

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

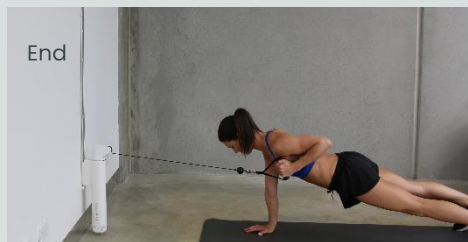
HIGH TO LOW WOODCHOP



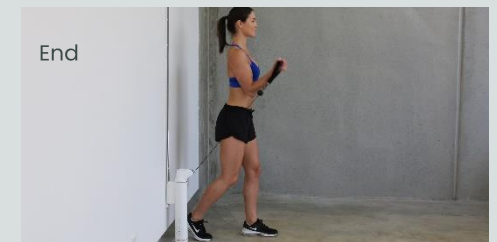
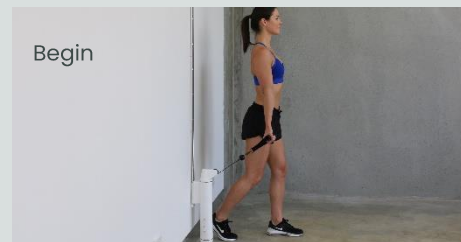
OBLIQUE CRUNCH



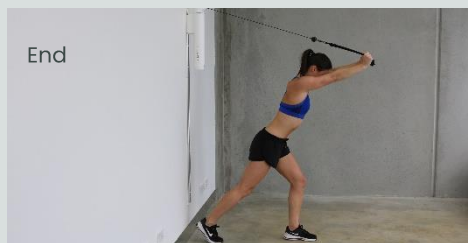
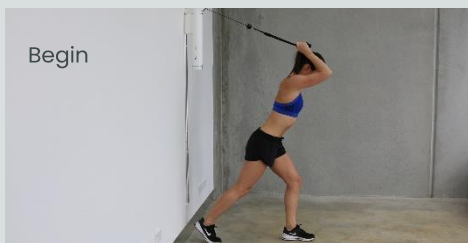
PLANK ROW



BICEP CURL



OVERHEAD TRICEP



ROPE PUSHDOWN

