

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

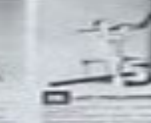
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WOMEN'S WORKOUT



FRIDAY



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Soloflex User Manual

AN Whitehead



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