

SCULPT 3

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

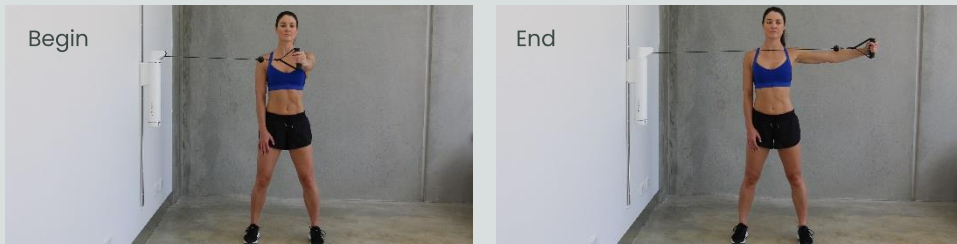
Chest / Back

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

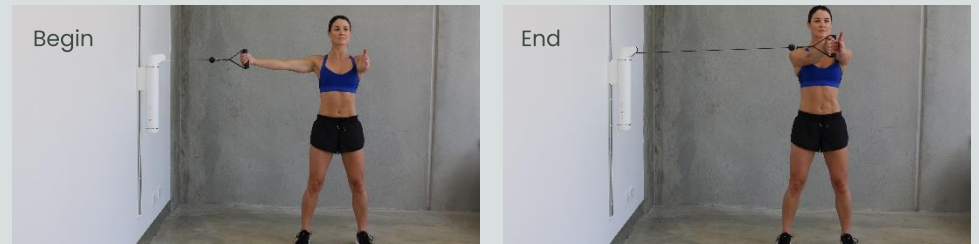
Perform exercise for both sides of the body.

Use handle accessory unless otherwise specified

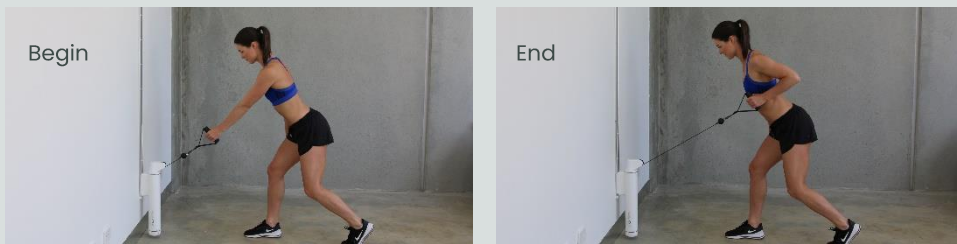
REVERSE FLY



SIDE CHEST FLY



STANDING LOW ROW



UPWARD CHEST PRESS



DOWNWARD CHEST PRESS



KNEELING PULLDOWN

