

RESISTANCE

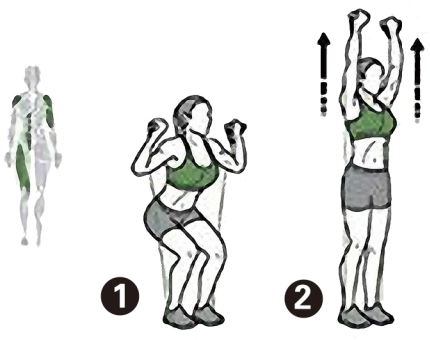
Band Workout



FITBEAST

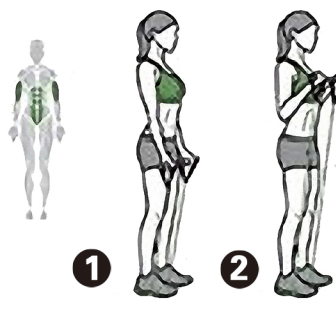
Total Body

Thruster

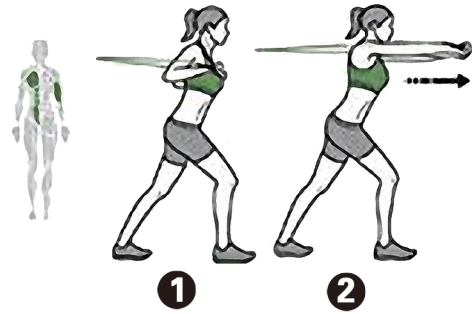


Upper Body

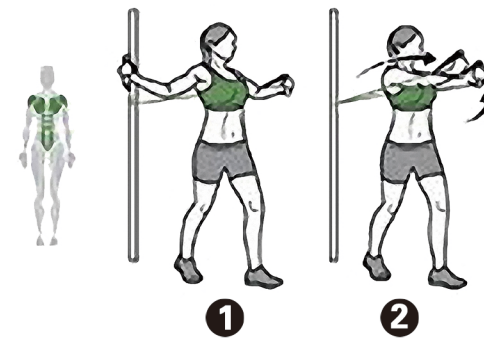
Curl



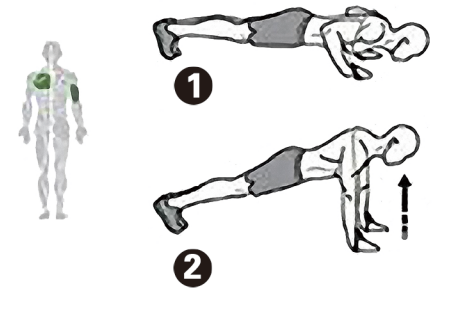
Standing Chest Press



Chest Fly

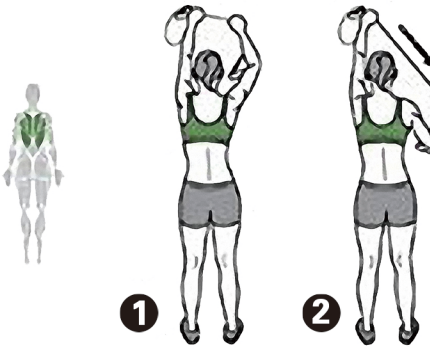


Push-up

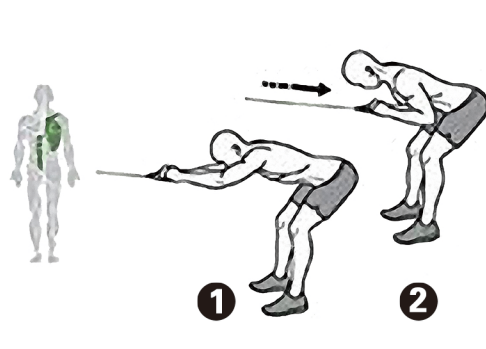


Upper Body

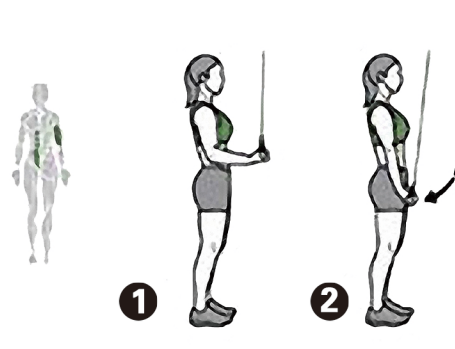
1-Arm Lat Pulldown



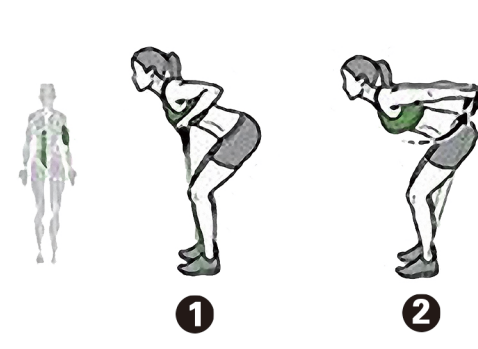
Lat Pulldow



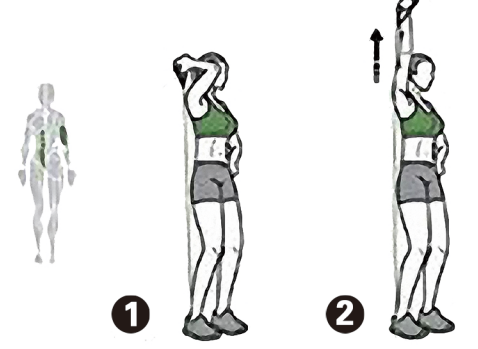
Tricep Pushdown



Tricep Kickback

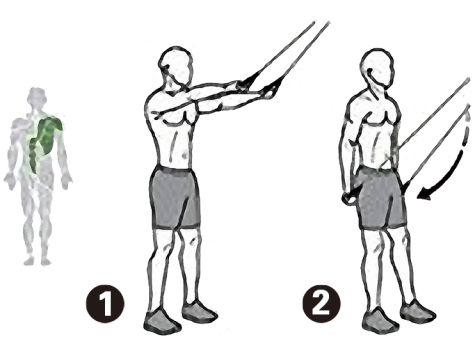


Tricep Extension

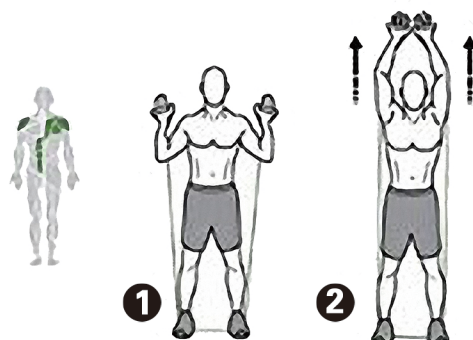


Upper Body

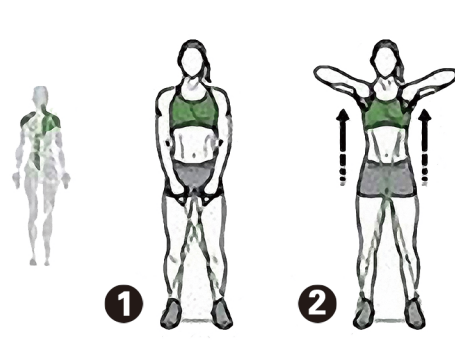
Pulldown



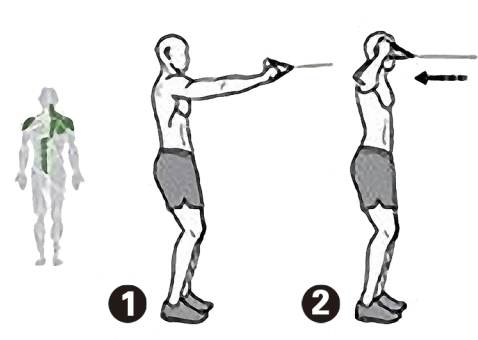
Shoulder Press



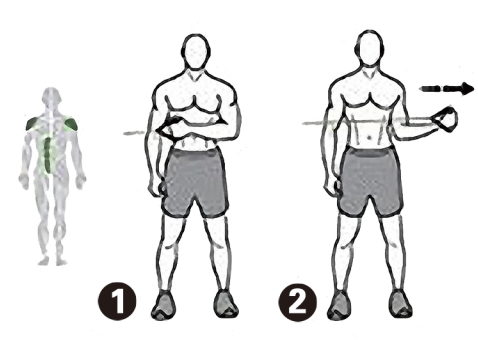
Upright Row



Face Pull

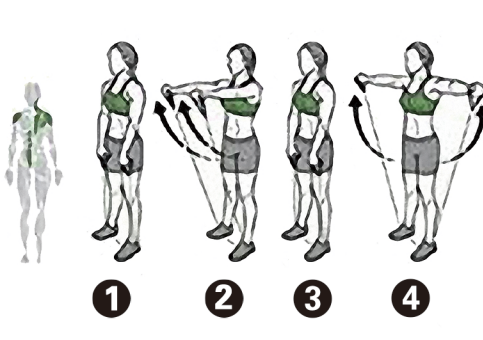


Shoulder Rotation

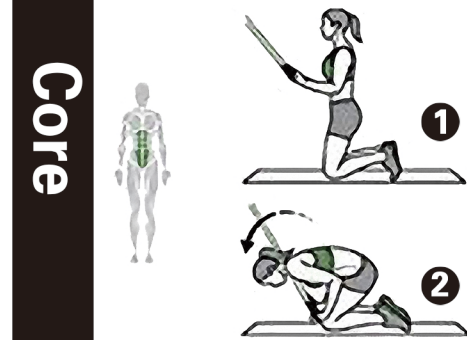


Upper Body

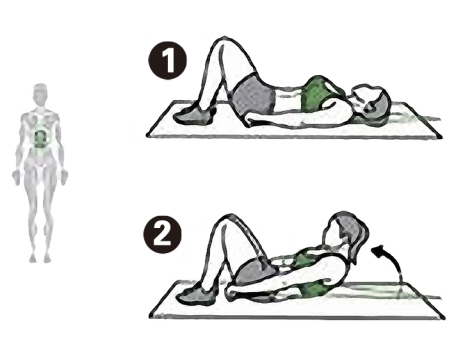
Front/Side Raise



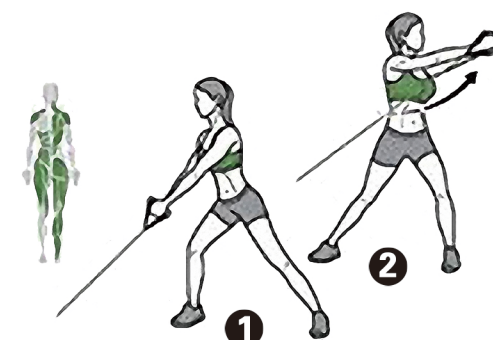
Kneeling Crunch



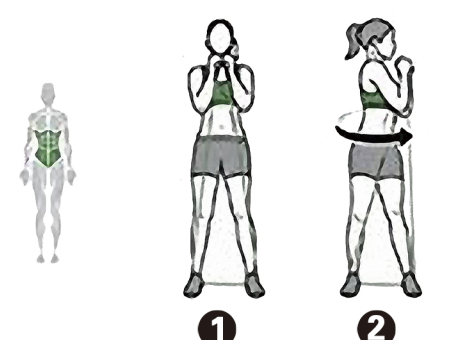
Crunch



Reverse Wood Chop

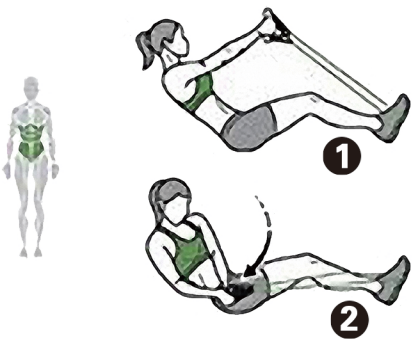


Twist

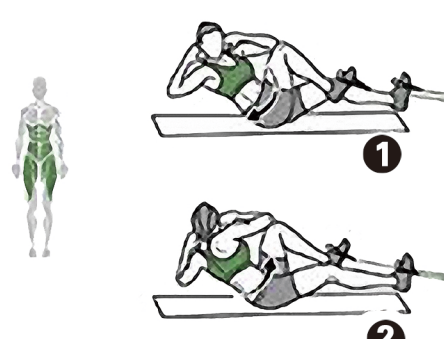


Core

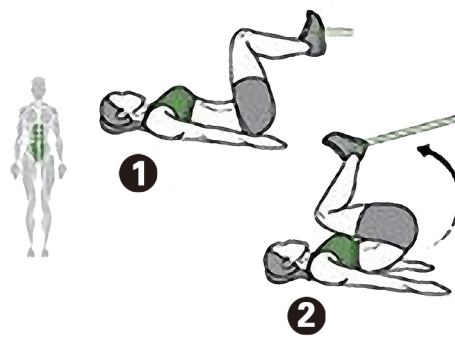
Russian Twist



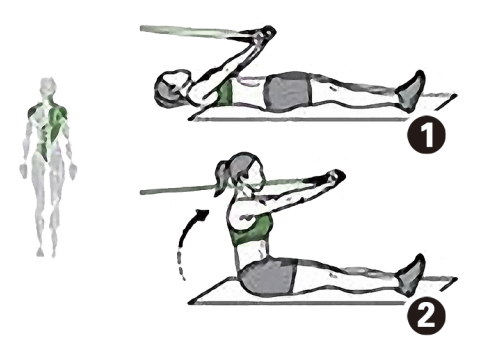
Bicycle



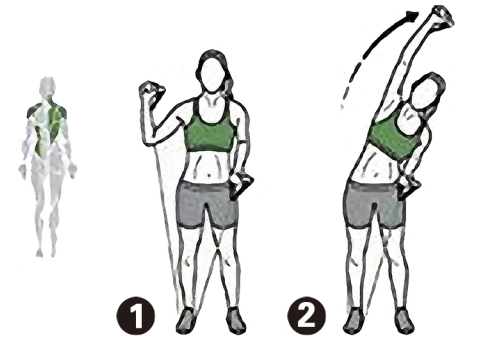
Reverse Crunch



Sit-up

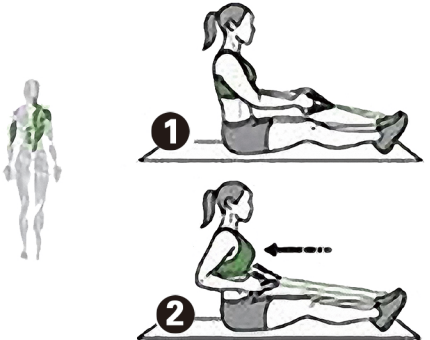


Side Bend

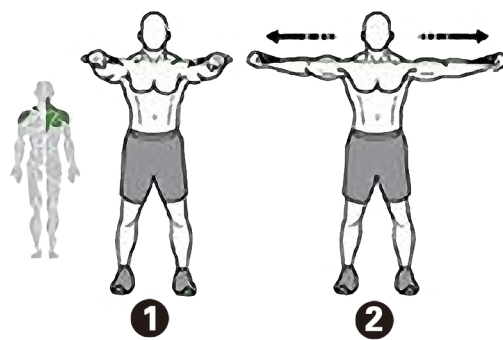


Back

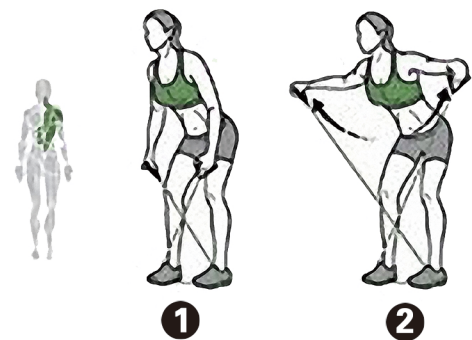
RoW



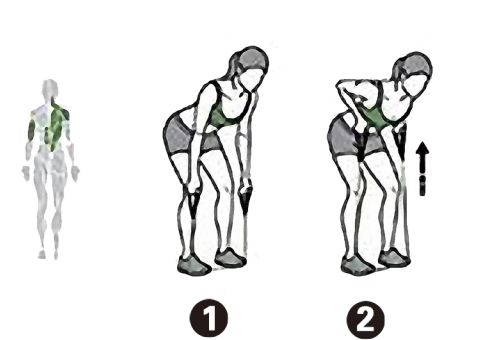
Back Fly



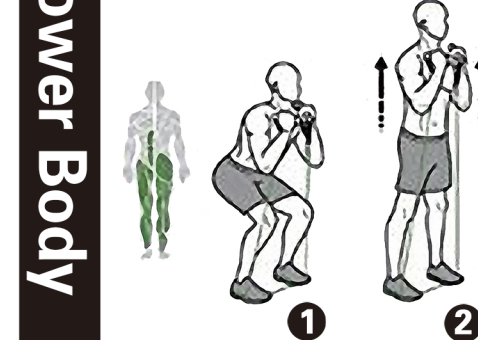
Bent-over Side Raise



Bent-over Row

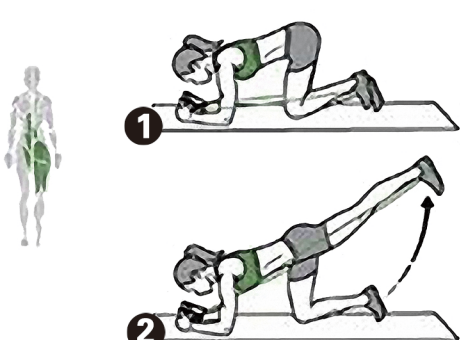


Squat

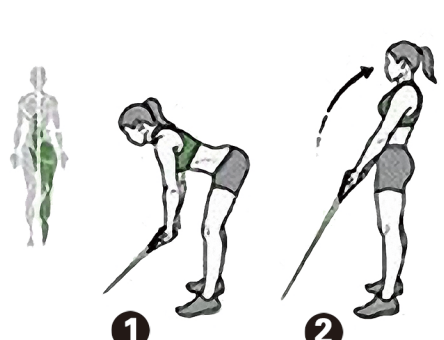


Lower Body

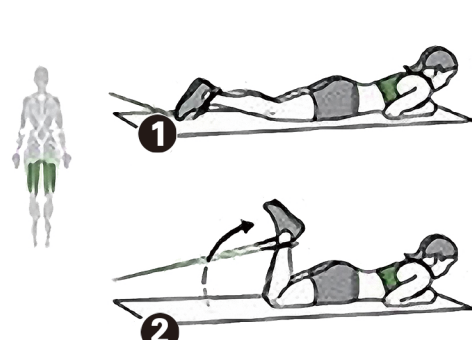
Leg Lift



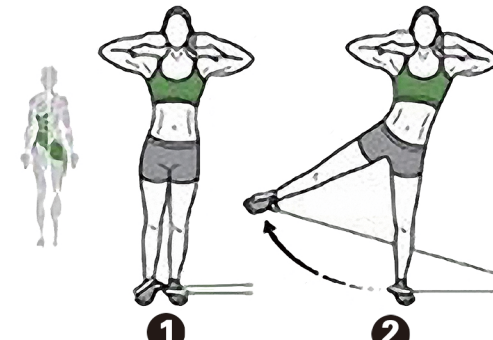
Romanian Dead Lift



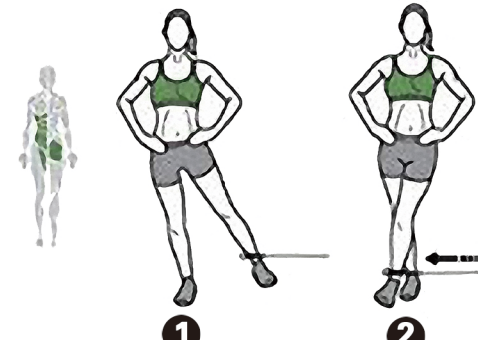
Hamstring Curl



Abduction

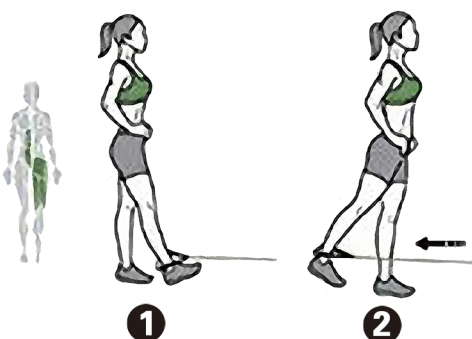


Adduction

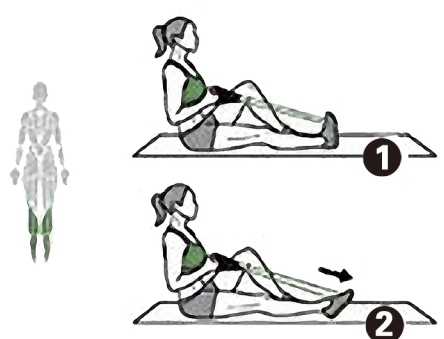


Lower Body

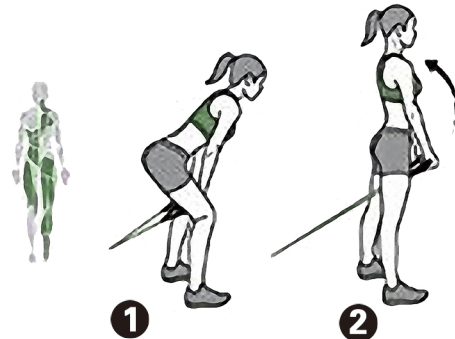
Standing Kickback



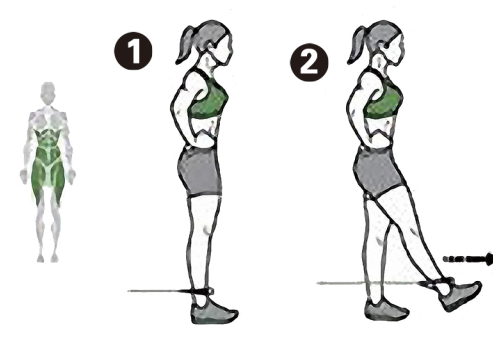
Calf Extension



Pull Through



Hip Flexer



Lunge

