



Resistance Training exercises

Add your description here --

HAND
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Hip to Ceiling
X 15



Hip to Ceiling
X 15



Hip to Ceiling
X 15



Ext Rotation
X 15



Ext Rotation
X 15



Arm Downwards
X 15



Arm Upwards
X 15



Arm Sideways
X 15



Arm Across
X 15



Resisted Supination X 15



Resisted Pronation X 15



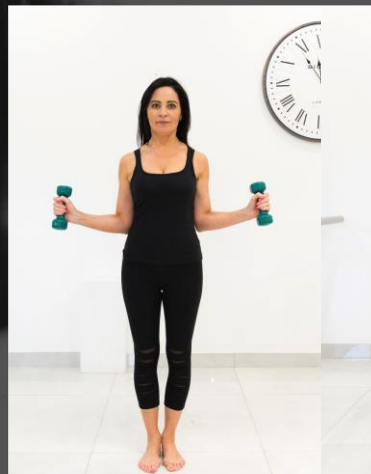
Pulse
X 15



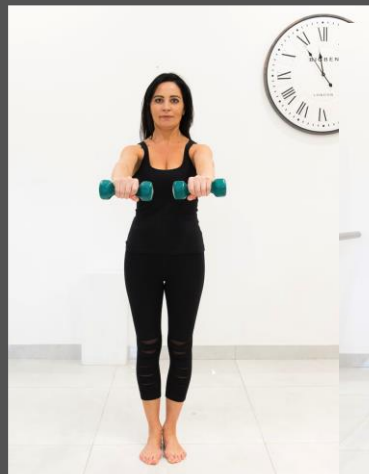
Biceps Curls
X 15



Hammer Curls
X 15



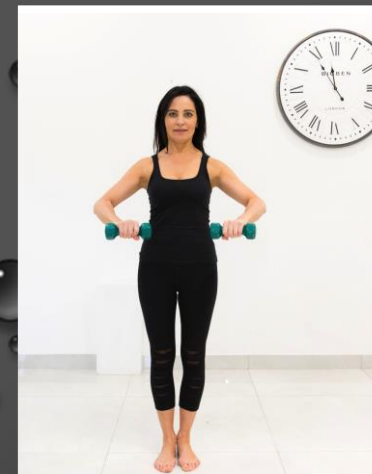
Ext Rotation
X 15



Forward Raises
X 15



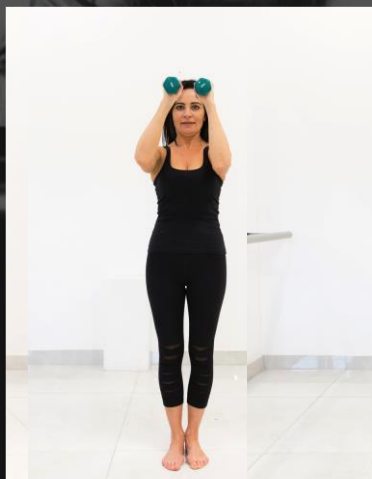
Row Start
X 15



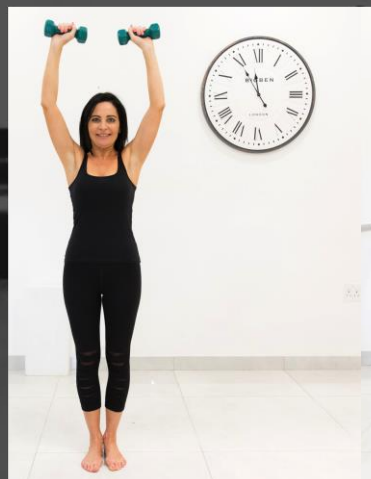
Row Finish
X 15



Shoulder 1
Start x 15



Shoulder 2
Finish x 15



Shoulder 3
Finish x 15



Triceps Ext
Start x 15



Triceps Ext
Finish x 15



Side Punches
x 15



Side Punches x15



Dumbbell Start x 15



Dumbbell Finish x 15



Triceps Start x 15



Triceps End x 15



Triceps Start x 15



hard work

MOTIVATION is what gets you started. **HABIT** is what keeps you going.

BE STRONG, you never know who you are inspiring.

The exercises described in this booklet need to be demonstrated and explained by a professional to avoid injury or re-injury.

HAND
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DON'T STOP,

DON'T QUIT!



—John Doe

Lorem ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries.

HAND
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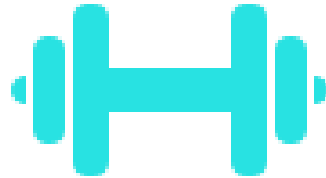
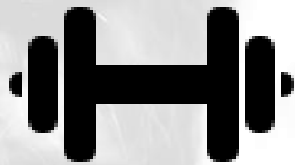
Workstation Exercises

EACH NEW DAY IS A NEW OPPORTUNITY TO IMPROVE YOURSELF.

TAKE IT. MAKE THE MOST OF IT



BUILD STRENGTH



IMPROVE
FLEXIBILITY



RESISTANCE TRAIN

TONE MUSCLES

DO CARDIO

At Core-Barre and Hand Consult SA you will be given specific exercises to achieve your goals. Always consult your specialist or instructor to make sure that you do not injure or re-injure yourself..