

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

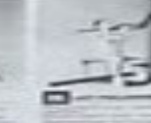
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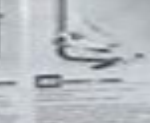
WOMEN'S WORKOUT



FRIDAY



OPTIONAL



Soloflex Exercise Manual

Annelies Wilder-Smith



Soloflex Exercise Manual:

Popular Science ,1993-01 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **The Atlantic** ,1992 Discover ,1991-02 Skiing ,1992-12 Esquire ,1993 Skiing ,1993-01 *The Complete Idiot's Guide to Short Workouts* Deidre Johnson-Cane,Jonathan Cane,Joe Glickman,2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts **Runner's World** ,1994

Runner's World Advanced Indoor Exercise Book Richard Benyo,Rhonda Provost,1982 Flying Magazine ,1993-01

Life ,1993 **Ski** ,1993-01 *Popular Science* ,1993 *Newsweek* Raymond Moley,Samuel Thurston Williamson,Malcolm Muir,Rex Smith,Joseph Becker Phillips,1992 **Ski** ,1992-12 **Cycle World Magazine** ,1993-01

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