



Parts used in
STEP 3



STEP 3 - Cover Cap Installation

- a. Remove the 2 (M6 x 20mm) Phillips Bolts from the Top Cover Cap for the Perforated Cover with the Phillips Screwdriver provided, and separate the front & rear sections.

Note: The Cover Cap with the Bio Force™ Logo goes on the top front.

- b. Place the Top Cover Cap on by sliding the groove in it over the edge of the Perforated Cover. You may need to tap it into place. Set the rear of the Top Cover Cap in place. Secure the two together using the 2 (M6 x 20mm) Phillips Bolts you just removed in Step 3a and inserting them back into the 2 center holes. Secure the Rear Cover Cap to the Frame with 2 (M6 x 20mm) Phillips Screws, inserting into the 2 side holes. Tighten the bolts using the Phillips Screwdriver provided.

- c. Repeat item a and b for the Bottom Cover Cap.



Muscle groups exercised: Forearm flexor
cups, or pollicis digitorum



112 SEATED WRIST CURL

start Sit facing away. Lean forward and rest forearms on knee thighs. Grip handles in overhead grip with palms facing up and wrists extended.

stroke Flex wrists and curl handles toward forearms. Pause at top of motion. Extend wrists to starting position.

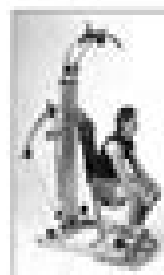
tip Lean forward with straight back. Do not round upper or lower spine. Avoid bending elbows or fling forearms while flexing wrists. Contract abdominals to stabilize torso.

start On Back Position

add lift On

exercise Handles

Muscle groups exercised



Muscle groups exercised: Forearm extensor
cups, or pollicis digitorum



113 SEATED REVERSE WRIST CURL

start Sit facing away. Lean forward and rest forearms on knee thighs. Grip handles in overhead grip with palms facing down and wrists flexed.

stroke Extend wrists and curl handles toward forearms. Pause at top of motion. Flex wrists to starting position.

tip Lean forward with straight back. Do not round upper or lower spine. Avoid bending elbows or fling forearms while extending wrists. Contract abdominals to stabilize torso.

start On Back Position

add lift On

exercise Handles

Muscle groups exercised



Muscle groups exercised: Triceps
cups, or pollicis digitorum



114 SEATED OVERHEAD TRICEPS EXTENSION

start Sit facing away. Grip handles behind head. Point elbows back at shoulder height.

stroke Extend elbows and press handles overhead. Pause at top of motion. Bend elbows back to starting position.

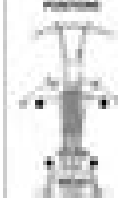
tip Keep elbows in start position throughout exercise. Do not open elbows to sides. Keep wrists straight. Maintain upright posture in seated position. Contract abdominals to stabilize torso.

start On Back Position

add lift On

exercise Handles

Muscle groups exercised



Bioforce Hrv Exercise Manual

Allan Collins



Bioforce Hrv Exercise Manual:

This book delves into Bioforce Hrv Exercise Manual. Bioforce Hrv Exercise Manual is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Bioforce Hrv Exercise Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Bioforce Hrv Exercise Manual
- Chapter 2: Essential Elements of Bioforce Hrv Exercise Manual
- Chapter 3: Bioforce Hrv Exercise Manual in Everyday Life
- Chapter 4: Bioforce Hrv Exercise Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Bioforce Hrv Exercise Manual. This chapter will explore what Bioforce Hrv Exercise Manual is, why Bioforce Hrv Exercise Manual is vital, and how to effectively learn about Bioforce Hrv Exercise Manual.
3. In chapter 2, the author will delve into the foundational concepts of Bioforce Hrv Exercise Manual. The second chapter will elucidate the essential principles that must be understood to grasp Bioforce Hrv Exercise Manual in its entirety.
4. In chapter 3, the author will examine the practical applications of Bioforce Hrv Exercise Manual in daily life. The third chapter will showcase real-world examples of how Bioforce Hrv Exercise Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Bioforce Hrv Exercise Manual in specific contexts. The fourth chapter will explore how Bioforce Hrv Exercise Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Bioforce Hrv Exercise Manual. This chapter will summarize the key points that have been discussed throughout the book.

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