

STACK 680

HOME GYM



Chest Press

Alternate between the top and bottom grips to target different areas of your chest



Butterflies



Butterflies



Crunches



Rear Lat Pulldown



Front Lat Pulldown



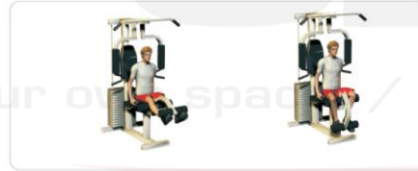
Tricep Extension



Single Arm Tricep Extension



Bent Row



Leg Extensions



Hamstring Curl



Seated Row



Abductor Kick



45 Degree Row



Leg Raises



Glute Raises

Please consult a medical or health professional before you begin any new exercise programme. This is a DIY Home Unit.

Developing an exercise programme.

For the month of training allow your body to adjust to its new workload. For 2 to 4 weeks, you should only perform one work set of each exercise, only increasing the number of sets you perform after this adjustment period.

Important Tips.

- Always exhale as you lift the weight and inhale when you bring the weight down.
- Never let the weights touch the stack when you do more than one repetition. That will keep the stretch on the muscle at all times.
- Always maintain control when you let the weights go down.