

WEDNESDAY



CHEST PRESS



UNDERHAND GRIP PULLDOWN

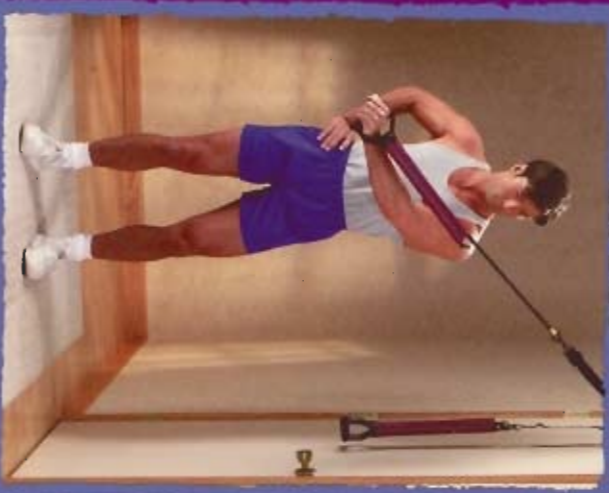


SEATED SHOULDER PRESS



ALTERNATING

FRIDAY



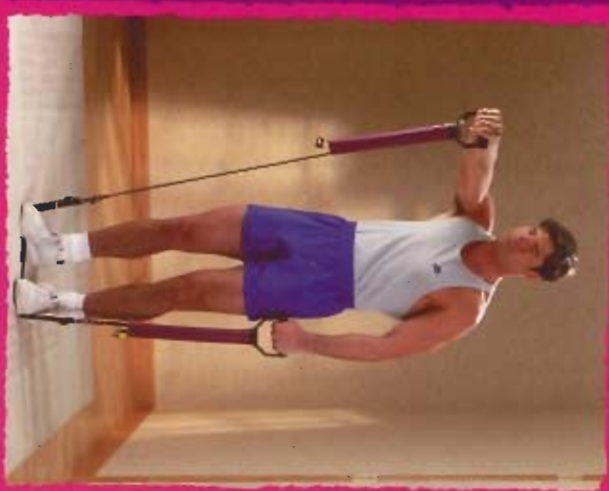
Chest

SINGLE ARM CHEST FLY



Shoulders

STANDING REVERSE FLY



Shoulders

FRONT RAISE



STANDING EXERCISE

Fitness

THE PERSONAL TRAINER FOR

MONDAY

Chest



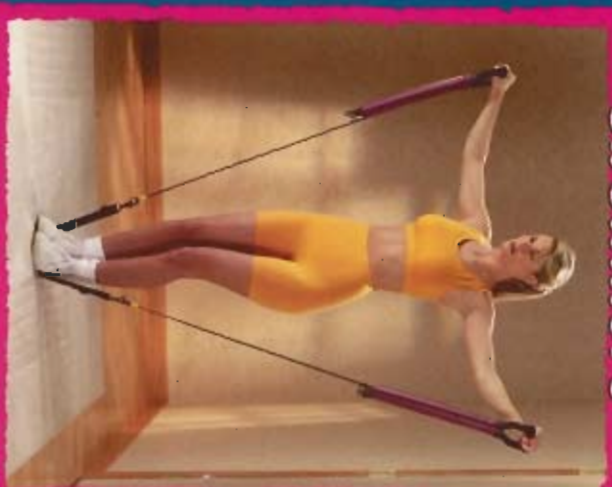
CHEST FLY

Back



FRONT LAT PULDOWN

Shoulders



LATERAL RAISE

Chest



Back



Shoulders



STANDI

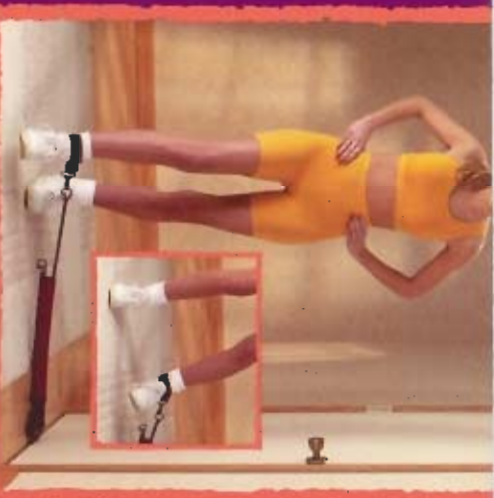




STANDING BICEP CURL



TRICEP PRESS DOWN



HIP ABDUCTION / ADDUCTION



SIDE BEND

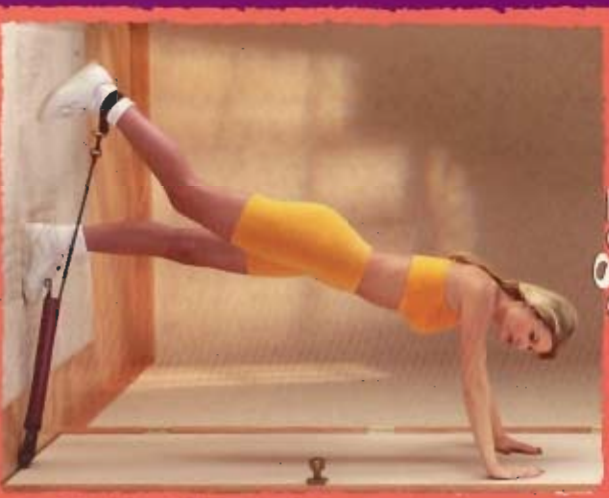


Arms

Arms



TRICEP KICKBACK



HIP EXTENSION



Abdominals

KNEELING ABDOMINAL CRUNCH

STANDING ARM CURL

EVERY BODY

NordicTrack™

By **NordicTrack**

Arms



BICEP CURL

Arms



OVERHEAD TRICEP EXTENSION

Legs



FRONT SQUAT

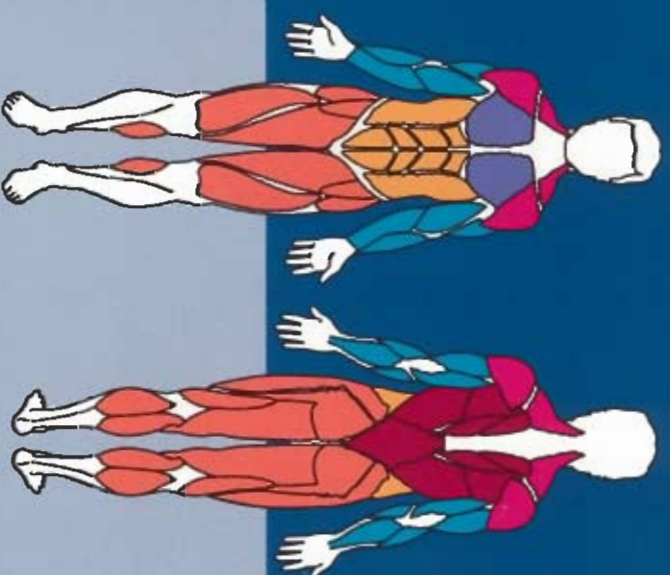
Arms



Arms



Legs



CHEST

BACK

SHOULDERS

ARMS

LEGS

ABDOMINALS

EVERY SESSION

Abdominal exercises should be performed with every workout session.

Abdominals

