

# FITWOOD®

OF SCANDINAVIA

## TROLLSTIGEN WALL BARS | TRAINING INSTRUCTIONS

STRETCHES



Chest Release



Chest Stretch



Pec Stretch



Back Strech



Back Strech



Leg Stretch

PULL-UPS AND PUSH UPS



Pull-Up (easy)



Push Up



Assisted Pull-Up

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## TROLLSTIGEN WALL BARS | TRAINING INSTRUCTIONS

UPPER BODY EXERCISES



Reverse Fly



Low Cable Row



Active-passive hang

LOWER BODY EXERCISES



One leg step up



Split Squat



Kickback

ABDOMINAL EXERCISES



Reverse Crunch



Crunch



Plank