



# FULL BODY

Chest, Back, Core, Legs

**Equipment:** Resistance Cables.

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



## TRAVEL WORKOUT



### 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**



### Low Back Extension

- Tilt hips forward, keep back straight and chest up (place hands by head)
- Keep knees locked though out 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 90°
- 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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