

SQUATS



LATERAL RAISE



OVERHEAD PRESS



BICEP CURL



REVERSE LUNGE



UPRIGHT ROW



BACK LEG EXTENSIONS



DIAGONAL CHOP (door anchor)



CHEST PRESS (door anchor)



STANDING ROW (door anchor)



BICEP CURL (door anchor)



FLY (door anchor)



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LIVE WELL. MOVE BETTER.™

Always consult with
your physician
before participating
in any physical activity.

Always begin a workout
program with a lower
weight/resistance and
work your way up.