

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

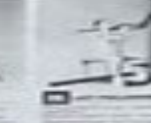
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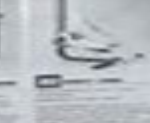
WOMEN'S WORKOUT



FRIDAY



OPTIONAL



Soloflex Manual

Terry C. Jones



Soloflex Manual:

Enjoying the Song of Term: An Psychological Symphony within **Soloflex Manual**

In some sort of used by screens and the ceaseless chatter of fast conversation, the melodic elegance and emotional symphony developed by the written word frequently disappear in to the back ground, eclipsed by the relentless sound and interruptions that permeate our lives. Nevertheless, set within the pages of **Soloflex Manual** a marvelous literary treasure brimming with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this captivating masterpiece conducts readers on a mental journey, well unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths of the touching examination, we will examine the book is main harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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