

FULL BODY WORKOUT



1 INCLINE SITUP



2 ROMAN PRESS



3 KNEE CURL LAT PULL



4 BACK OF NECK PRESS



5 TRICEP PUSHDOWN



6 LEG PRESS

WEDNESDAY



7 ROMAN CHAIR SITUP



8 INCLINE ROMAN PRESS



9 DORSAL BAR PULLDOWN



10 MILITARY PRESS



11 TRICEP EXTENSION



12 SQUAT

FRIDAY



13 VERTICAL SITUP



14 PULL



15 PULL UP



16 SPRINTER BOWING



17 ROMAN PRESS



18 FRONTAL SQUAT

OPTIONAL



WOMEN'S WORKOUT

MONDAY



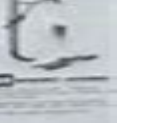
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Soloflex User Manual

Lei Shi



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