

# FULL BODY WORKOUT



**1 INCLINE SITUP**



**2 BENCH PRESS**



**3 KNEE CURL LAT PULL**



**4 BACK OF NECK PRESS**



**5 TRICEP PUSHDOWN**



**6 LEG PRESS**

## WEDNESDAY



**7 ROMAN CHAIR SITUP**



**8 INCLINE BENCH PRESS**



**9 DORSAL BAR PULLDOWN**



**10 MILITARY PRESS**



**11 TRICEP EXTENSION**



**12 SQUAT**

## FRIDAY



**13 VERTICAL SITUP**



**14 PULL UP**



**15 PULL UP**



**16 SPRINTER ROWING**



**17 ROWING PRESS**



**18 FRONTAL SQUAT**

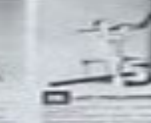
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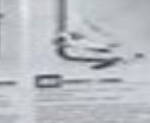
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# Soloflex Exercise Manual

**JS Bruner**



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