

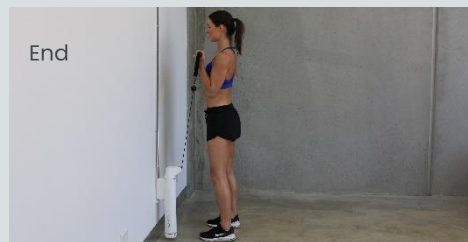
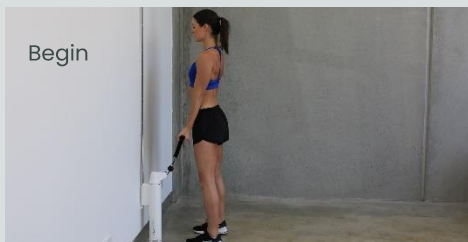
# SCULPT 1

All exercises should be started at weight selection 1. If you complete the repetitions with ease- increase the weight selection higher

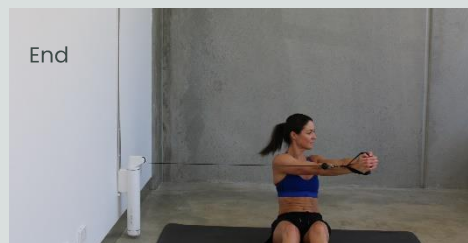
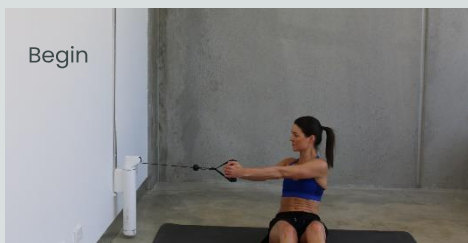
## LOW TO HIGH WOODCHOP



## BICEP CURL - Face Wall



## SEATED AB TWIST



## Core / Arms

- 3 sets per exercise
- 12 repetitions per set
- 45 seconds rest per set
- 25 minutes total workout time

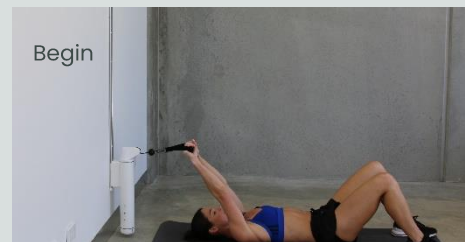
Perform exercise for both sides of the body.

Use handle accessory unless otherwise specified

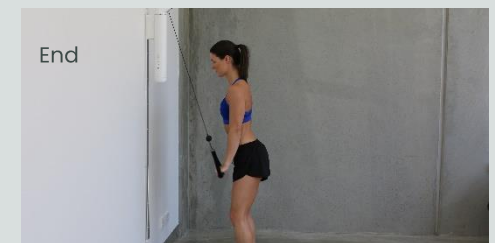
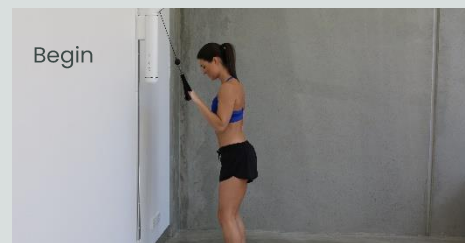
## TRICEP KICKBACK



## AB CRUNCHES



## SINGLE TRICEP PUSHDOWN



# SCULPT 2

All exercises should be started at weight selection 1. If you complete the repetitions with ease- increase the weight selection higher

## Legs / Shoulders

- 3 sets per exercise
- 12 repetitions per set
- 45 seconds rest per set
- 25 minutes total workout time

Perform exercise for both sides of the body.

Use handle accessory unless otherwise specified

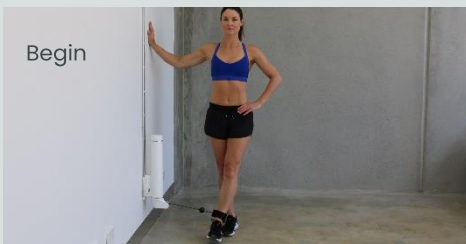
### DEADLIFT



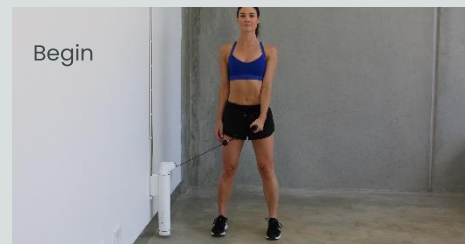
### GLUTE KICKBACK



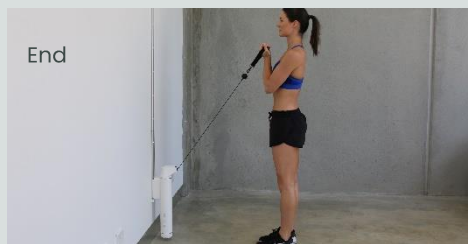
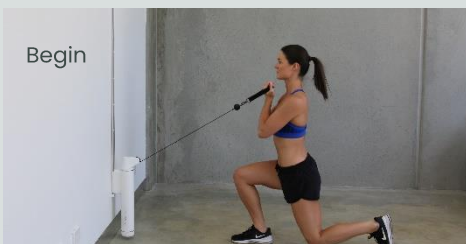
### GLUTE SIDEKICK



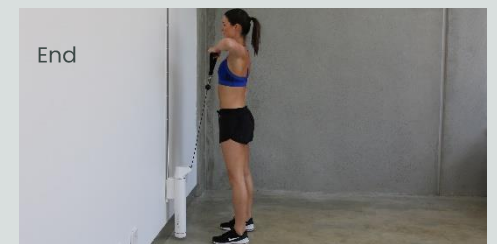
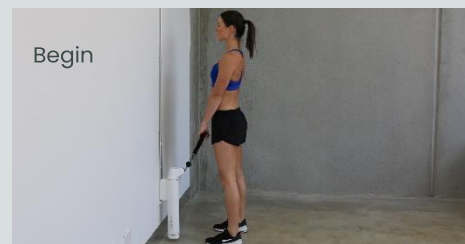
### SIDE RAISE



### REVERSE LUNGE



### SHOULDER UPRIGHT ROW



# SCULPT 3

All exercises should be started at weight selection 1. If you complete the repetitions with ease- increase the weight selection higher

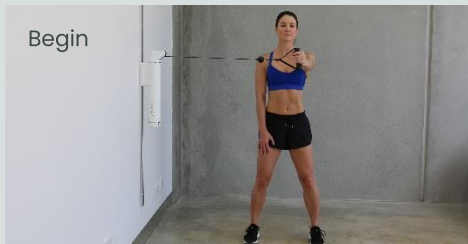
## Chest / Back

- 3 sets per exercise
- 12 repetitions per set
- 45 seconds rest per set
- 25 minutes total workout time

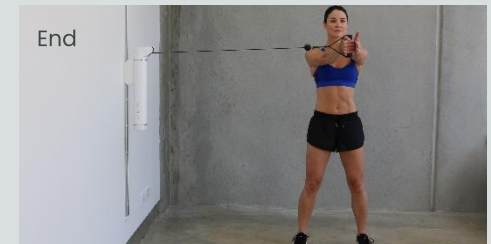
Perform exercise for both sides of the body.

Use handle accessory unless otherwise specified

### REVERSE FLY



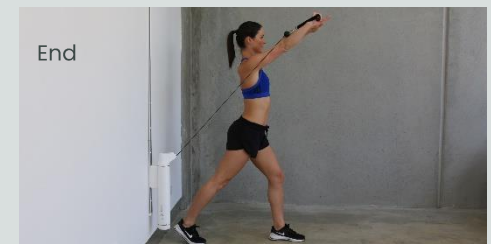
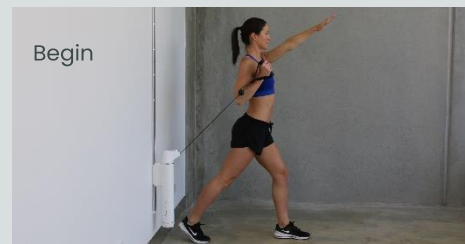
### SIDE CHEST FLY



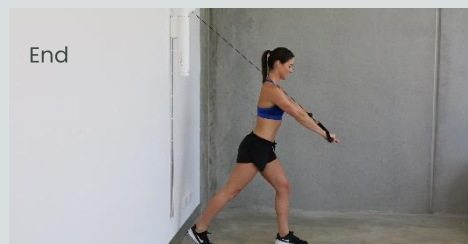
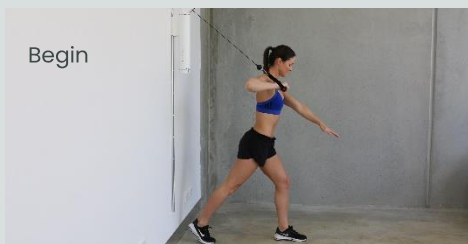
### STANDING LOW ROW



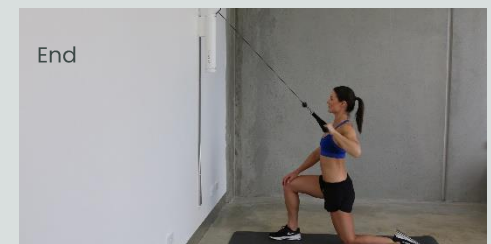
### UPWARD CHEST PRESS



### DOWNWARD CHEST PRESS



### KNEELING PULLDOWN



# STRENGTH 1

All exercises should be started at weight selection 1. If you complete the repetitions with ease- increase the weight selection higher

## Core / Arms

- 4 sets per exercise
- 10 repetitions per set
- 45 seconds rest per set
- 30 minutes total workout time

Perform exercise for both sides of the body.

Use handle accessory unless otherwise specified

### HIGH TO LOW WOODCHOP



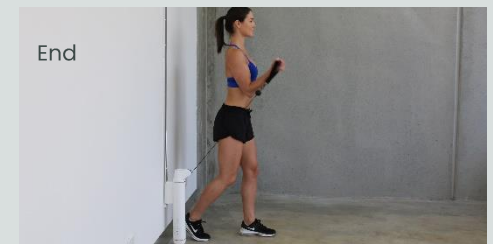
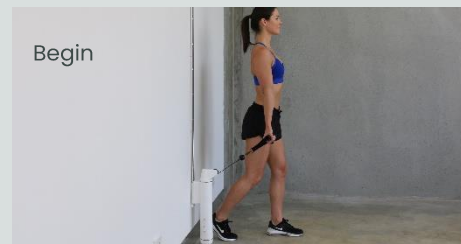
### OBLIQUE CRUNCH



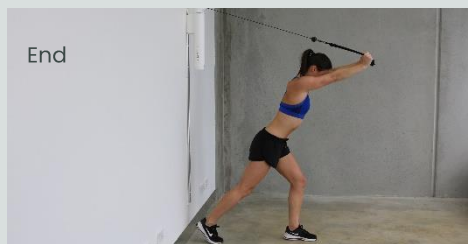
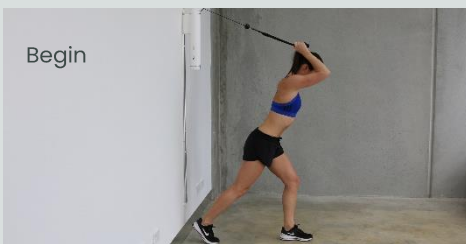
### PLANK ROW



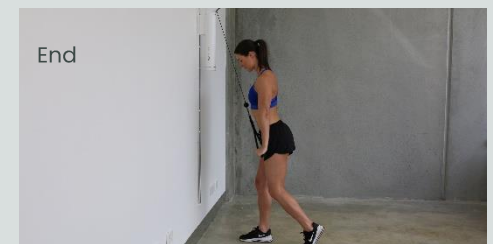
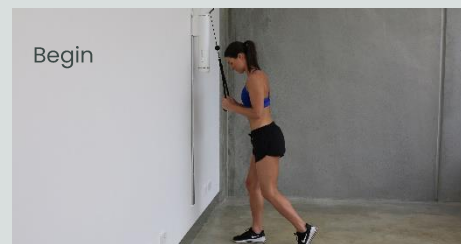
### BICEP CURL



### OVERHEAD TRICEP



### ROPE PUSHDOWN



# STRENGTH 2

All exercises should be started at weight selection 1. If you complete the repetitions with ease- increase the weight selection higher

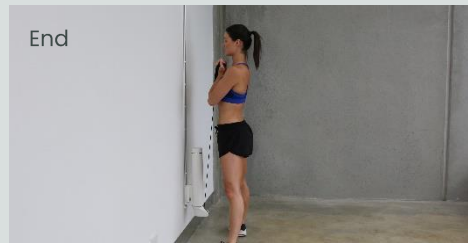
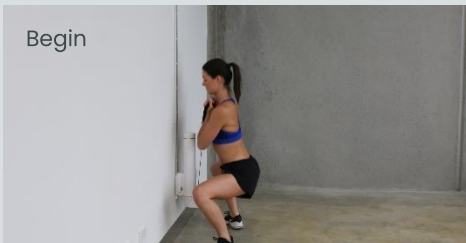
Lower

- 4 sets per exercise
- 10 repetitions per set
- 45 seconds rest per set
- 30 minutes total workout time

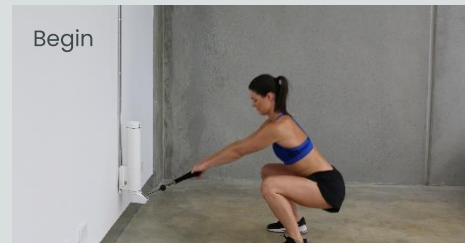
Perform exercise for both sides of the body.

Use handle accessory unless otherwise specified

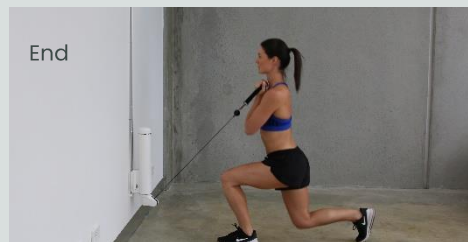
## SUMO SQUAT



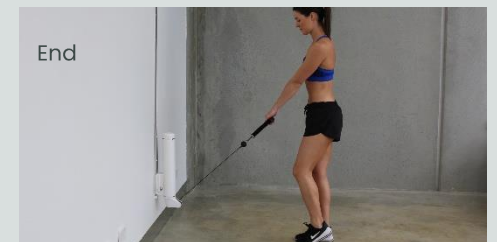
## SQUAT AND ROW



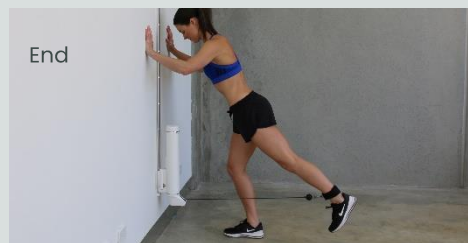
## ALTERNATE REVERSE LUNGE



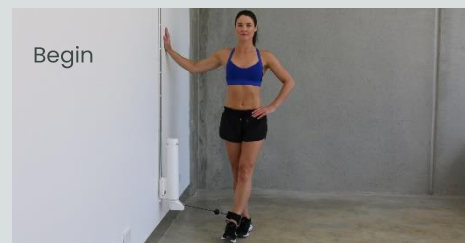
## SINGLE LEG DEADLIFT



## GLUTE KICKBACK



## GLUTE SIDEKICK



# STRENGTH 3

All exercises should be started at weight selection 1. If you complete the repetitions with ease- increase the weight selection higher

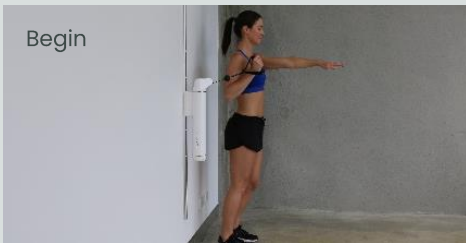
## Upper

- 4 sets per exercise
- 10 repetitions per set
- 45 seconds rest per set
- 30 minutes total workout time

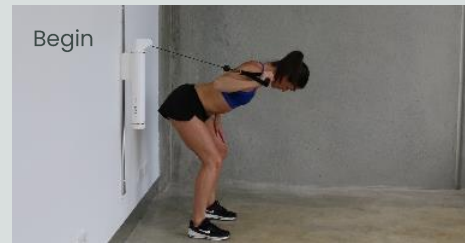
Perform exercise for both sides of the body.

Use handle accessory unless otherwise specified

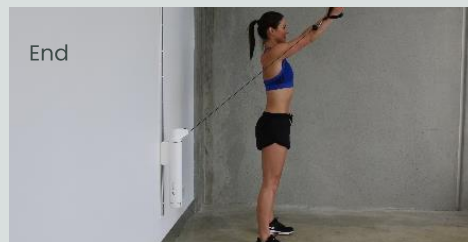
### LUNGE CHEST PRESS



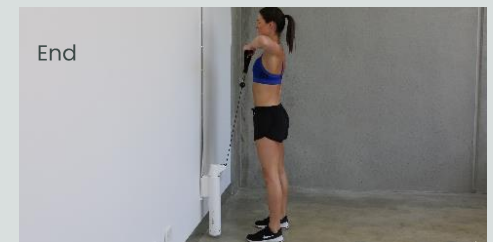
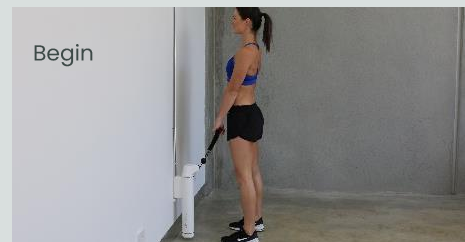
### BENTOVER SHOULDER PRESS



### UPWARD CHEST FLY



### SHOULDER UPRIGHT ROW



### STANDING LOW ROW



### STRAIGHT ARM PUSHDOWN

