

01 Total body	Thruster 	02 Upper body	curl 	Standing Chest Press 	Chest Fly 	Push-up
02 Upper body	1-Arm Lat Pulldown 	Lat Pulldown 	Tricep Pushdown 	Tricep Kickback 	Tricep Extension 	
02 Upper body	Pulldown 	Shoulder Press 	Upright Row 	Face Pull 	Shoulder Rotation 	
02 Upper body	Front/Side Raise 	03 Core	Knelling Crunch 	Crunch 	Reverse Wood Chop 	Twist
03 Core	Russian Twist 	Bicycle 	Reverse Crunch 	Sit-up 	Side Bend 	
04 Back	Row 	Back Fly 	Beet-over Side Raise 	Beet-over Row 	05 Lower body	Squat
05 Lower body	Leg Lift 	Romanian Dead Lift 	Hamstring Curl 	Adduction 	Adduction 	
05 Lower body	Standing Kickback 	Calf Extension 	Pull Through 	Hip Flexor 	Lunge 	

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