

TOTAL BODY HOME GYM WORKOUT

SHOULDER	SHRUG	SQUAT AND OVERHEAD PRESS - HANDLES	SHOULDER PRESS	SHOULDER PRESS - HANDLES	LUNGE WITH OVERHEAD PRESS	SEATED ROW - HANDLES	UPRIGHT ROW - HANDLES	FACE PULL
SHOULDER	SHOULDER ROTATION	BENT-OVER SIDE RAISE	FRONT/SIDE RAISE	FRONT RAISE	ARCHER	UPPER ARM	TRICEP EXTENSION - HANDLES	TRICEP EXTENSION
UPPER ARM	TRICEP KICKBACK	TRICEP KICKBACK - HANDLES	TRICEP PUSHDOWN	PULLDOWN	BICEP CURL - HANDLES	BICEP CURL - DOOR	BICEL CURL	LOWER ARM
LOWER ARM	REVERSE CURL - DOOR	CHEST	STANDING CHEST PRESS	STANDING PRESS	BACK FLY	BENCH PRESS	CLOSE GRIP PRESS	CHEST FLY
BACK	1-ARM LAT PULLDOWN	LAT PULLDOWN	REAR PULL-DOWN	PULLDOWN	ROW	BENT - OVER ROW - HANDLES	PERFORM WORKOUT AS FOLLOWS: 1. Select 1-2 exercises per body part. 2. Perform the appropriate rep and set range for your goal.	

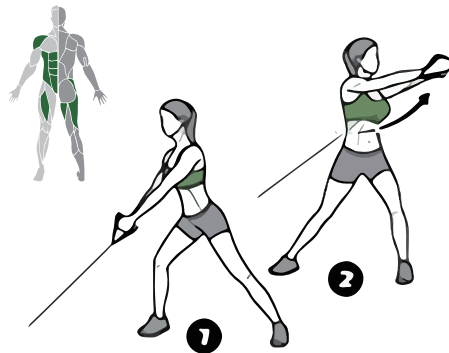
REPS 8-20
SETS 1-4
REPETITIONS SETS

FITNESS LEVEL	REPITITIONS	SETS
Beginner	8-10 REPS	1-3 SETS
Intermediate	12-15 REPS	2-4 SETS
Advanced	15-20 REPS	1-3 SETS

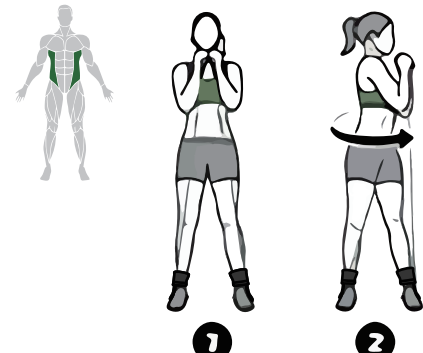
TOTAL BODY HOME GYM WORKOUT

LATERAL ABDOMEN

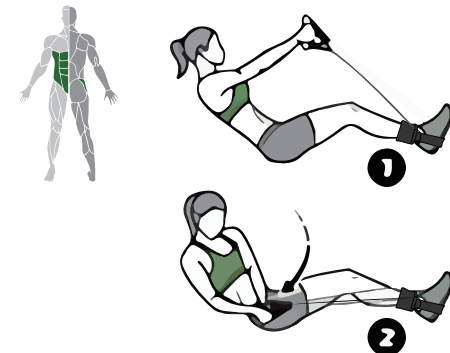
REVERSE WOOD CHOP



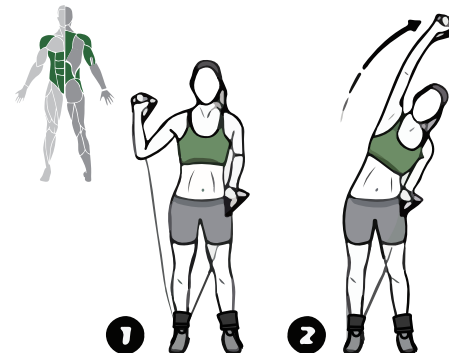
TWIST



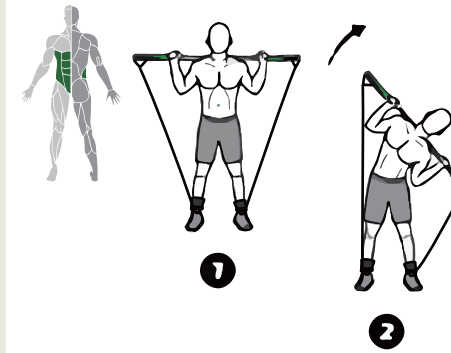
ASSISTED RUSSIAN TWIST



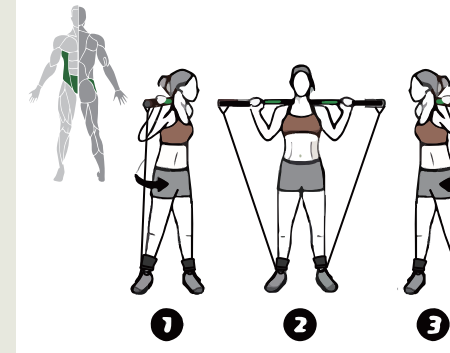
SIDE BEND - HANDLES



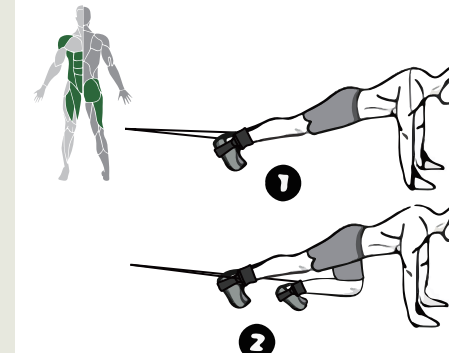
SIDE BEND



TORSO ROTATION

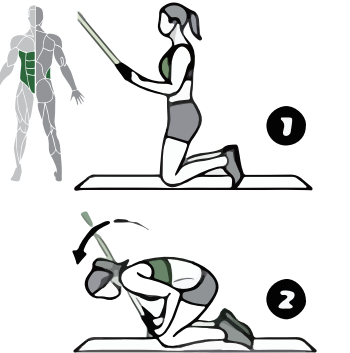


MOUNTAIN CLIMBER



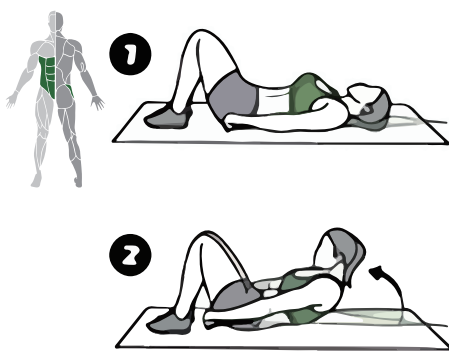
ABDOMEN

KNEELING CRUNCH

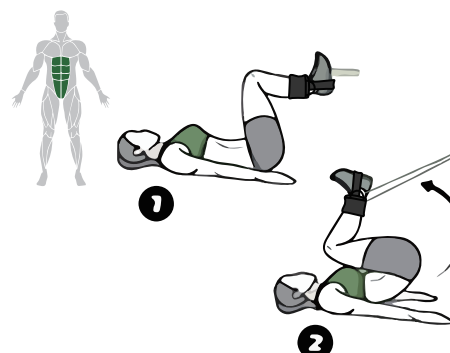


ABDOMEN

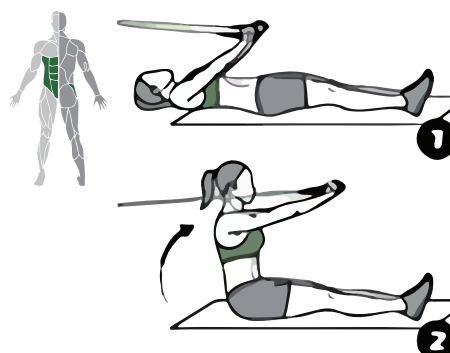
CRUNCH



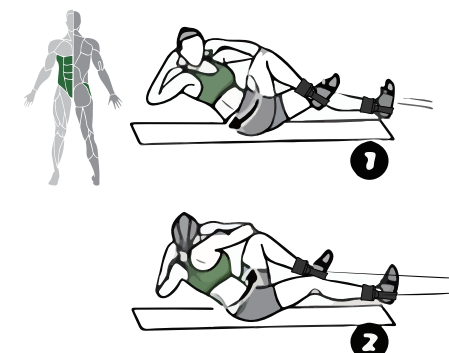
REVERSE CRUNCH



SIT-UP

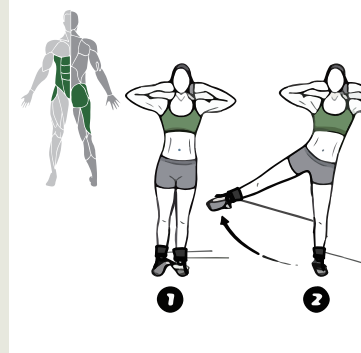


BICYCLE

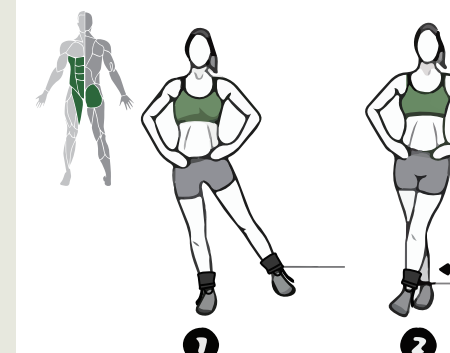


GLUTES

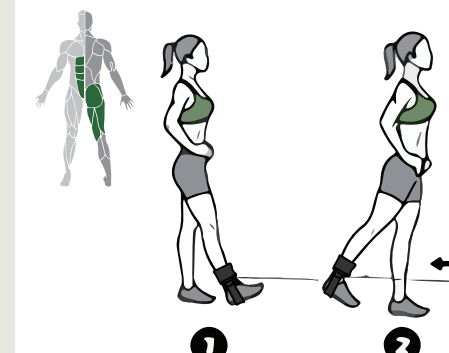
ABDUCTION - 2



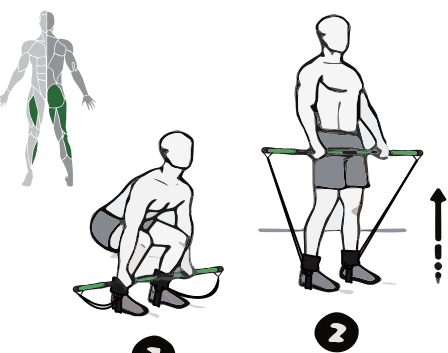
ABDUCTION - 1



STANDING KICKBACK

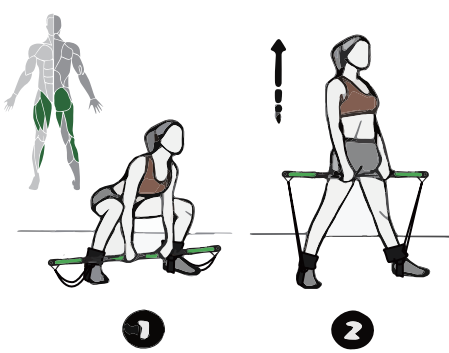


DEADLIFT

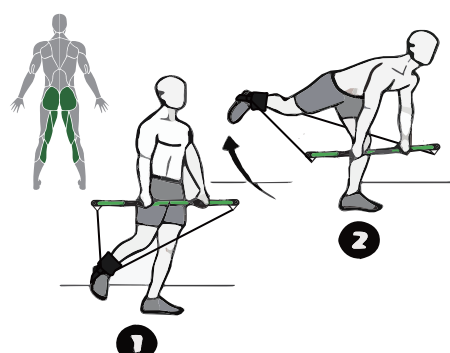


GLUTES

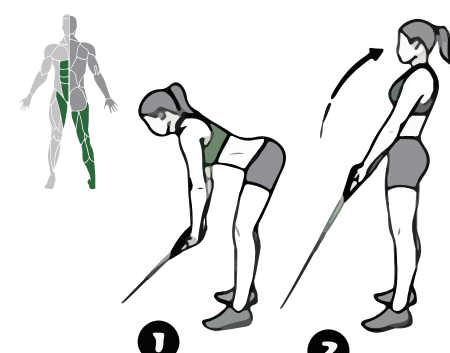
SUMO DEADLIFT



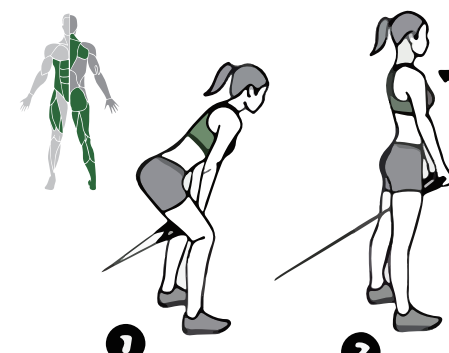
SINGLE LEG DEADLIFT



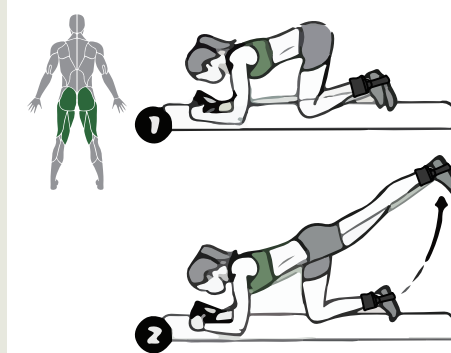
ROMANIAN DEADLIFT



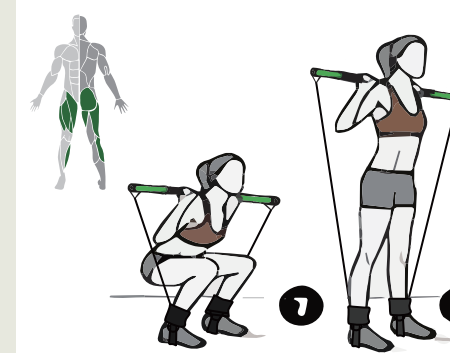
PULL THROUGH



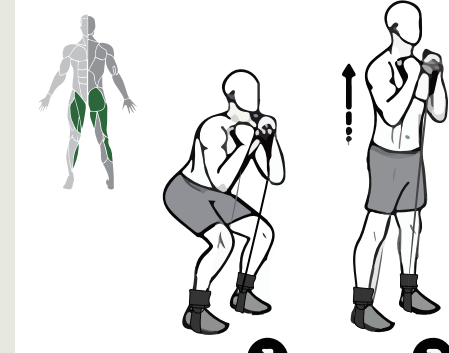
LEG LIFT



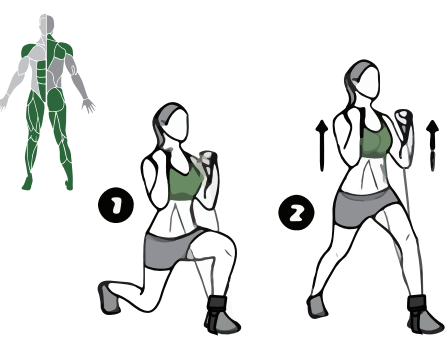
SQUAT



SQUAT - HANDLES

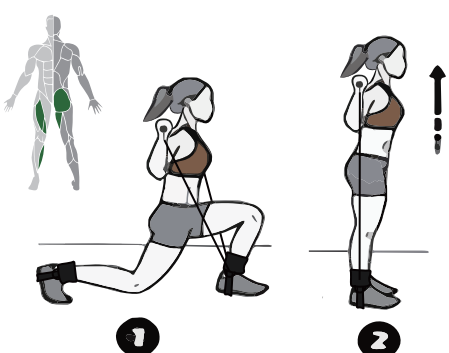


LUNGE - HANDLES



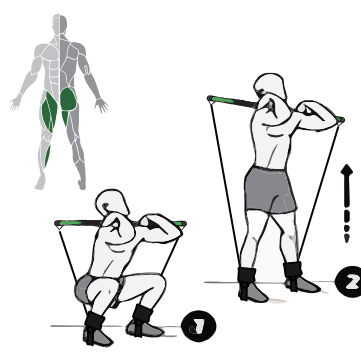
GLUTES

LUNGE

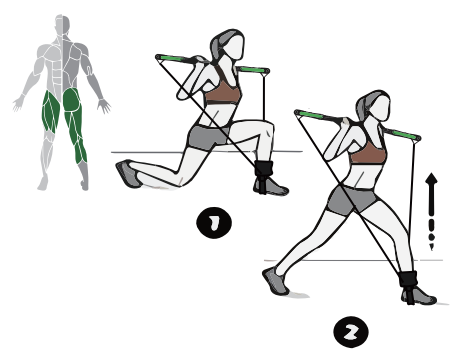


QUADRICEPS

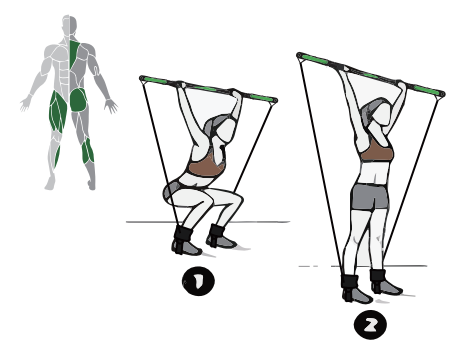
FRONT LOADED SQUAT



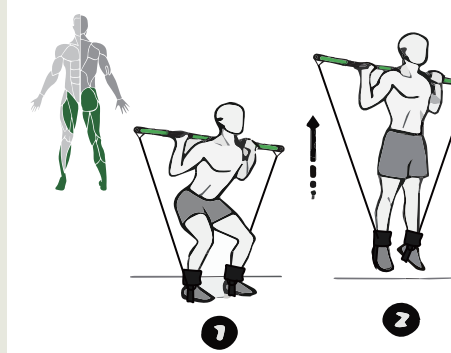
SPLIT SQUAT



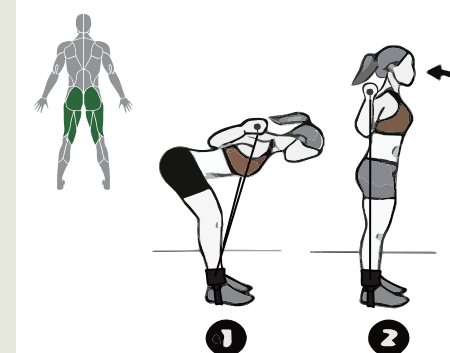
OVERHEAD SQUAT



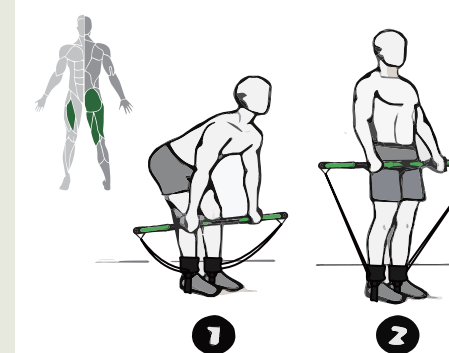
JUMP SQUAT



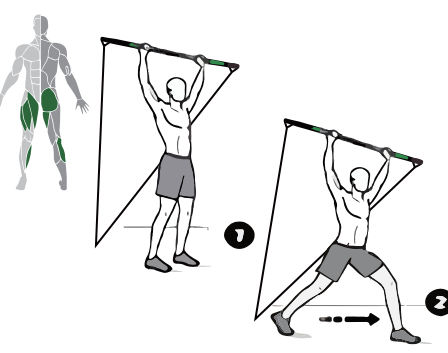
GOOD MORNING



STRAIGHT LEG DEADLIFT

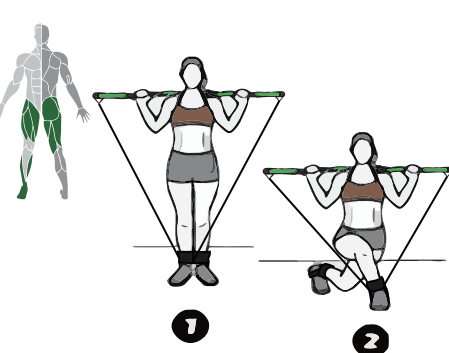


OVERHEAD FORWARD LUNGE

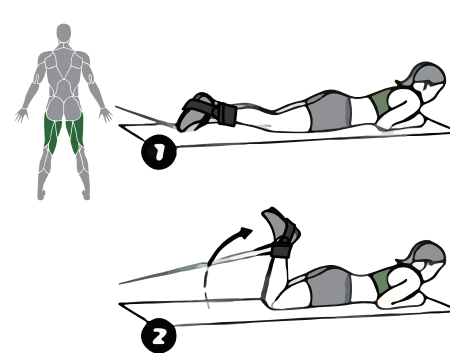


QUADRICEPS

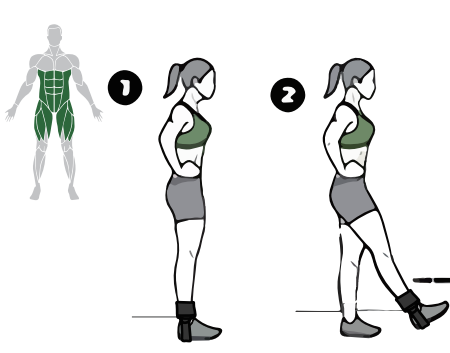
CURTSEY LUNGE



HAMSTRING CURL

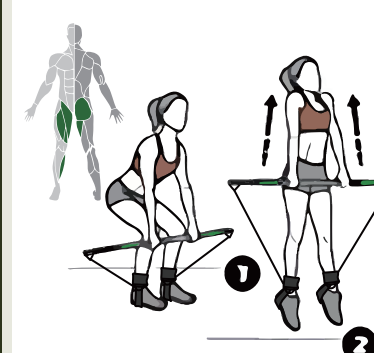


FRONT LEG LIFT

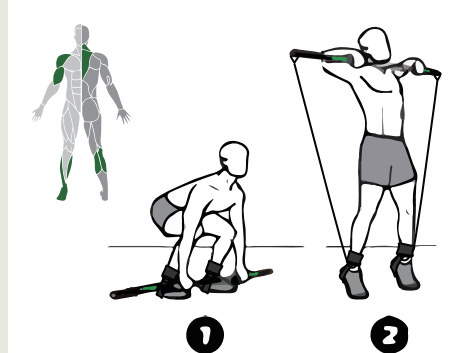


TOTAL BODY

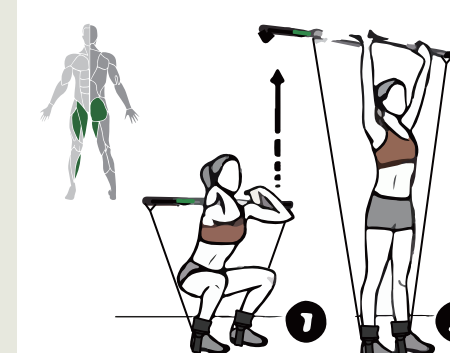
JUMP SHRUG



HIGH PULL



FRONT SQUAT PRESS



PERFORM WORKOUT AS FOLLOWS:

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Beginner	8-10 REPS	1-3 SETS
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**REPS
SETS**

8-20
REPETITIONS

1-4
SETS