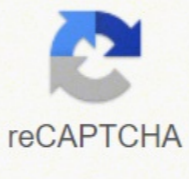




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MP-3500
Home gym
EXERCISE CHART

ABDOMINAL CRUNCH
Target: Abdominal muscles
Description: Sit on the machine with feet flat on the floor. Pull the handle towards your chest and hold for a few seconds before releasing.

BICEPS CURL
Target: Biceps
Description: Stand with feet shoulder-width apart. Curl the handle upwards towards your shoulders.

BICEPS PULLDOWN
Target: Biceps
Description: Sit on the machine with feet flat on the floor. Pull the handle down towards your chest.

BICEPS EXTENSION
Target: Biceps
Description: Sit on the machine with feet flat on the floor. Push the handle down towards your feet.

BICEPS PULLEY ROW
Target: Biceps
Description: Sit on the machine with feet flat on the floor. Pull the handle towards your chest.

BICEPS PRESS
Target: Biceps
Description: Sit on the machine with feet flat on the floor. Push the handle up towards your chest.

BICEPS PULL DOWN
Target: Biceps
Description: Sit on the machine with feet flat on the floor. Pull the handle down towards your chest.

BICEPS EXTENSION
Target: Biceps
Description: Sit on the machine with feet flat on the floor. Push the handle down towards your feet.

SHOULDER PRESS
Target: Shoulders
Description: Sit on the machine with feet flat on the floor. Push the handle up towards your chest.

SHOULDER PRESS
Target: Shoulders
Description: Sit on the machine with feet flat on the floor. Push the handle up towards your chest.

SHOULDER PRESS
Target: Shoulders
Description: Sit on the machine with feet flat on the floor. Push the handle up towards your chest.

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MUSCLE REFERENCE GUIDE

workoutscheduler.net

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WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	BUNGS Plyo ~30 mins	SHOULDERS - LIFT INTERVALS lift4 ~31 mins	DAY OFF	LEGS - LIFT 56/50 lift4 ~39 mins	BACK/TRICEPS - LIFT 56/50 lift4 ~36 mins	SCULPT Plyo ~30 mins	DAY OFF
WEEK 2	BUNGS Plyo ~30 mins	CHEST/TRICEPS - CIRCUIT lift4 ~39 mins	DAY OFF	LEGS - LIFT 56/50 lift4 ~39 mins	SHOULDERS - LIFT INTERVALS lift4 ~31 mins	SCULPT Plyo ~30 mins	DAY OFF
WEEK 3	LEGS - LIFT 56/50 lift4 ~39 mins	SHOULDERS - LIFT INTERVALS lift4 ~31 mins	DAY OFF	BUNGS Plyo ~30 mins	CHEST/TRICEPS - LIFT 56/50 lift4 ~39 mins	SCULPT Plyo ~30 mins	DAY OFF
WEEK 4	BUNGS Plyo ~30 mins	CHEST/TRICEPS - CIRCUIT lift4 ~39 mins	DAY OFF	LEGS - LIFT 56/50 lift4 ~39 mins	SHOULDERS/ARMS CIRCUIT lift4 ~35 mins	FULL BODY HIT lift4 ~32 mins	DAY OFF
WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 5	LEGS - LIFT 56/50 lift4 ~39 mins	CHEST/TRICEPS - LIFT 56/50 lift4 ~39 mins	DAY OFF	BUNGS Plyo ~30 mins	CHEST/TRICEPS - CIRCUIT lift4 ~39 mins	SCULPT Plyo ~30 mins	DAY OFF
WEEK 6	LIFTS STRETCH lift4 ~9 mins	SHOULDER Plyo ~45 mins	DAY OFF	LIFTS ROLL & RECOVER lift4 ~10 mins	LEGS - HIT lift4 ~28 mins	LIFTS STRETCH lift4 ~9 mins	DAY OFF
WEEK 7	LEGS - LIFT 56/50 lift4 ~39 mins	DEFINE: UPPER BODY Plyo ~35 mins	DAY OFF	DEFINE: LOWER BODY Plyo ~25 mins	CHEST/BACK - CIRCUIT lift4 ~37 mins	STRENGTH INTERVALS Plyo ~25 mins	DAY OFF
WEEK 8	LEGS - LIFT 56/50 lift4 ~39 mins	BACK/TRICEPS - CIRCUIT lift4 ~35 mins	DAY OFF	DEFINE: LOWER BODY Plyo ~25 mins	SHOULDERS - LIFT INTERVALS lift4 ~31 mins	FULL BODY HIT lift4 ~32 mins	DAY OFF

WORKOUT ARCHIVES
SITEMAP
WS
PRIVACY POLICY
FEEDBACK SUBMISSION

1/1
Monthly goal

♥ GOAL

♥ STEPS TO TAKE

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....

♥ SMALL GOALS

♥ WEEK 1

♥ WEEK 2

♥ WEEK 3

♥ WEEK 4

I DESERVE TO BE THE BEST ME I CAN BE

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