



NOTICE: These workouts should be done with weights on the PC-410 CC, or there is a risk of tipping over.

\*Extra accessories shown in this poster need to be purchased.

—UPPER BODY—

### PULL-UP

### T-BAR ROW

—UPPER BODY—

### BENCH PRESS

### KNEELING LAT PULLDOWN

### LAT PUSHDOWN

### OVERHEAD TRICEPS EXTENSION

—UPPER BODY—

### CHEST PRESS

### MID ROW

### BENT-OVER ROW

### SHOULDER PRESS

—UPPER BODY—

### BENT-OVER LATERAL RAISE

### LOW CROSSOVER

### EXTERNAL ROTATION

### HIGH CROSSOVER

—UPPER BODY—

### FRONT DELT RAISE

### TRICEPS EXTENSION

### CURL

### UPRIGHT ROW

—LOWER BODY—

### SINGLE LEG DEADLIFT

### STANDING CABLE HIP

### LAND MINE SQUAT

### CABLE ROW SQUAT

—CORE—

### CABLE SIDE BEND

### HANGING KNEE RAISE

### AB CRUNCH

### WOOD CHOP