FULL BODY
Chest, Back, Core, Legs

Equipment: Resistance Cables.

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

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 90º
- 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

Wall Push Up
- Place hands at chest level
- Keep body straight. Lower body until elbows are 90º
- Exhale and return to starting position.

Sets: 1-3  Rep: 10-15
**Straight Arm Pulldown**
- Anchor cable at high point (back of a door, wall hook, etc.)
- Keep back and arms straight throughout the exercise
- Pull down until arms slightly past back

Sets: 1-3 Rep: 10-15

**Cable Rows**
- Anchor cable at a chest-level point (ex. door knob)
- Keep back straight throughout the exercise
- Pull back as far as you can

Sets: 1-3 Rep: 10-15

**Triceps Pressdown**
- Lock elbows by torso throughout the exercise
- Press cable down until arms fully extended
- Bring back to starting position

Sets: 1-3 Rep: 10-15

**Lateral Raise**
- Anchor cable under feet
- Keep back and arms straight throughout the exercise
- Keep hands to the side of body. Raise arms to shoulder level

Sets: 1-3 Rep: 10-15

**Bicep Curls**
- Can be done seated or standing
- Lock elbows by your torso
- Curl arms up
- Return to fully-extended arm position

Sets: 1-3 Rep: 10-15
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