

UPPER BODY	<b>HANDS-ELEVATED PUSHUP</b> 	<b>FEET-ELEVATED PUSHUP</b> 	<b>BENCH TAP PLYO PUSHUP</b> 	<b>FEET-ELEVATED PIKE PUSHUP</b> 	<b>BENCH DIP</b> 	<b>INCLINE PUSHUP</b> 	<b>ONE ARM ROW</b> 	<b>TRICEP KICKBACK</b> 
	<b>CHEST PRESS</b> 	<b>CHEST FLY</b> 	<b>SKULL CRUSHER</b> 	<b>INCLINE CHEST PRESS</b> 	<b>LAT PULLOVER</b> 	<b>EXTERNAL ROTATION</b> 	<b>INCLINE I RAISE</b> 	<b>INCLINE T RAISE</b> 
LOWER BODY	<b>BENCH JUMP</b> 	<b>BENCH SQUAT</b> 	<b>SINGLE LEG SQUAT</b> 	<b>STEPUP</b> 		<b>BULGARIAN SPLIT SQUAT</b> 	<b>SINGLE LEG SQUAT</b> 	<b>FIFER SCISSOR</b> 
	<b>DONKEY KICKS</b> 	ABDOMEN	<b>REVERSE HYPER</b> 	<b>SHOULDERS-ELEVATED HAMSTRING WALK</b> 	<b>ELEVATED BICYCLE CRUNCH</b> 	<b>NATURAL LEG EXTENSION</b> 	<b>REVERSE CRUNCH</b> 	<b>KNEE-IN</b> 
<b>HANDS-ELEVATED MOUNTAIN CLIMBER</b> 	<b>SHOULDERS-ELEVATED HIP THRUST</b> 		<b>HANDS-ELEVATED SIDE PLANK</b> 	<b>FEET-ELEVATED BURPEE</b> 	<b>FEET-ELEVATED PUSHUP</b> 	<b>SAFETY PRECAUTION:</b> 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)		
<b>TOTAL BODY</b>								