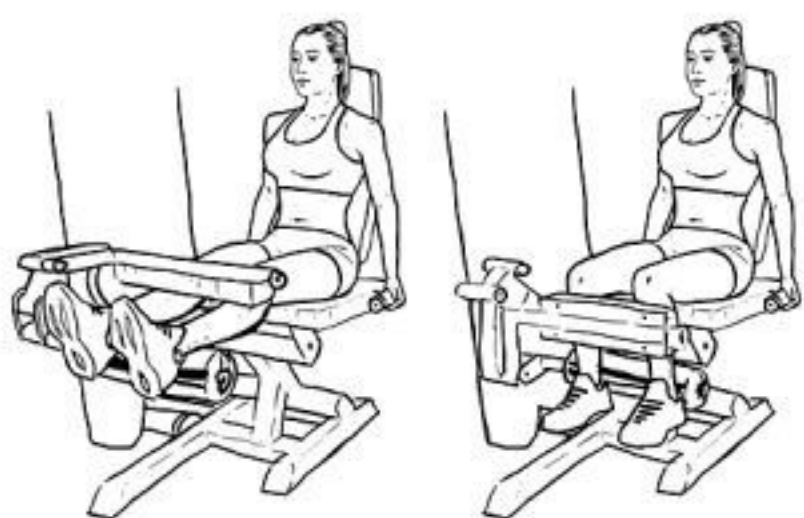
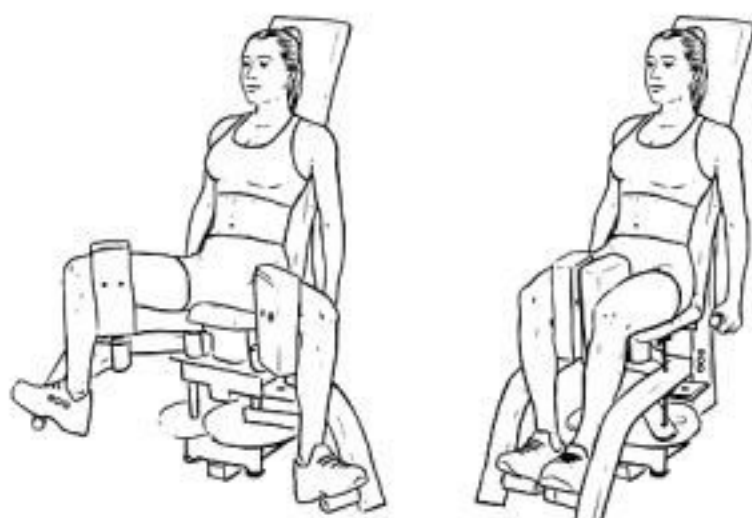


PRINTABLE WORKOUT

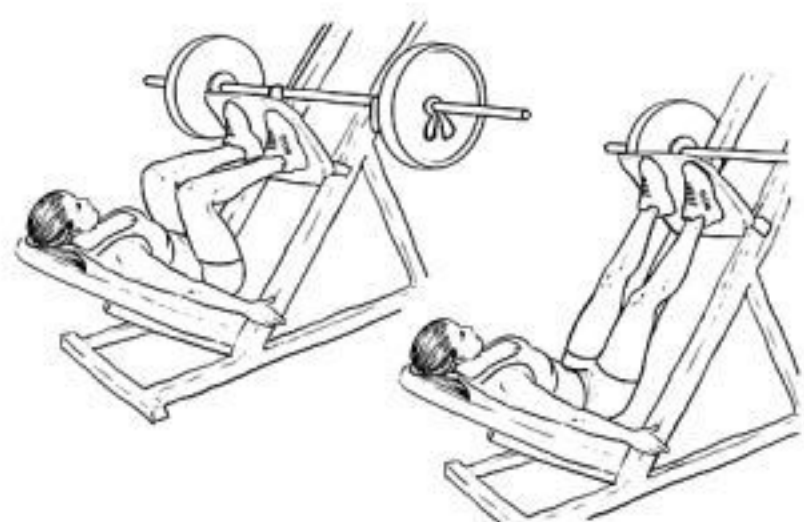
Full Body Workout



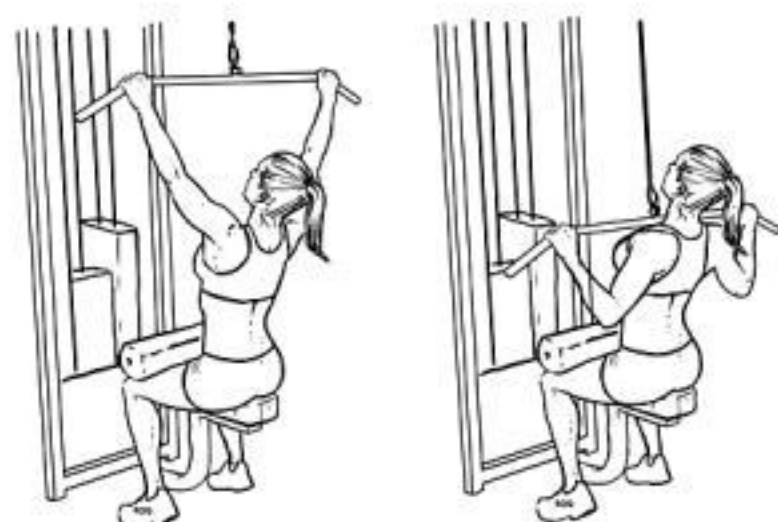
Seated Leg Curls
3 sets / 12 reps



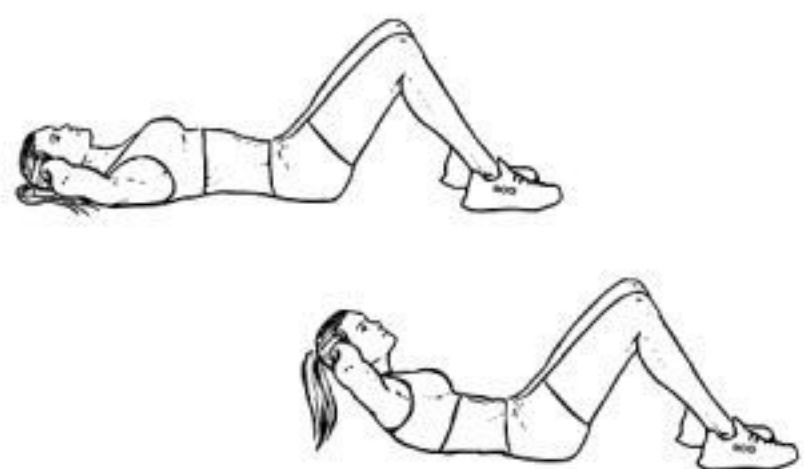
Adductor / Inner Thigh
Machine
3 sets / 12 reps



Leg Press / Machine Squat
Press
2 sets / 20 reps



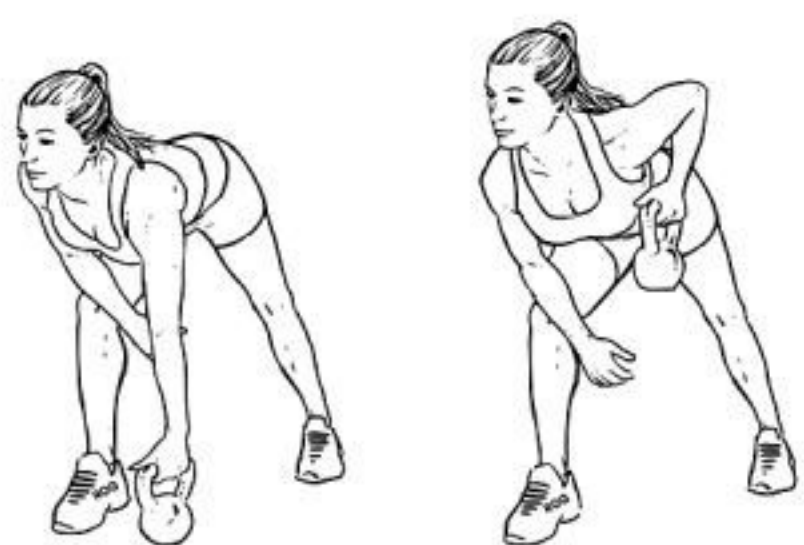
Wide-Grip Lat Pulldown
3 sets / 10 reps



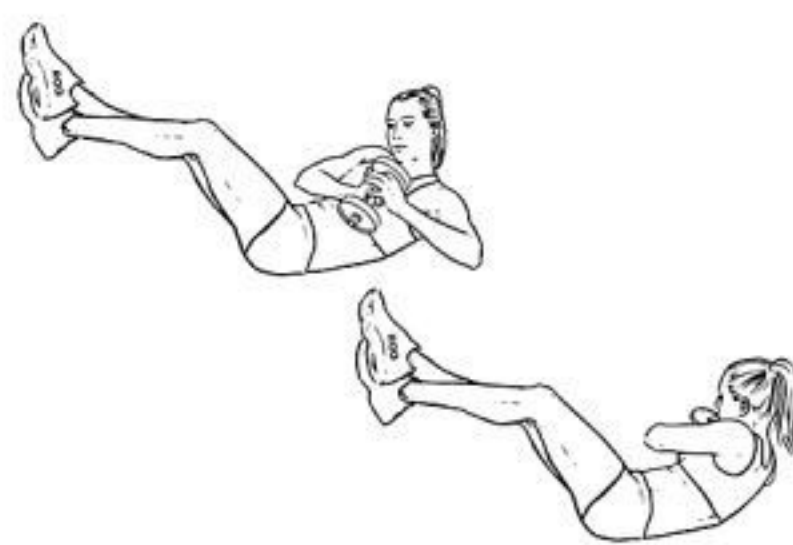
Crunches
2 sets / 12 reps



Fire Hydrants / Abductor
Knee Raise
2 sets / 15 reps



One-Arm Kettlebell Row
2 sets / 12 reps



Weighted / Russian Twist
2 sets / 12 reps