

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



15 PULL UP



16 SPRINTER ROWING



17 ROWETT PRESS



18 FRONTAL SQUAT

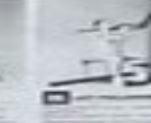
OPTIONAL



WOMEN'S WORKOUT



FRIDAY



OPTIONAL



Soloflex User Manual

Gregg Stebben



Soloflex User Manual:

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