

GYM RETRO



FULLBODY FLEXIBILITY PROGRAM

EXERCISE

-SETS -REPS

RECORDED WEIGHT

EACH EXERCISE HAS A YOUTUBE VIDEO LINK
CLICK ON THE EXERCISE TO VIEW VIDEO

CARDIO WARM UP

5 - 10 MINS

CALF RAISES

10 REPS
2 SETS

LEANING LATERAL RAISE

10 REPS
2 SETS

D-CLINE FLIES

12 REPS
2 SET

DUMBBELL ROW

10 REPS
2 SETS

ASSISTED CHIN UPS

10 REPS
2 SETS

LUNGE TO KNEE

10 REPS
2 SETS L-R

SIDE STRADDLE

30 REPS
2 SETS

HIP HOPS

8-8 REPS
2 SETS

DEADLIFTS

8 REPS
1 SET

STRETCH SEQUENCE

FLOW
ALONG



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK