

EXERCISES FULL BODY



THRUSTER



ALTERNATE
HAMMER PRESS



LUNGE-CHEST
PRESS

EXERCISES UPPER BODY



SHOULDER PRESS



ALTERNATE
CHESS PRESS



RESISTANCE
PUSH-UP



TRICEPS
PUSHDOWN



FRONTAL TRICEPS
EXTENSION



OVER HEAD TRICEPS
EXTENSION

EXERCISES UPPER BODY



ALTERNATE
SHOULDER PRESS



MID CHEST FLY



LOW CHEST
PRESS



LOW CHEST FLY



LATERAL
SHOULDER FLY



FRONTAL
SHOULDER FLY

SPORTS



RESISTANCE GOLF
SHOT TRAINING



RESISTANCE
BOXING TRAINING