



B **ODY BENCH**

Live Fit

EXERCISE GUIDE



- ✔ **LIGHTWEIGHT**
- ✔ **DURABLE**
- ✔ **COLLAPSABLE**
- ✔ **PORTABLE**
- ✔ **100+ EXERCISES**
- ✔ **APPROVED AS CARRY-ON LUGGAGE**
- ✔ **DISASSEMBLES IN MINUTES**

The Body Bench weighs 23 pounds and features a 5 gauge steel frame with electrostatic powder coated paint with a padded seat, adjustable 2 position t-bar, leg stabilizer and skid resistant leg caps. It can be easily assembled and disassembled in 2 min for easy storage. With its compact size and portability it can be used in any location including home, outdoors, schools, gyms and offices.

Its patented dual purpose design allows it to be used as a workout bench to support the body's natural weight, or it can also be used as a functional weight providing weight resistance while performing Curls, Squats, Shoulder Press, and Triceps extensions.

THE BODY BENCH FITNESS PROGRAM

The Body Bench Fitness Program is a fundamentally based exercise system that integrates 120 of the most efficient and effective exercises that include Calisthenics, Stretching, Yoga and Cardio for Weight Loss, Strengthening, and Conditioning. Each workout can be performed exclusively on the Body Bench that was specifically designed to accommodate a full body workout without the use of any additional equipment or accessories.

The Body Bench Fitness Program allows you to customize your own personal workout based on your fitness goals by incorporating exercises that are number and color coded for quick reference to target specific muscle groups while creating your personal workout schedule on the Body Bench Weekly Workout Index Chart.

Each personal workout can accommodate 5–min to 60–min full body workout routines with exercises designed for beginners, intermediate and advanced fitness enthusiasts who want a complete workout regardless of limited time or space.



CALESTHENICS



YOGA



CARDIO



STRETCHING



WEIGHTS



PORTABLE

THE BODY BENCH EXERCISES



CALISTHENICS - 43 Basic Exercises



STRETCHING - 31 Basic Stretches



CARDIO - 5 Fundamental Exercises



YOGA - 41 Essential Postures

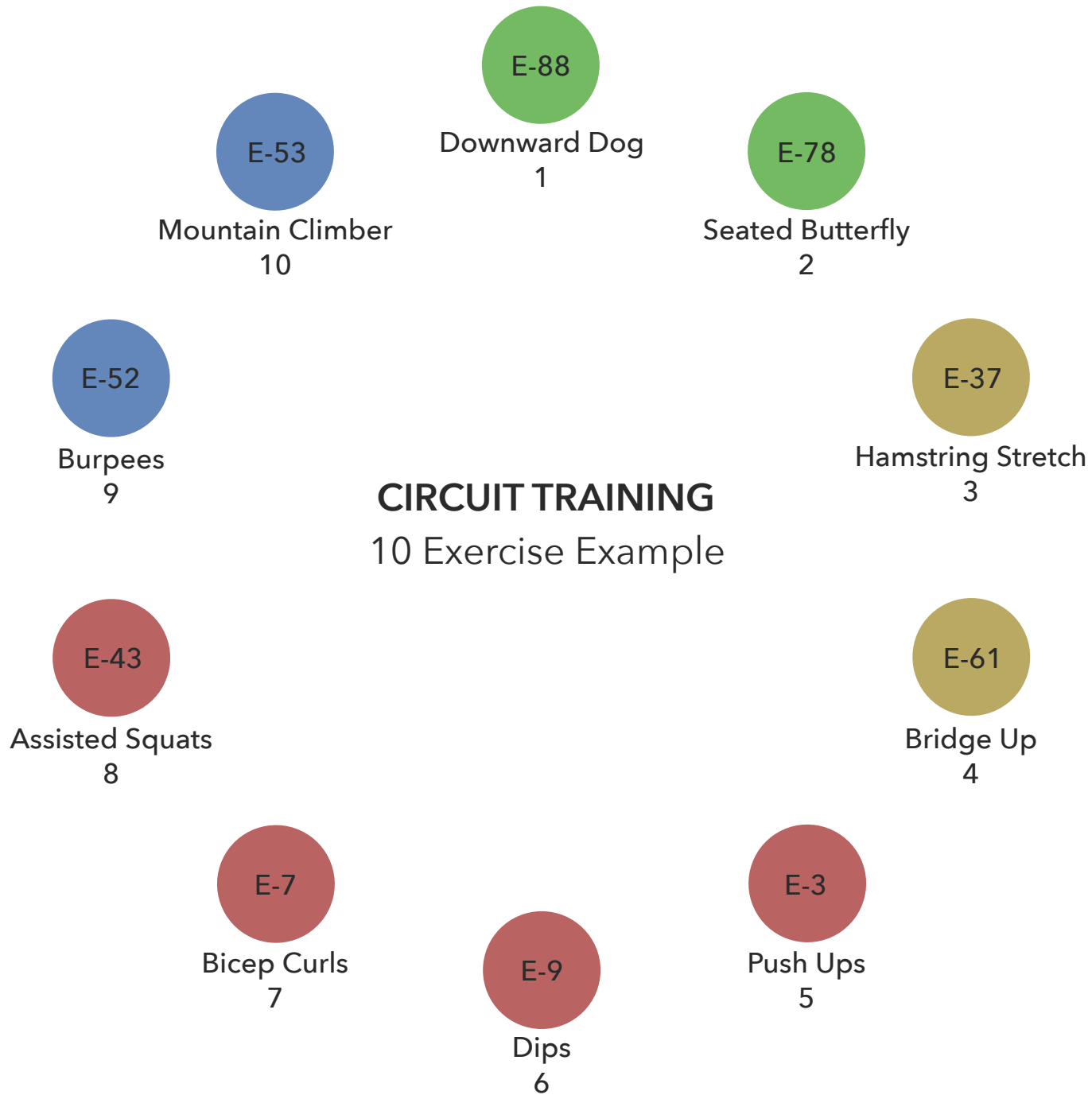
QUICK REFERENCE CHART

WORKOUT	EXERCISE NUMBER
CALISTHENICS	
Chest	E-1 through E-6
Shoulders	E-11 through E-13
Traps	E-14
Back	E-14
Bicep	E-7
Tricep	E-8 through E-10
Abdominals	E-15 through E-30
Quadriceps	E-42 through E-46, E-50
Hamstrings/Glutes	E-31 through E-35
Calves	E-47 through E-49
STRETCHING	
Chest	E-8, E-77, E-79, E-105
Shoulders	E-57 through E-61
Back	E-56 through E-61, E-72, E-73, E-76
Bicep	E-57 through E-61
Tricep	E-74
Abdominals	E-56 through E-61
Quadriceps	E-36, E-38 through E-41, E-62 through E-71, E-78
Hamstrings/Glutes	E-34, E-37, E-75
Calves	E-47 through E-49
CARDIO	
Full Body	E-47 through E-49
Legs	E-54, E-55
YOGA	
Full Body	E-79 through E-120

WEEKLY WORKOUT INDEX CHART

The Weekly Workout Index Chart is a color coded guide to map out daily and weekly workout schedules. A 5-min workout would consist of doing a full circuit of 10 different exercises with the desired number of reps. By increasing the number of circuits performed an individual can complete a full body workout that ranges from 5 min to 60 min depending on the length of time preferred. The example below shows a 5 day schedule.

EXERCISE	SETS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EXERCISE #1	2 SETS	REST	E-3 x 10	E-51 x 25	E-77 (1 min)	E-13 (1 min)	E-3 x 10	REST
EXERCISE #2	2 SETS	REST	E-9 x 10	E-52 x 25	E-57 (1 min)	E-16 (1 min)	E-9 x 10	REST
EXERCISE #3	2 SETS	REST	E-7 x 10	E-53 x 25	E-56 (1 min)	E-2 (1 min)	E-7 x 10	REST
EXERCISE #4	2 SETS	REST	E-13 x 10	E-54 x 25	E-58 (1 min)	E-83 (1 min)	E-13 x 10	REST
EXERCISE #5	2 SETS	REST	E-14 x 10	E-55 x 25	E-74 (1 min)	E-92 (1 min)	E-14 x 10	REST
EXERCISE #6	2 SETS	REST	E-11 x 10	E-51 x 25	E-61 (1 min)	E-4 (1 min)	E-11 x 10	REST
EXERCISE #7	2 SETS	REST	E-28 x 10	E-52 x 25	E-36 (1 min)	E-17 (1 min)	E-28 x 10	REST
EXERCISE #8	2 SETS	REST	E-43 x 10	E-53 x 25	E-34 (1 min)	E-83 (1 min)	E-43 x 10	REST
EXERCISE #9	2 SETS	REST	E-47 x 10	E-54 x 25	E-47 (1 min)	E-24 (1 min)	E-47 x 10	REST
EXERCISE #10	2 SETS	REST	E-52 x 10	E-55 x 25	E-73 (1 min)	E-66 (1 min)	E-52 x 10	REST





E-1 Beginner Push-ups A



E-1 Beginner Push-ups B



E-2 Close Grip Push-ups A



E-2 Close Grip Push-ups B



E-3 Wide Grip Push-ups A



E-3 Wide Grip Push-ups B



E-4 Elevated Push-ups



E-4 Elevated 1 Leg Push-ups



E-5 Spiderman Push-ups



E-6 Hindu Push-ups A



E-6 Hindu Push-ups B



E-6 Hindu Push-ups C



E-7 Bicep Curls



E-8 Tricep Bar Dips



E-9 Tricep Pad Dips



E-10 Beginner Tricep Dips



E-11 Shoulder Press



E-12 Shoulder Push-up A



E-12 Shoulder Push-up B



E-13 Shoulder Shrugs A



E-5 Spiderman Push-ups



E-6 Hindu Push-ups A



E-6 Hindu Push-ups B



E-6 Hindu Push-ups C



E-16 Crunches



E-17 Leg Raises



E-18 Cross Leg Crunches



E-19 Flag Pole



E-20 Plank Knee Extension A



E-20 Plank Knee Extension B



E-20 Plank Knee Extension C



E-20 Plank Knee Extension D



E-21 Plank Push Combo A



E-21 Plank Push Combo B



E-21 Plank Push Combo C



E-21 Plank Push Combo D



E-22 Plank Position



E-23 Elevated Plank Knee A



E-23 Elevated Plank Knee B



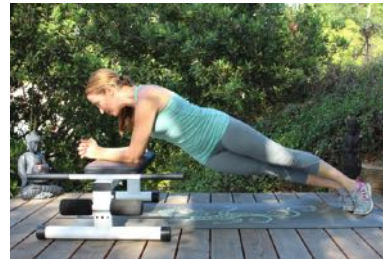
E-24 Side Plank Extension A



E-24 Side Plank Extension B



E-25 Plank Twist A



E-25 Plank Twist B



E-25 Plank Twist C



E-26 Side Crunch A



E-26 Side Crunch B



E-27 Side Sit up A



E-27 Side Sit up B



E-28 Sit up A



E-28 Sit up B



E-29 Hip Swivel A



E-29 Hip Swivel B



E-29 Hip Swivel C



E-30 V up



E-31 Diamond Kick A



E-31 Diamond Kick B



E-32 Pulse Kick



E-33 Kick Back



E-34 Hamstring Stretch A



E-34 Hamstring Stretch B



E-35 Plank Leg Cross Over



E-36 Seated Hip Flexor A



E-36 Seated Hip Flexor B



E-37 Seated Hamstring Stretch



E-38 Single Leg Quad Stretch



E-39 Standing Quad Stretch



E-39 Forward Quad Stretch



E-40 Kneeling Quad Stretch



E-41 Reclining Quad Stretch



E-42 Single Leg Squat A



E-42 Single Leg Squat B



E-43 Assisted Squat A



E-43 Assisted Squat B



E-44 Bench Weighted Squat A



E-44 Bench Weighted Squat B



E-45 Elevated Quad Stretch A



E-45 Elevated Quad Stretch B



E-46 Swivel Hip Lunge A



E-46 Swivel Hip Lunge B



E-46 Swivel Hip Lunge C



E-47 Standing Calf Raise A



E-47 Standing Calf Raise B



E-48 Weighted Calf Raise



E-49 Single Leg Calf Stretch A



E-49 Single Leg Calf Stretch B



E-50 Reverse Bench Squat A



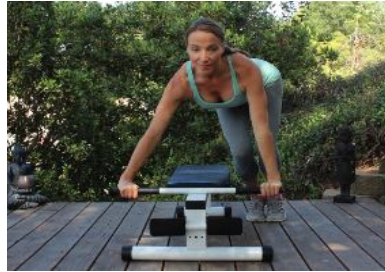
E-50 Reverse Bench Squat B



E-51 Bench Hop A



E-51 Bench Hop B



E-51 Bench Hop C



E-52 Burpee A



E-52 Burpee B



E-52 Burpee C



E-53 Mountain Climber A



E-53 Mountain Climber B



E-53 Mountain Climber C



E-54 Standing Bench Hop A



E-54 Standing Bench Hop B



E-54 Standing Bench Hop C



E-55 Step up Kick Back A



E-55 Step up Kick Back B



E-56 Back Bend



E-57 Bridge Up Bar



E-57 Bridge Up Pad



E-58 Bridge Up Base Bar



E-59 Bridge Up Flat Foot



E-60 Bridge Up Hands Locked



E-60 Bridge Up Double Bar



E-61 Bridge Up Bar Ankle



E-62 Cross Kneeling Bar



E-63 Cross Knee Extension



E-64 Double Knee Stretch



E-65 Frog Leg Stretch



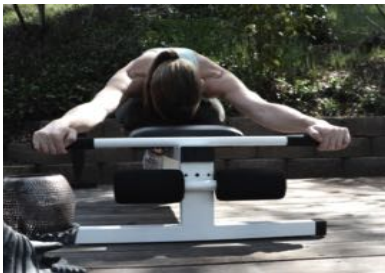
E-66 Hip Stretch A



E-66 Hip Stretch B



E-66 Hip Stretch C



E-67 Kneeling Stretch



E-68 Low Lunge Full



E-68 Low Lunge Pull



E-68 Low Lung Full Extension



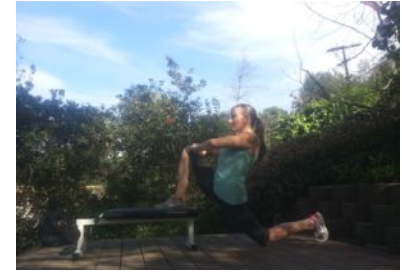
E-68 Low Lunge Raised A



E-69 Low Lunge Raised B



E-70 Quad Stretch



E-71 Raised Hip Flexor



E-72 Seated Stretch



E-72 Seated Stretch



E-73 Seated Split A



E-73 Seated Split B



E-73- Seated Split C



E-73 Seated Split D



E-74 Side Extension



E-75 Single Knee Stretch



E-76 Spinal Swivel A



E-76 Spinal Swivel B



E-76 Spinal Swivel C



E-76 Spinal Swivel



E-77 X-Factor



E-78 Seated Butterfly Stretch



E-79 Bow Posture



E-80 Half Camel Posture



E-81 Camel Posture



E-82 Cow Posture



E-83 Table Posture



E-84 Cat Posture



E-85 Child Posture A



E-85 Child Posture B



E-86 Cobra Posture A



E-86 Elevated Cobra Posture



E-87 Deep Lunge Posture



E-88 Downward Dog



E-88 Downward Dog Extension



E-88 Downward Dog Knee-in



E-89 Flying Cobra A



E-89 Flying Cobra B



E-90 Half Spinal Twist



E-91 Handed Tiger



E-92 Head Stand A



E-92 Head Stand B



E-92 Head Stand C



E-92 Head Stand D



E-93 Prasarita A



E-93 Prasarita B



E-93 Prasarita C



E-93 Prasarita D



E-94 Quad Stretch Archer



E-95 Recline Half Hero



E-96 Seated Forward Bend A



E-96 Seated Forward Bend A



E-97 Seated Forward Bend B



E-98 Seated Posture



E-99 Seated Press Posture



E-100 Spinal Balance Posture



E-101 Supported Plough



E-102 Warrior Posture



E-103 Wheel Barrow



E-104 Forward Split



E-105 Bent Torso Stretch



E-106 Boat Posture



E-107 Crow Posture



E-108 Half Moon Posture



E-109 Half Moon Overhead



E-110 Assisted Handstand



E-111 Scorpion Headstand



E-112 Locust Scorpion



E-113 Shoulder Stand



E-114 Side Split



E-115 Supported Boat Posture



E-116 Supported Quad Stretch



E-117 Triangle Posture



E-118 Wheel Posture



E-119 Single Leg Split



E-120 Half Head Stand