

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

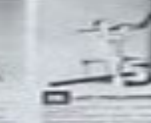
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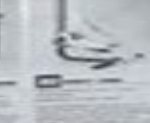
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FRIDAY



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Soloflex Exercise Manual Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Soloflex Exercise Manual**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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