



WORKOUT #1 | Superset

Opposite Muscles Groups. 2-3 sets (10-15 reps)

1 FREEMOTION SEATED CHEST PRESS



- Seated
- Feet Flat
- Strong Core
- Ears Over Shoulders
- Palms Down
- Push Forward

2-3 sets | 10-15 reps

2 FREEMOTION STANDING CABLE ROW



- Squat Stance
- Strong Core
- Shoulders Back & Down
- Palms In
- Pull Back

3 NAUTILUS LEG EXTENSION



- Seated
- Knees Lined Up With Axis
- Back Flat
- Strong Core
- Ears Over Shoulders
- Extend Knees

2-3 sets | 10-15 reps

4 NAUTILUS LEG CURLS



- Seated
- Strong Core
- Ears Over Shoulders
- Knees Lined Up With Axis
- Back Flat
- Bend Knees

5 FREEMOTION SHOULDER PRESS



- Seated
- Feet Flat
- Strong Core
- Ears Over Shoulders
- Palms Forward
- Push Up

2-3 sets | 10-15 reps

6 FREEMOTION PULLDOWN



- Seated
- Feet Flat
- Tall Spine
- Ears Over Shoulders
- Palms In
- Pull Down

7 FREEMOTION AB CRUNCH



- Stand Tall
- Shoulders Back & Down
- Hands On Pecs
- Elbows In
- Bend Forward

2-3 sets | 10-15 reps

8 SUPERMAN



- Lie On Floor
- Face Down
- Stretch Wall To Wall
- Chin Tucked
- Straight Elbows & Knees
- Raise Legs & Arms