

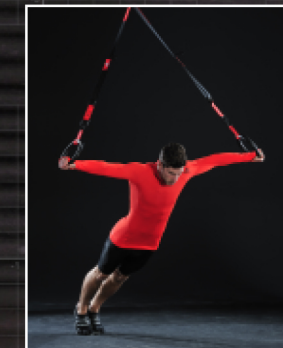
Art.-Nr.: 11 232 9707  
workout chart  
36zero trainer



bicep curl



hammer curl



fly



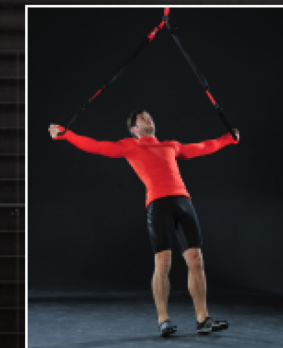
tricep extention



single arm pull with rotation



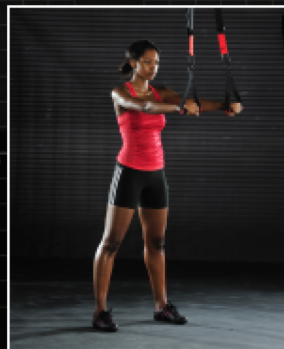
lat pull down



rear deltoid fly



rhomboid pull



front squat



one leg forward lunge



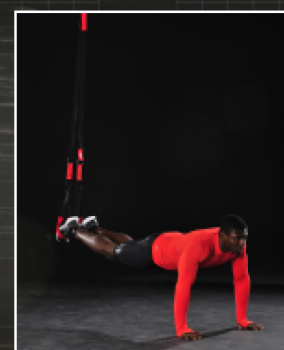
pistol squat



pike



squat with alternating knee raise



mountain climbers



crunches



suspended push up