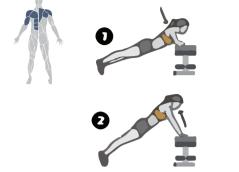


## EXERCISE BENCH WORKOUT

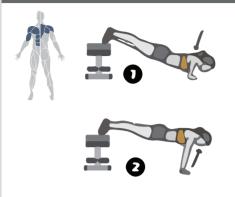
UPPER BODY

UPPER BODY

## **HANDS-ELEVATED PUSHUP**

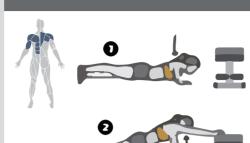




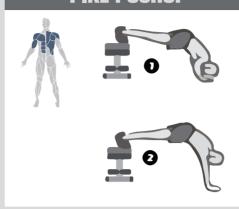


**CHEST FLY** 

FEET-ELEVCATED PUSHUP





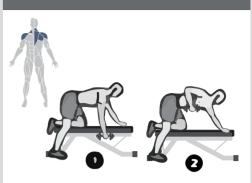




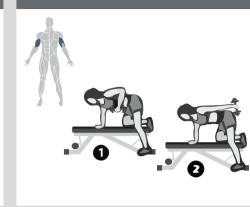
**BENCH DIP** 



**INCLINE PUSHUP** 

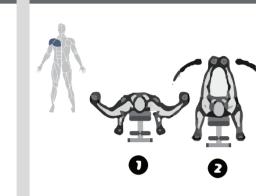


**ONE ARM ROW** 

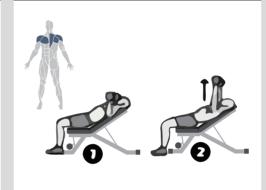


TRICEP KICKBACK



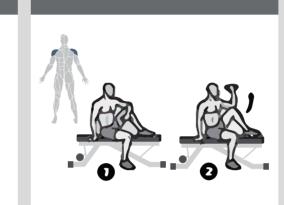


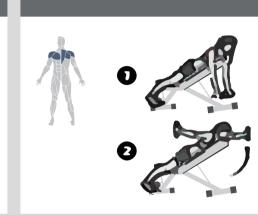
**SKULL CRUSHER** 

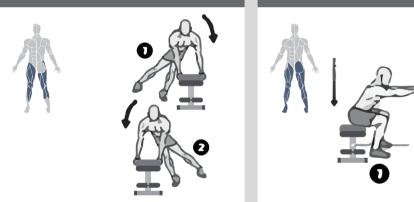


**INCLINE CHEST PRESS** 

LAT PULLOVER







4*BDOMEN* 

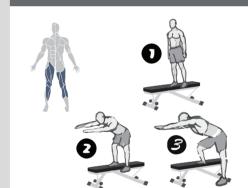
**BENCH SQUAT SINGLE LEG SQUAT** 



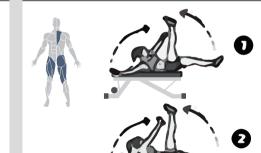
**STEPUP** 



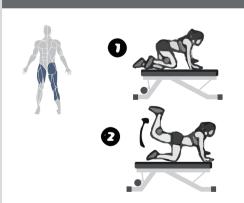
**SINGLE LEG SQUAT** 



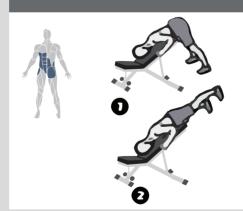
**REVERSE CRUNCH** 



**DONKEY KICKS** 

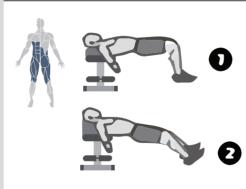


HOULDERS-ELEVATED HIP THRUST

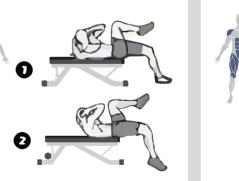


**REVERSE HYPER** 

SHOULDERS-ELEVATED



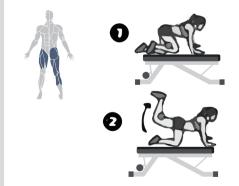
**ELEVATED BICYCLE CRUNCH** 

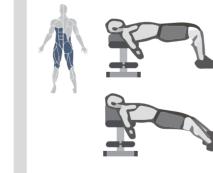


**NATURAL LEG EXTENSION** 



KNEE-IN

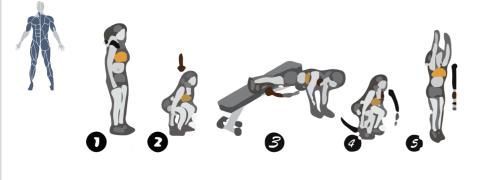




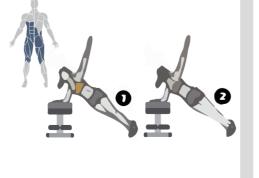
HANDS-ELEVATED **MOUNTAIN CLIMBER** 



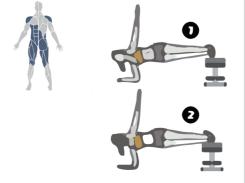
FEET-ELEVATED BURPEE



HANDS-ELEVATED



**FEET-ELEVCATED PUSHUP** 



## **SAFETY PRECAUTION:**

- 1. Before beginning any exercise program, obtain a medical exam and consult your physician. This is especially important for persons over age 35 or persons with preexisting health problems.
- 2. Before using the machine to exercise, always do stretching exercises to properly warm up.
- 3. The weight bench is designed to support a maximum user weight of 330 lbs. (150 kg), and a maximum total weight of 650 lbs. (293 kg)