

WORKOUT OF THE WEEK

A full body workout using pin-loaded equipment,
designed to increase strength & assist weight loss

Do 3 x sets of each exercise

warm up	5 mins cross trainer
leg press	15, 12, 10 reps
hamstring curl	15, 12, 10 reps
chest press	15, 12, 10 reps
assisted chin ups	15, 12, 10 reps
shoulder press	15, 12, 10 reps
bench tricep dips	15, 12, 10 reps
bicep curls	15, 12, 10 reps
bicycle crunches	16, 12, 10 reps

Check out our plasmas or Facebook
page for Paula's demo video!