

VAARGI FIT

full body #1

1.



A
B
S

2.



B
I
C
E
P
S

BAR CRUNCH XBAR,DECK 3

BICEP CURLS,WRAP,DECK FLAT

3.



C
H
E
S
T

4.



T
R
I
C
E
P

BARREL FLYS ,XBAR,DECK 2

TRICEP EXTENTION ,XBAR,DECK 1

5.



B
A
C
K

6.



L
E
G
S

LOW ROWS, XBAR, DECK 1

SQUATS, WHITE, DECK FLAT

7.



L
E
G
S

8.



D
E
L
T
S

FRONT SQUATS WHITE,DECK FLAT

REAR MILITARY PRESS,GREEN,DK 1

9.



C
H
E
S
T

10.



A
B
S

80 deg. PRESS,YELLOW,DECK 2

SIT-UPS DECK FLAT

4

3 SET, 12-15 REPS