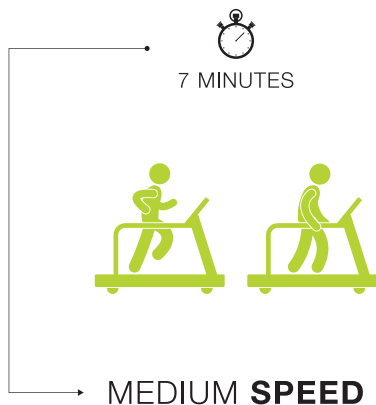




BEGINNER PROGRAMME

— FOLD FOR POCKET SIZE —

1 TREADMILL - WARM UP

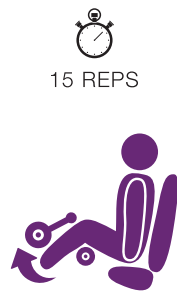


2 SHOULDER PRESS MACHINE



SET: 1 - 2

3 LEG EXTENTIONS



7 SEATED CHEST PRESS

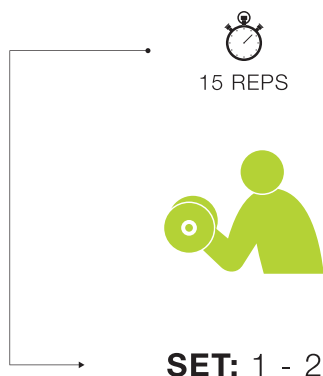


SET: 1 - 2

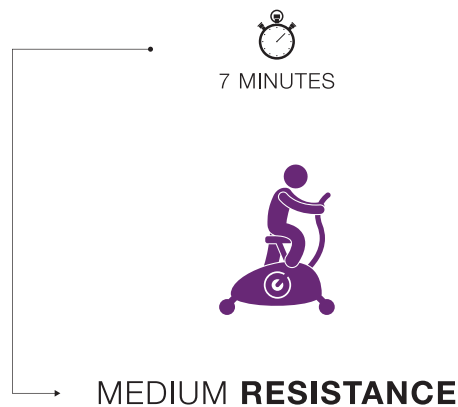
8 LYING HAMSTRING CURLS



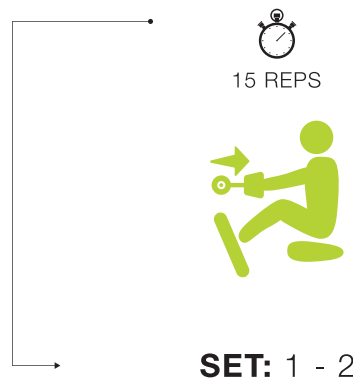
4 BICEP CURL MACHINE



5 UPRIGHT CYCLE



6 VERTICAL SEATED ROWS



9 ROWING MACHINE



FOLD IN HALF

FOLD IN HALF

FOLD IN HALF

FOLD IN HALF