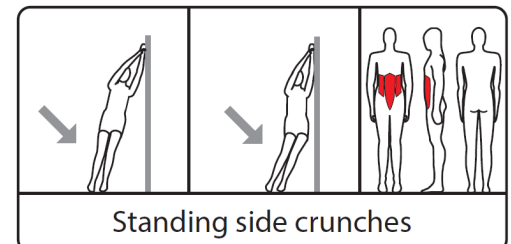
Alternative exercises UpperBody Inclusive



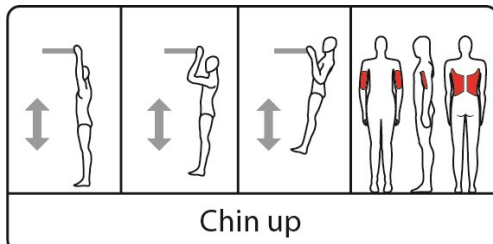
Bent over row



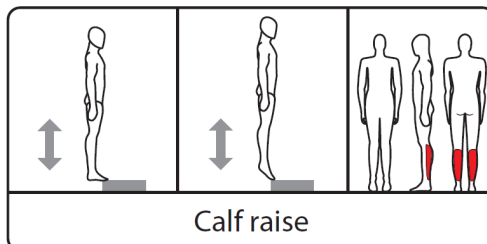
Pull up wide



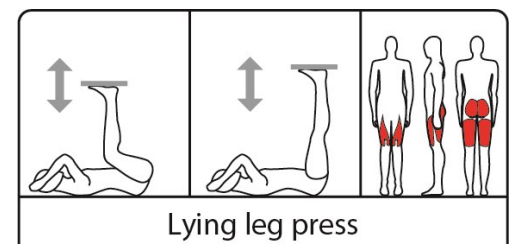
Standing side crunches



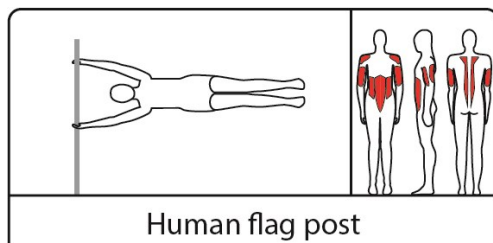
Chin up



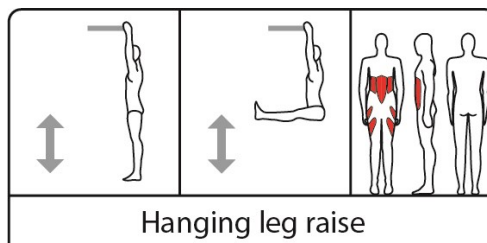
Calf raise



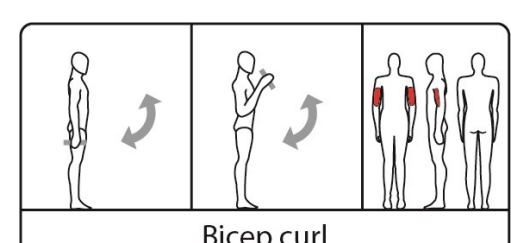
Lying leg press



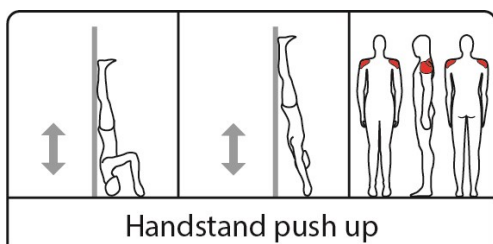
Human flag post



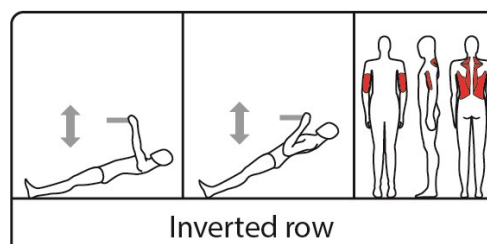
Hanging leg raise



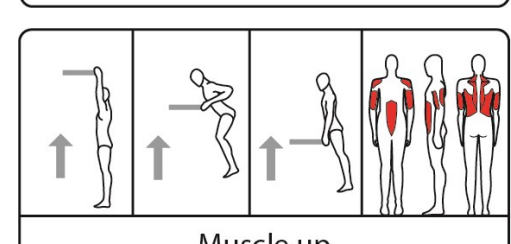
Bicep curl



Handstand push up

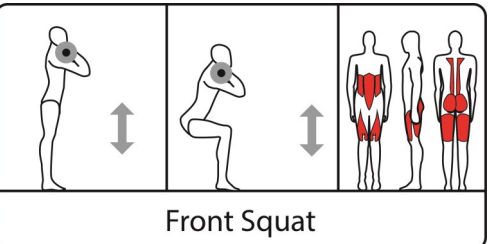
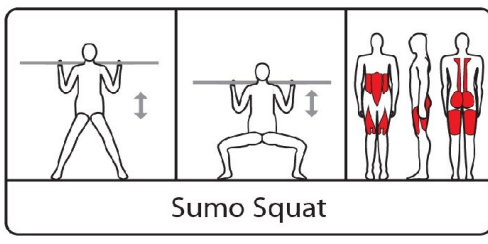
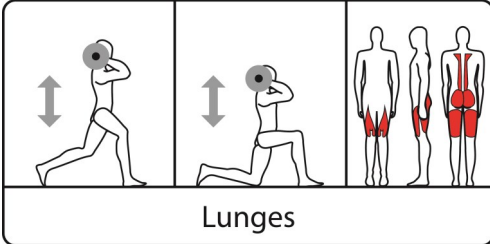
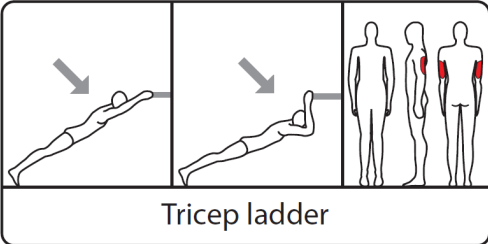
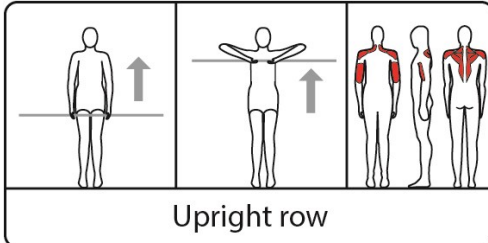
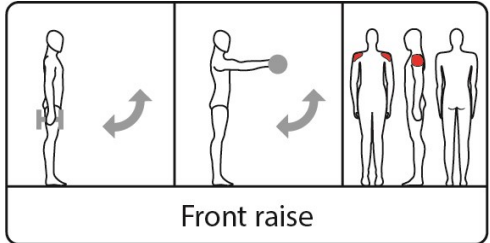
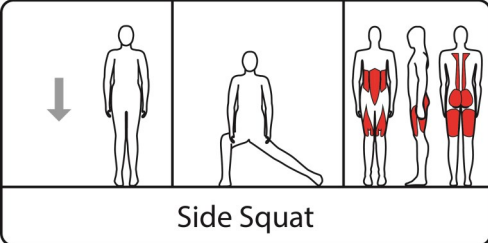
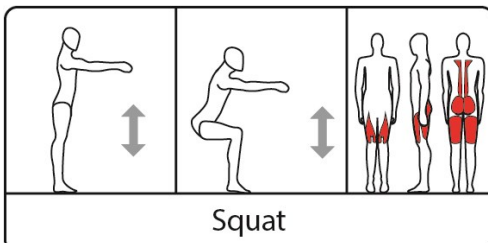
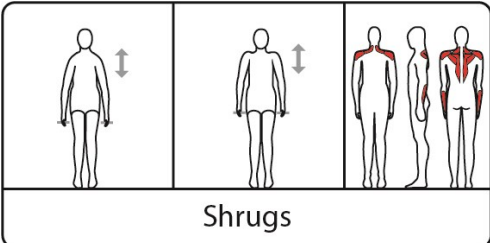
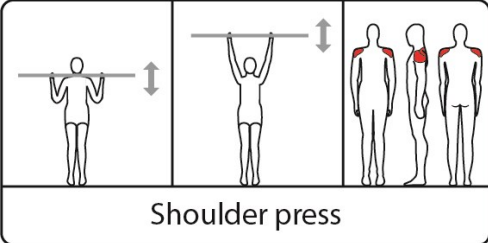


Inverted row

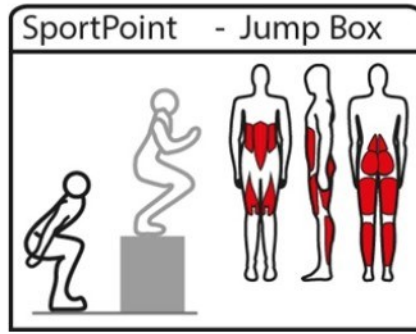
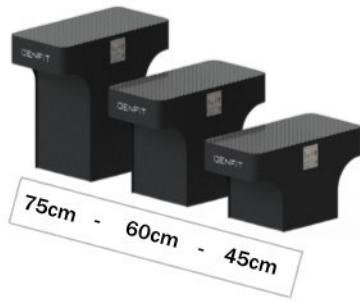


Muscle up

Alternative exercises UpperBody inclusive



JumpBox



Instructions:

- Plyometric training for improving the skill and coordination by means of fast, powerful, explosive movements
- Feet close together and jump with 2 feet at a time in a controlled, short movement on the jump box

Training goal:



Alternative exercises JumpBox

