

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 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 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 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



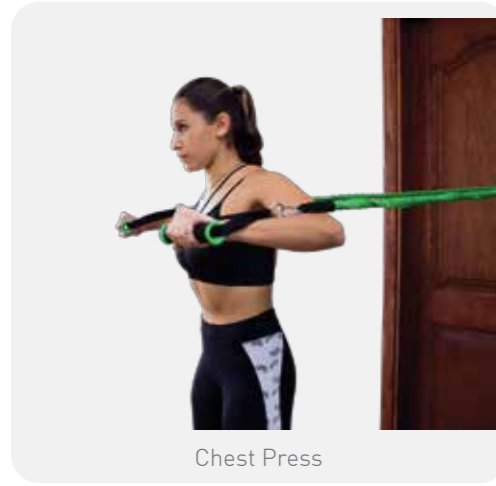
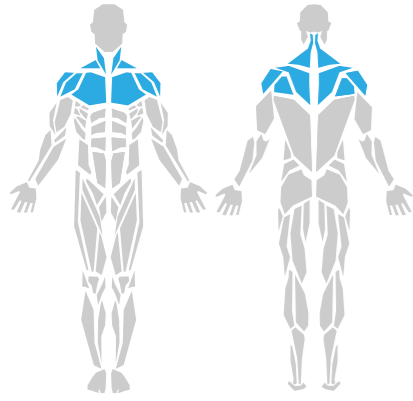
HERE ARE JUST SOME EXAMPLES OF THE HUNDREDS OF EXERCISES THAT CAN BE PERFORMED WITH THE BODYBOSS

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.

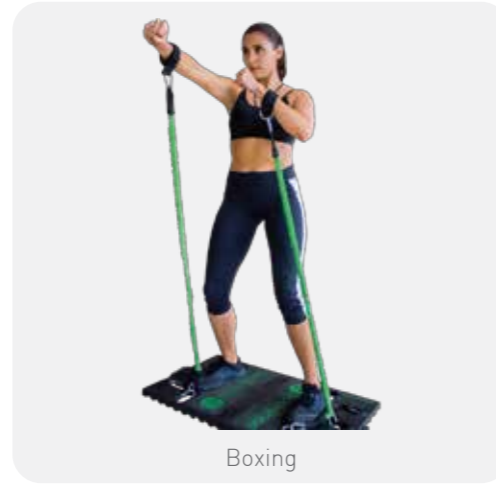
Total Body Resistance shocks your body into burning fat and increasing your blood flow. Resistance bands provide a healthy and safe alternative to heavy weights. Not only are they incredibly effective at toning your body, but they also leave you more energized and feeling refreshed by promoting blood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

www.clubbodyboss.com

UPPER BODY & CHEST

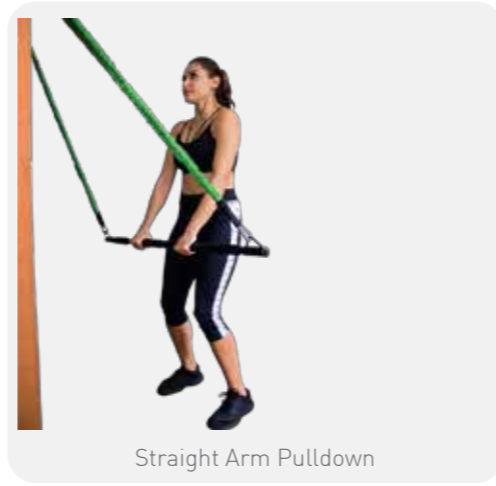
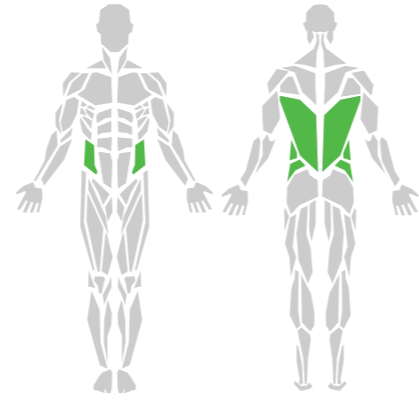


Chest Press

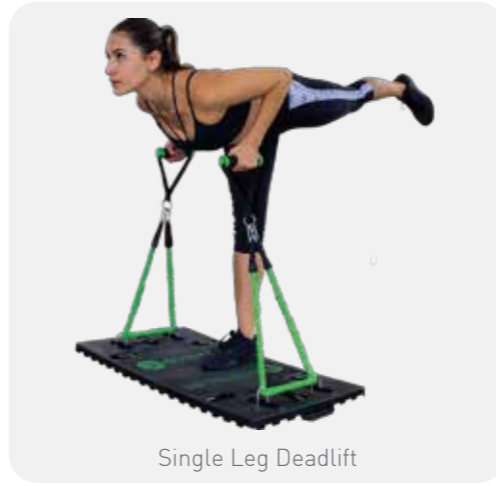


Boxing

LATS & LOWERBACK

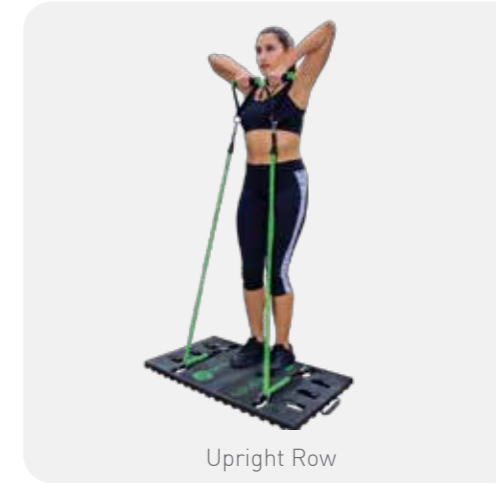
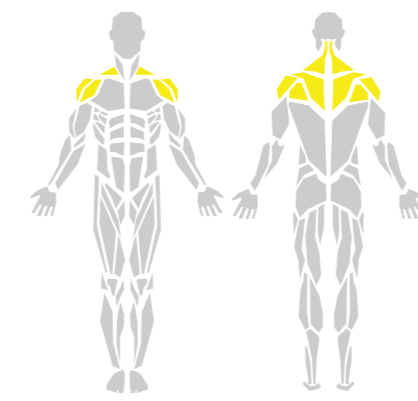


Straight Arm Pulldown

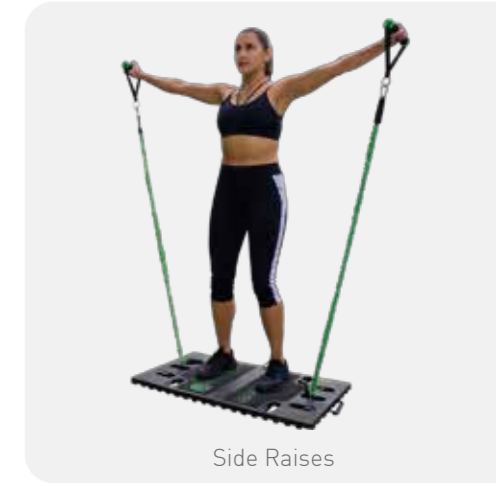


Single Leg Deadlift

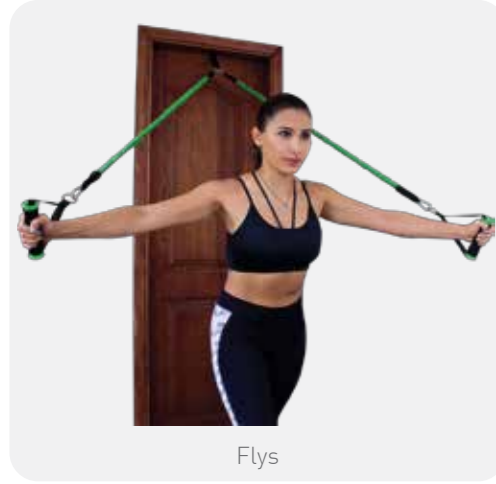
SHOULDERS & TRAPS



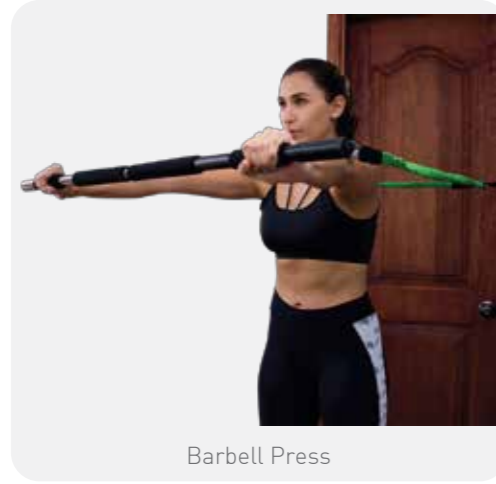
Upright Row



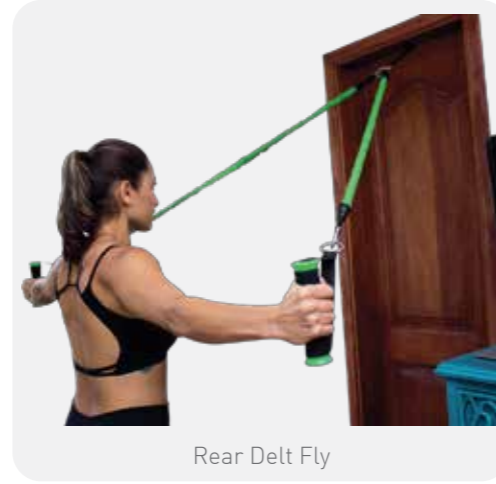
Side Raises



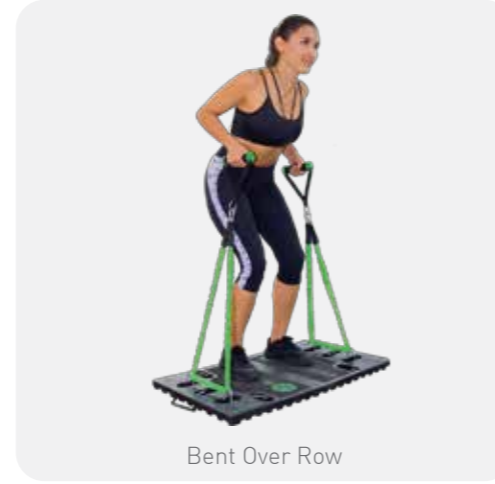
Flys



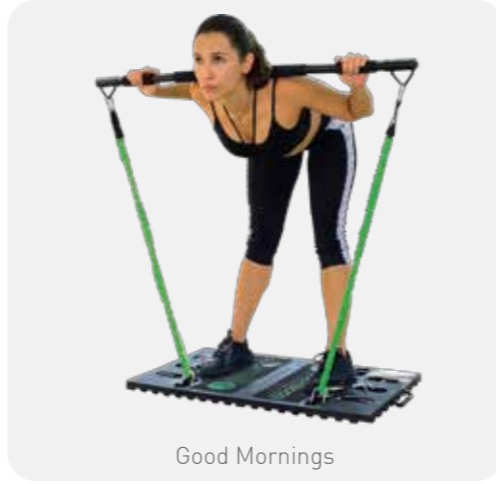
Barbell Press



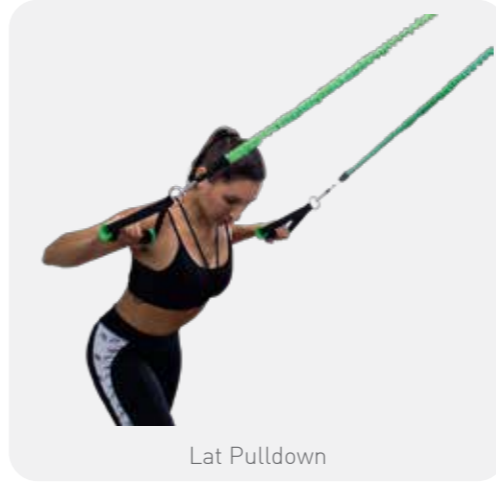
Rear Delt Fly



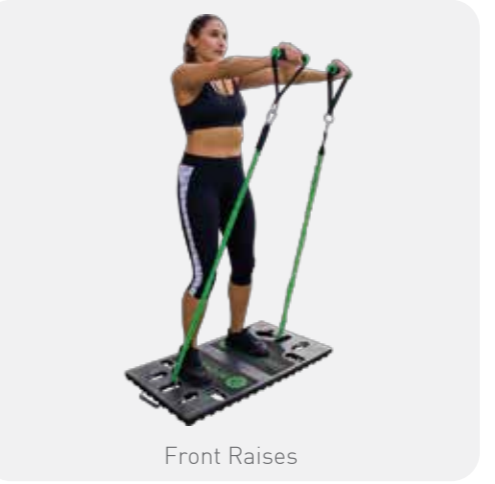
Bent Over Row



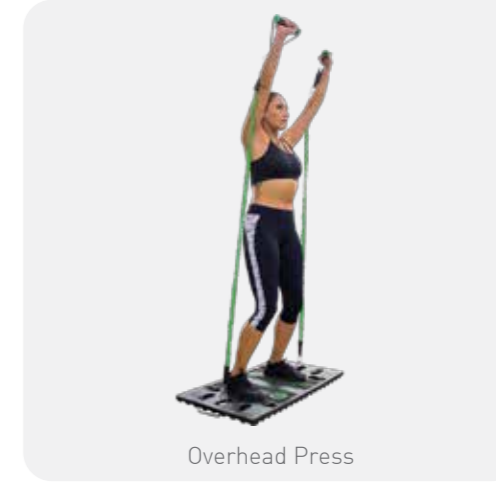
Good Mornings



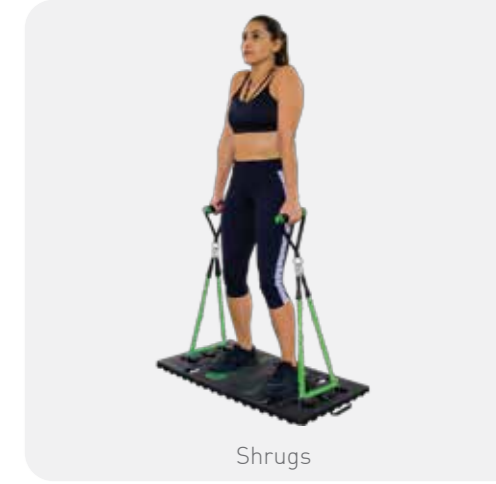
Lat Pulldown



Front Raises

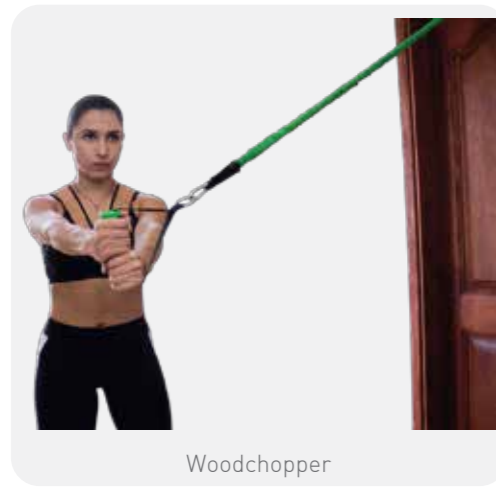
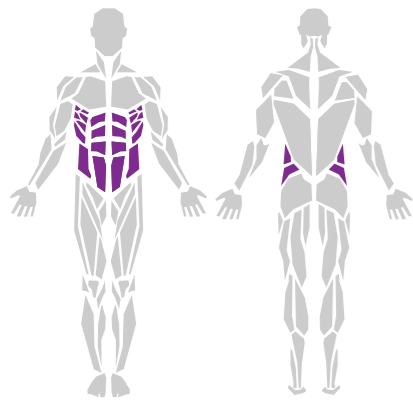


Overhead Press

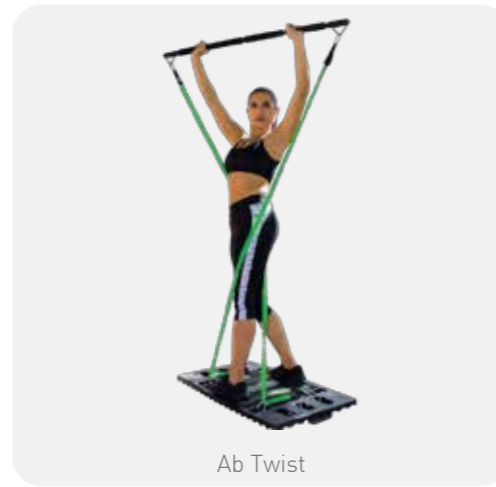


Shrugs

ABS & CORE

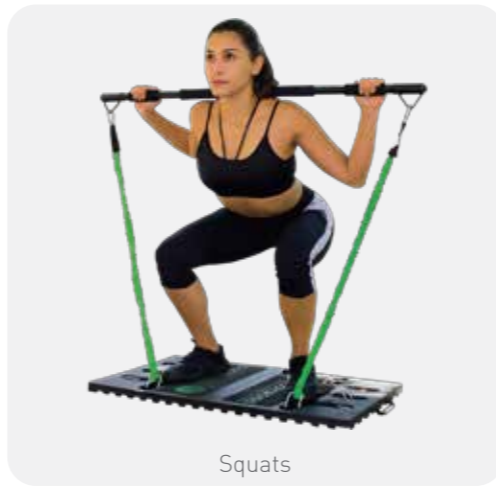
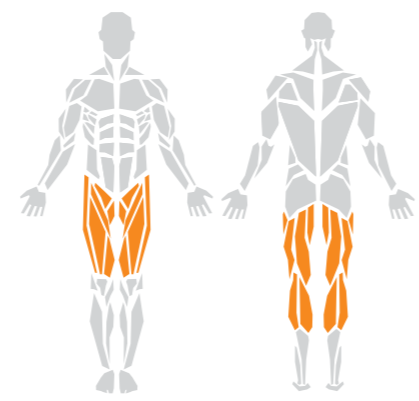


Woodchopper

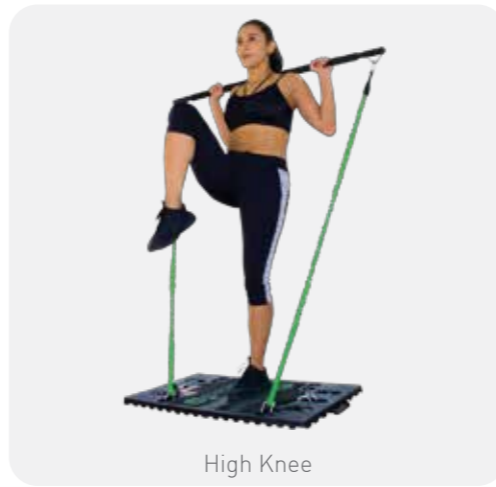


Ab Twist

QUADS & CALVES

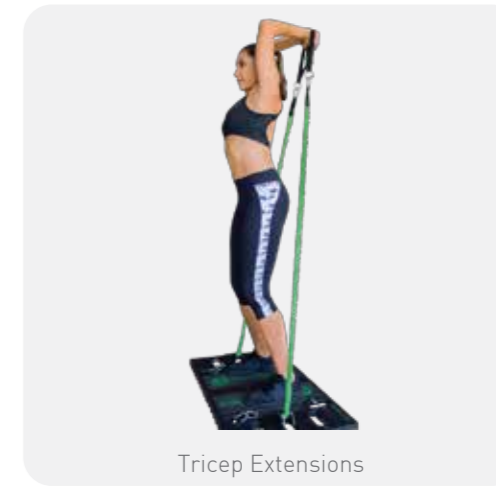
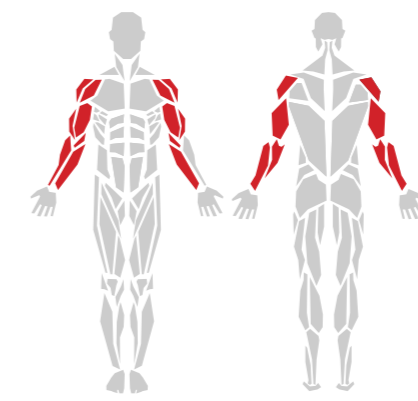


Squats

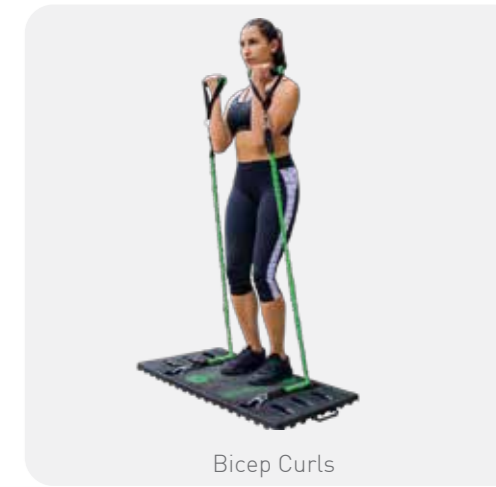


High Knee

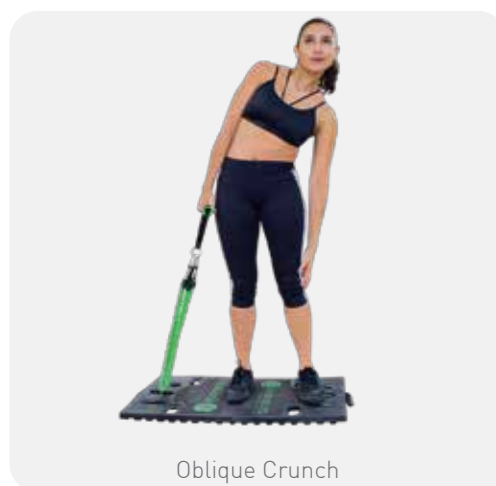
ARMS



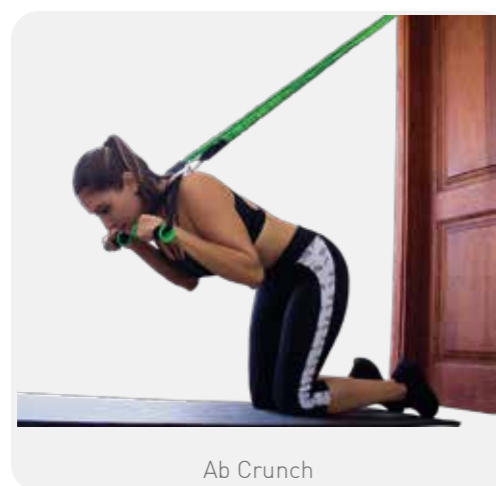
Tricep Extensions



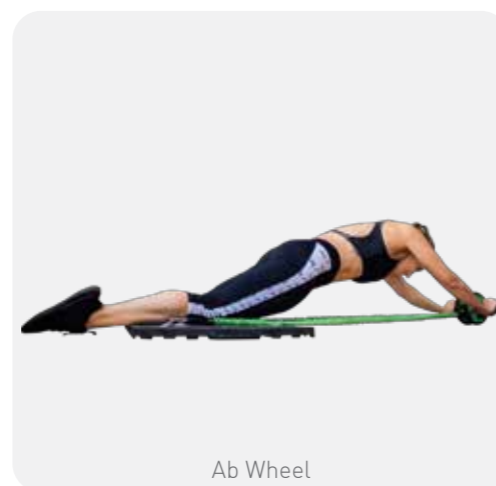
Bicep Curls



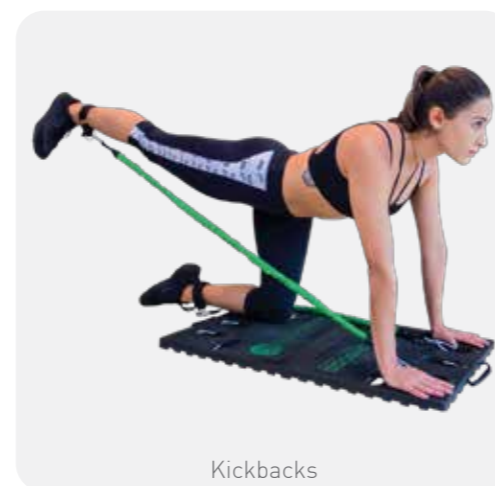
Oblique Crunch



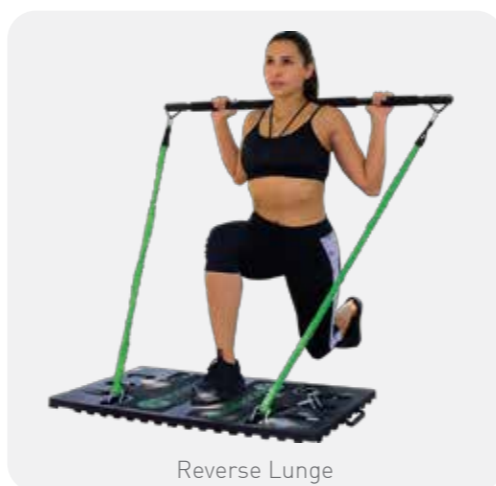
Ab Crunch



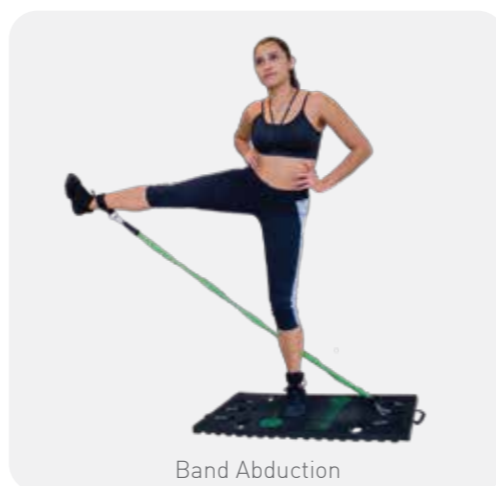
Ab Wheel



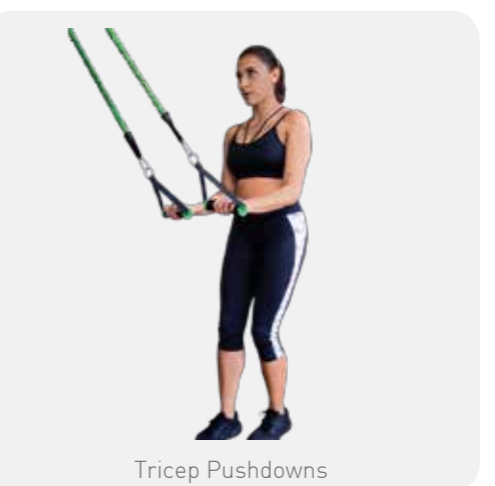
Kickbacks



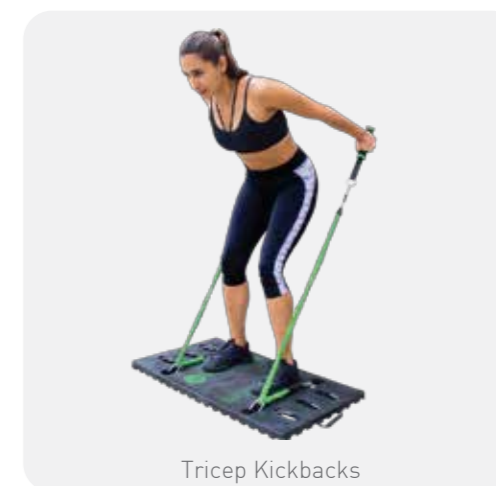
Reverse Lunge



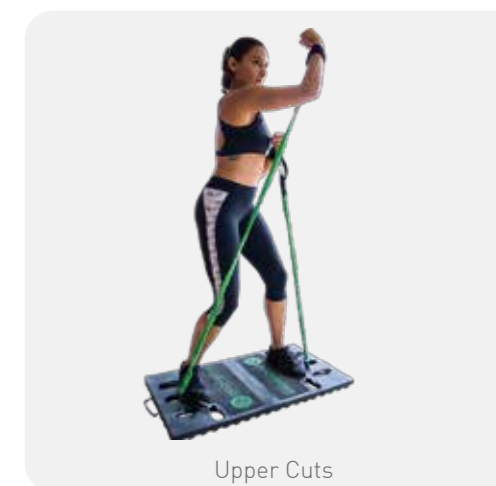
Band Abduction



Tricep Pushdowns



Tricep Kickbacks



Upper Cuts