

# WORKOUT ROUTINE

## BEGINNERS

### DAY 1 UPPER BODY

- Chest Press | 3 x 10
- Tricep kickbacks | 3 x 10
- Flys | 3 x 10
- Boxing | 3 x 10
- Side Lateral Raises | 3 x 10
- Rear Delt Fly | 3 x 10
- Bicep Curl | 3 x 10
- Tricep Extensions | 3 x 10

### DAY 2 LOWER BODY

- Squats | 3 x 10
- Reverse Lunges | 3 x 10 (each leg)
- Side Crunches | 3 x 25
- Planks | 2 x 30-60 seconds

### DAY 3 UPPER BODY

- Push Ups | 3 x 10
- Overhead Press | 3 x 10
- Straight Arm Pulldown | 3 x 10
- Shrugs | 3 x 10
- Upright Row | 3 x 10
- Tricep Pushdown | 3 x 10

### DAY 4 LOWER BODY

- Deadlifts | 3 x 10
- High Knee | 3 x 10 (each leg)
- Glute Kickbacks | 3 x 10
- Good Mornings | 3 x 15
- Band Abduction | 3 x 20

# WORKOUT ROUTINE

## MODERATE

### DAY 1 CHEST / ABS

- Barbell Press | 4 x 10
- Flys | 4 x 10
- Push-ups | 4 x 10
- Oblique Crunches | 4 x 25
- Ab Twist | 3 x 15
- Woodchopper | 4 x 15

### DAY 2 LEGS

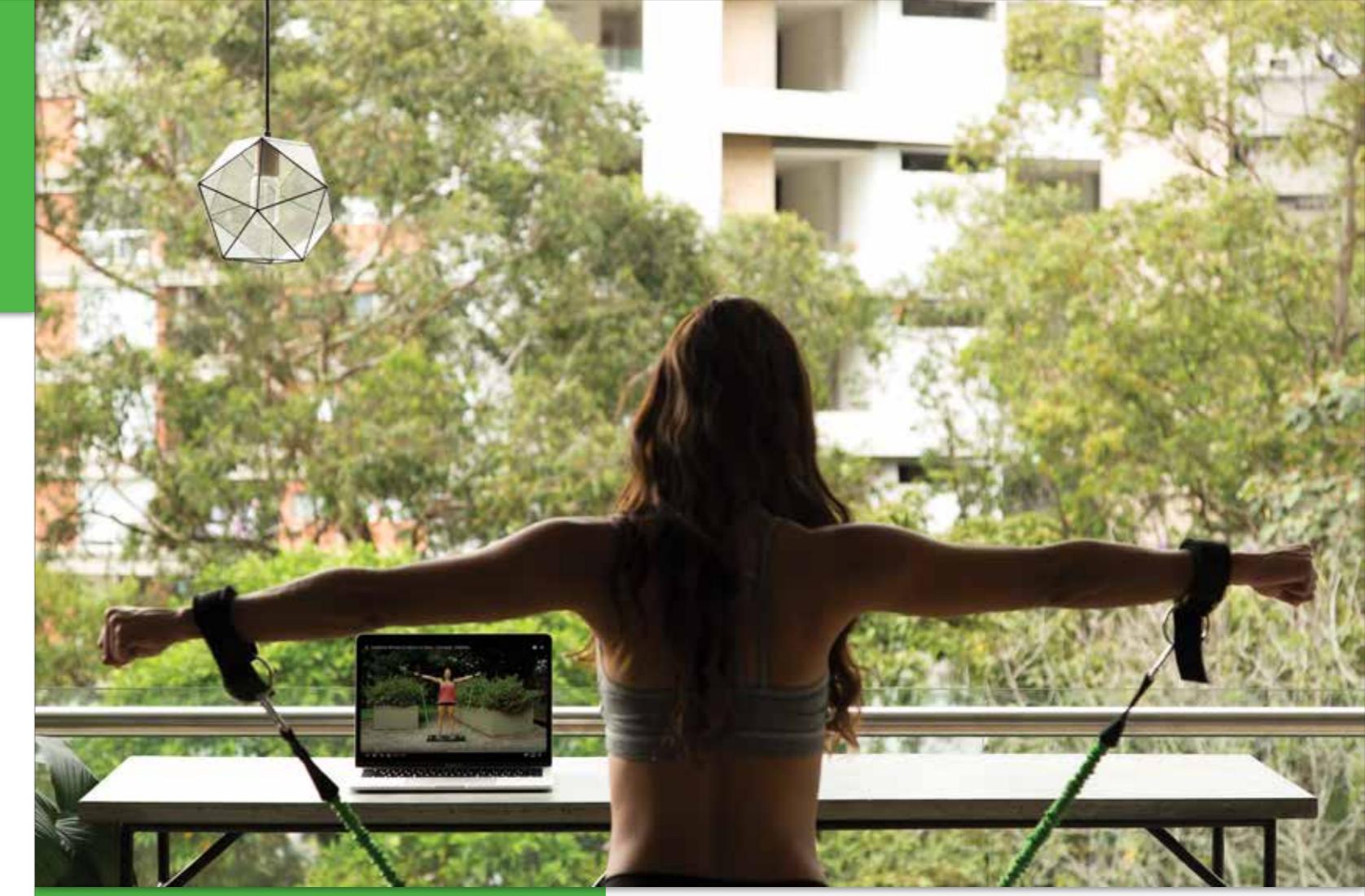
- Squats | 4 x 10
- Single Leg Deadlifts | 4 x 10
- Reverse Lunges | 4 x 10
- High Knee | 4 x 10
- Glute Kickbacks | 3 x 10

### DAY 3 ARMS / ABS

- Barbell Curl | 4 x 10
- Tricep Extension | 4 x 10
- Upper Cuts | 4 x 10
- Bicep Curl | 4 x 25
- Ab Crunches | 3 x 15
- Ab Twist | 4 x 15
- Mountain Climbers | 4 x 20

### DAY 4 BACK

- Lat Pulldown | 4 x 12
- Straight Arm Pulldown | 4 x 12
- Bent-over Row | 4 x 10
- Good Mornings | 4 x 10
- Rear Delt Fly | 3 x 20



# WORKOUT GUIDE



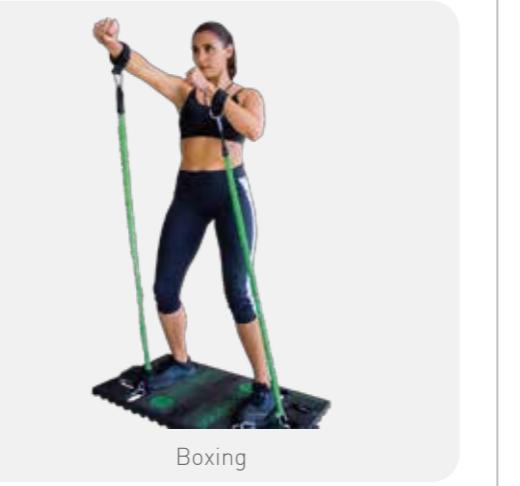
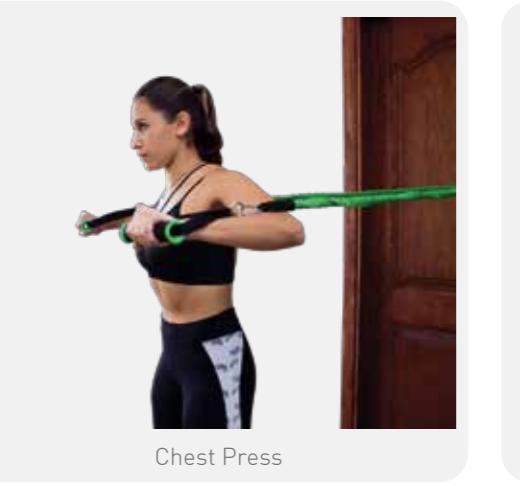
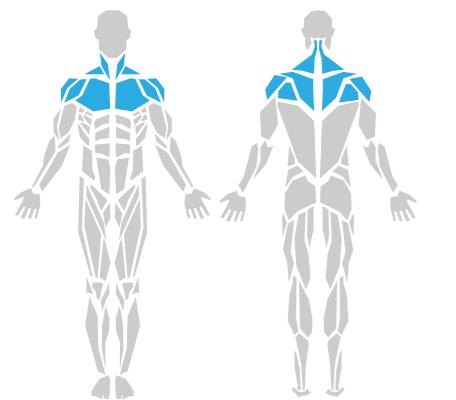
HERE ARE JUST SOME EXAMPLES OF THE HUNDREDS OF EXERCISES THAT CAN BE PERFORMED WITH THE BODYBOSS

BodyBoss is unique in how it transforms resistance training. Clip on resistance bands to various angles to work your muscles from all sorts of angles. You are putting your body through Total Body Resistance, working your entire core and muscle stabilizers in every workout.

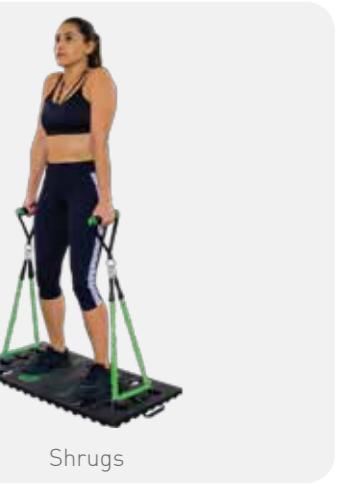
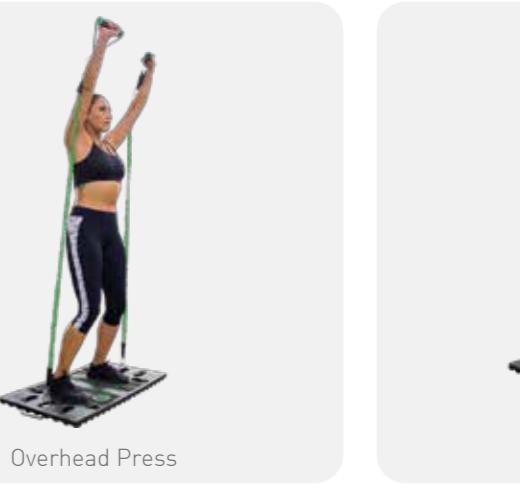
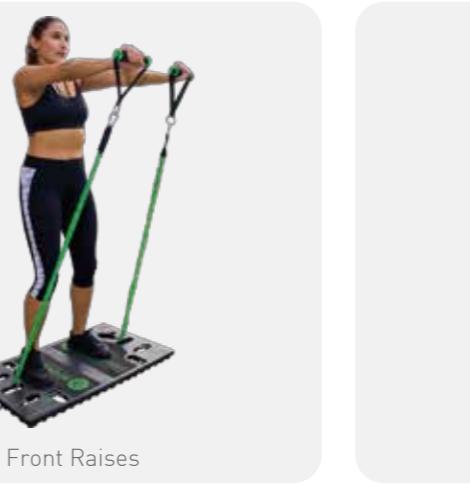
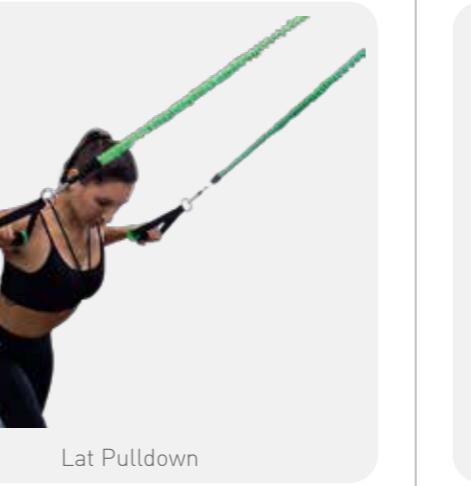
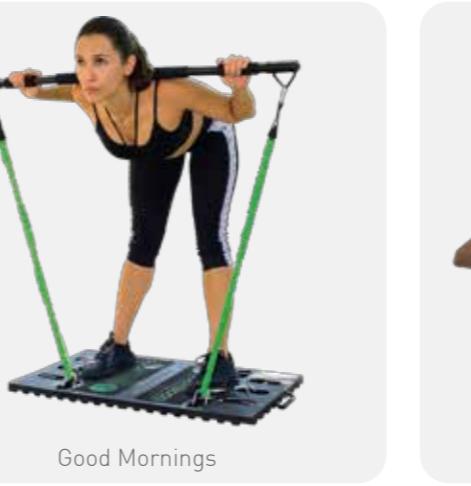
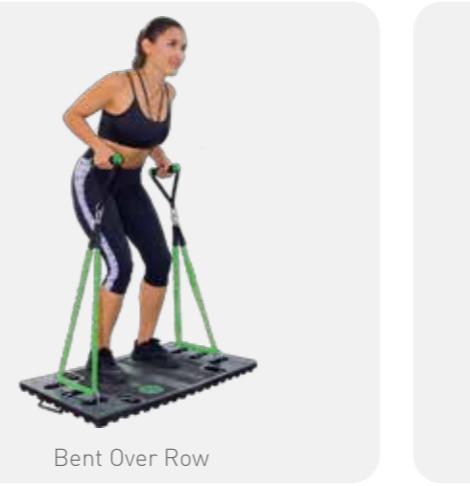
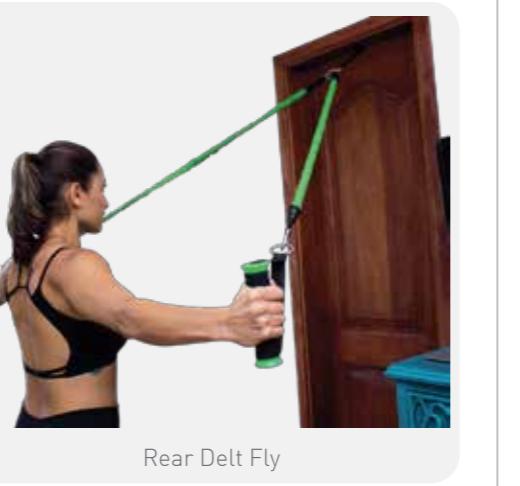
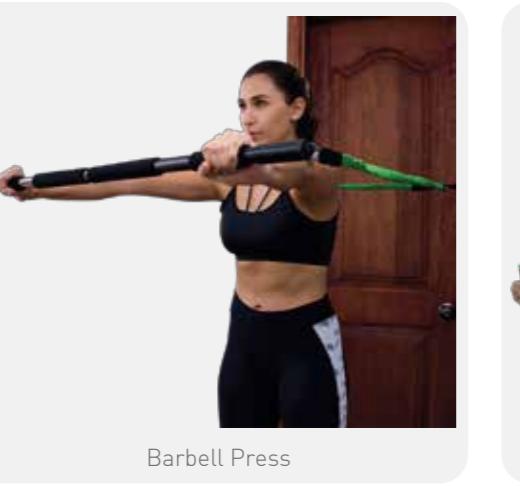
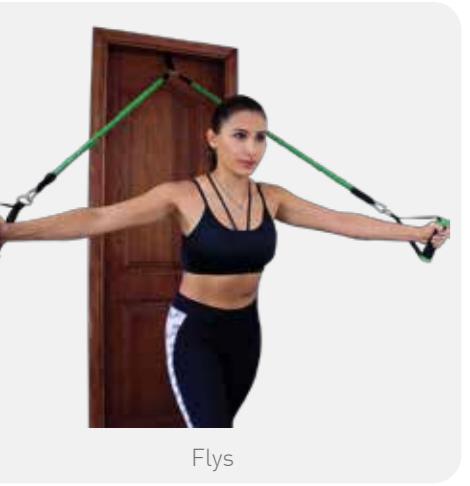
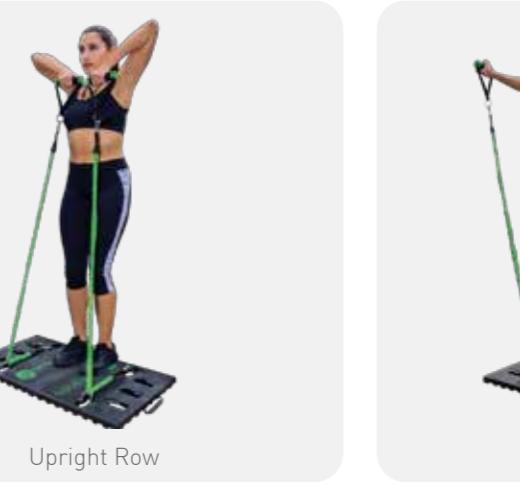
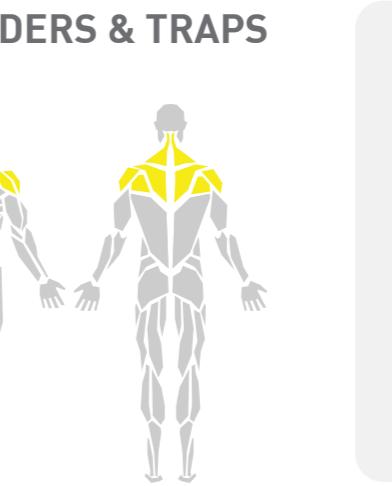
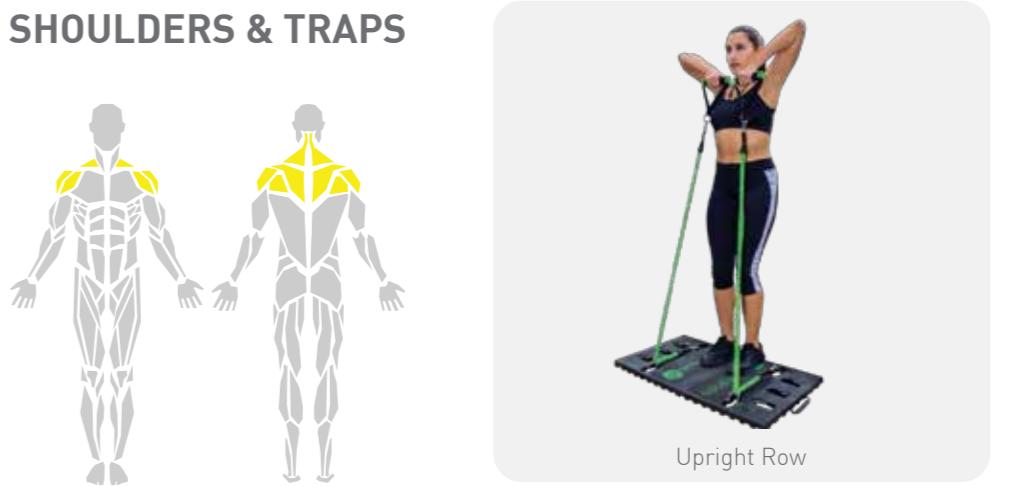
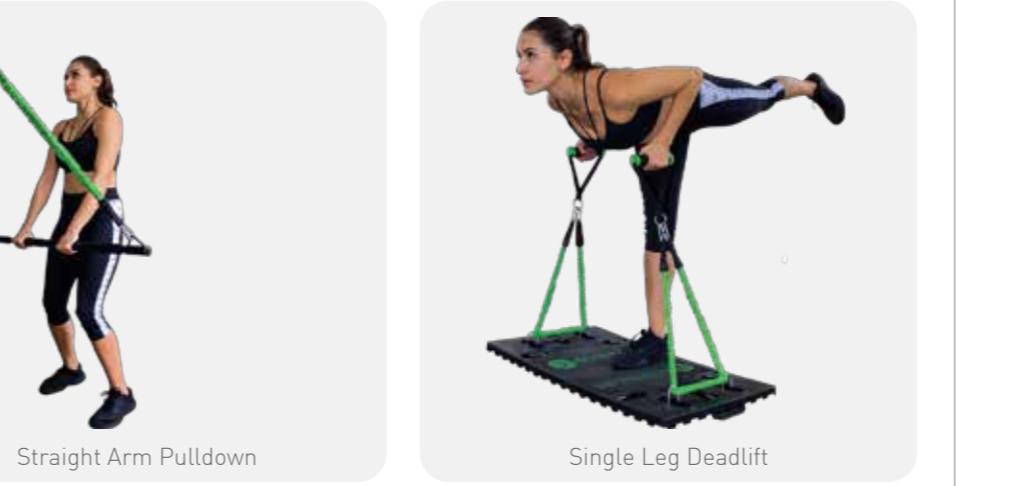
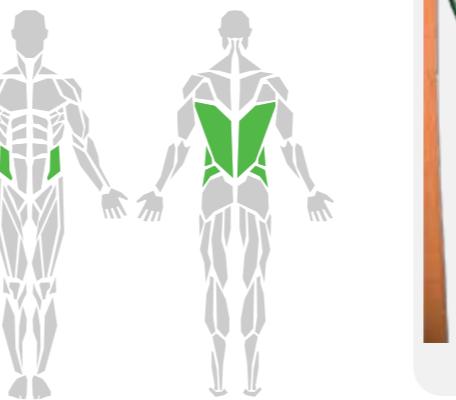
Total Body Resistance shocks your body into burning fat and increasing your blood flow. Resistance bands provide a healthy and safe alternative to heavy weights. Not only are they incredibly effective at toning your body, but they also leave you more energized and feeling refreshed by promoting blood flow.

[www.clubbodyboss.com](http://www.clubbodyboss.com)

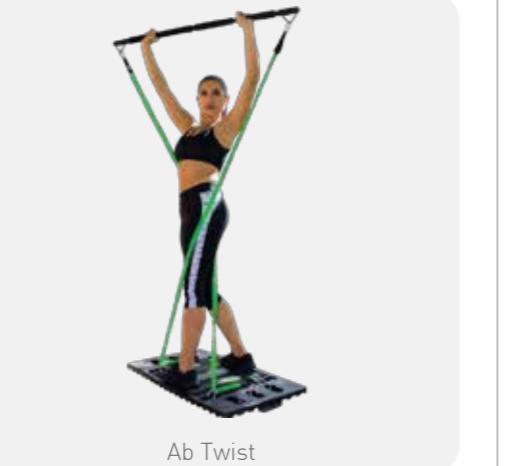
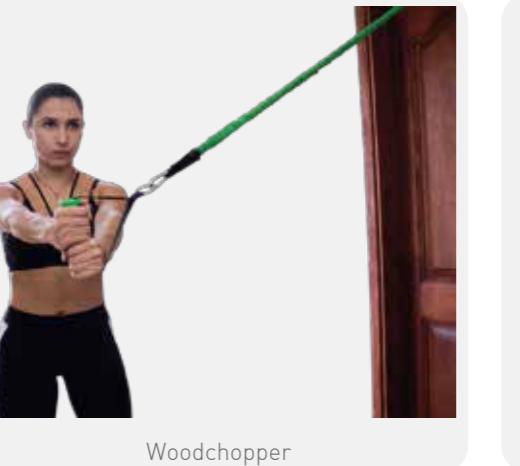
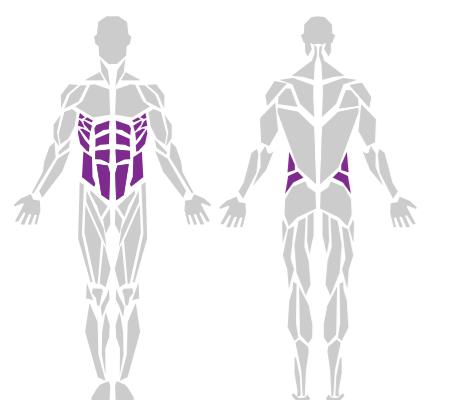
## UPPER BODY & CHEST



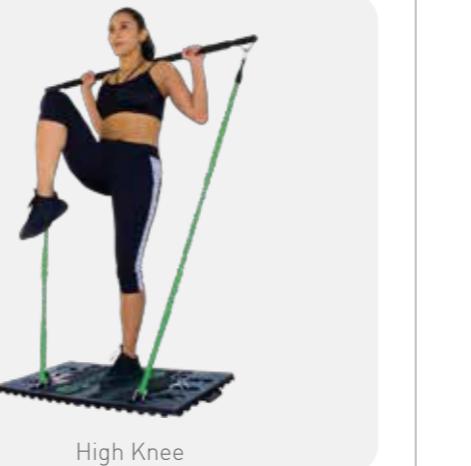
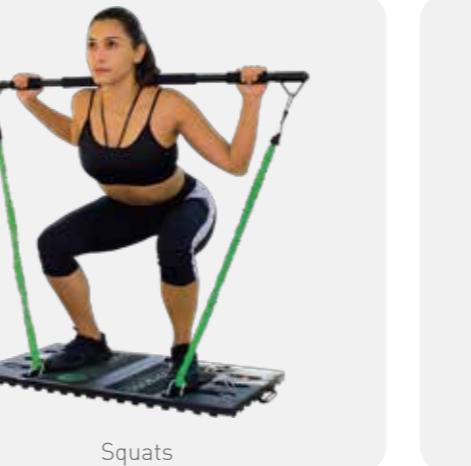
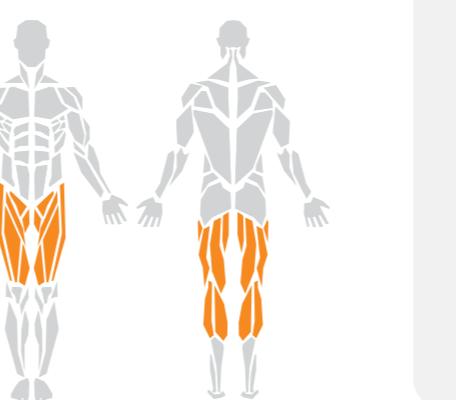
## LATS & LOWERBACK



## ABS & CORE



## QUADS & CALVES



## ARMS

