FULL BODY
Chest, Back, Core, Legs

Equipment: Medicine Ball. Mat. Weight Machines.

Time: 1 set: 15 min, 2 sets: 30 min, 3 sets: 45 min

Chest Press
- Press the foot-assist pedal to bring the handles forward (inset picture)
- Exhale, press forward
- Bring back until elbows are 90º
- Stretch

Sets: 1-3 Rep: 10-15

Mid Row
- Place knees under the knee pad
- Move the chest pad forward. Extend your arms fully and grab the bar
- Pull back as far as you can
- Stretch

Sets: 1-3 Rep: 10-15

Low Back Extension
- Tilt hips forward, keep back straight and chest up (place hands by head)
- Keep knees locked throughout the exercise
- Lean forward until back is parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15

Reverse Crunch
- Place hands under hips. Keep legs straight throughout the exercise
- Exhale and bring feet up
- Stretch

Sets: 1-3 Rep: 10-15
Squats
- Stand with feet hip-width apart
- Keep back straight throughout the exercise
- Squat down until thighs are almost parallel to floor
- Stretch

Sets: 1-3  Rep: 10-15

Balanced Lunges
- Place one hand on a sturdy object for balance
- Take a long step forward
- Lower body until both knees are 90°
- Stretch

Sets: 1-3  Rep: 10-15

Leg Extension
- Place your feet behind the resistance pad
- Keep your back straight throughout the exercise
- Exhale and extend your legs until they are straight
- Stretch

Sets: 1-3  Rep: 10-15

Leg Curl
- Place your feet on top of the resistance pad
- Lower the top pad to keep your knees locked
- Exhale and curl your legs down until they are perpendicular to the floor
- Stretch

Sets: 1-3  Rep: 10-15

Calf Raise
- Lean forward on medicine ball and hold by chest level
- Keep body straight throughout the exercise
- Press up, hold, and return to starting position
- Stretch

Sets: 1-3  Rep: 10-15
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