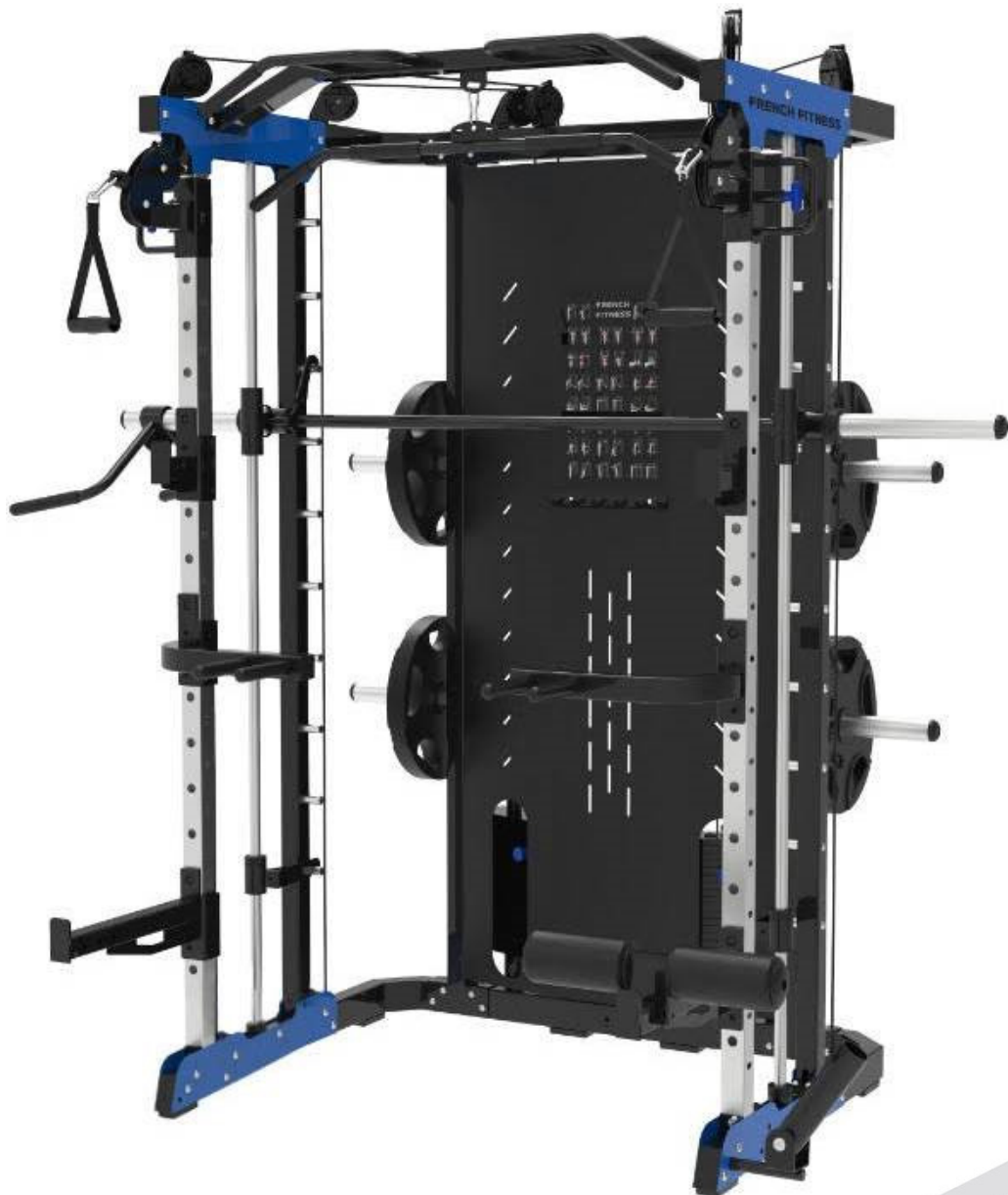


FRENCH FITNESS

FF-FSR60

FRENCH FITNESS FSR60 FUNCTIONAL
SMITH & SQUAT RACK HOME GYM

EXERCISES



SEATED SHOULDER PRESS



START

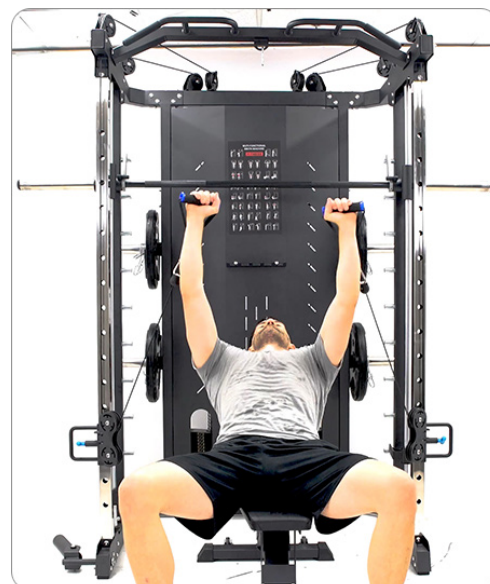


END

INCLINE CHEST



START

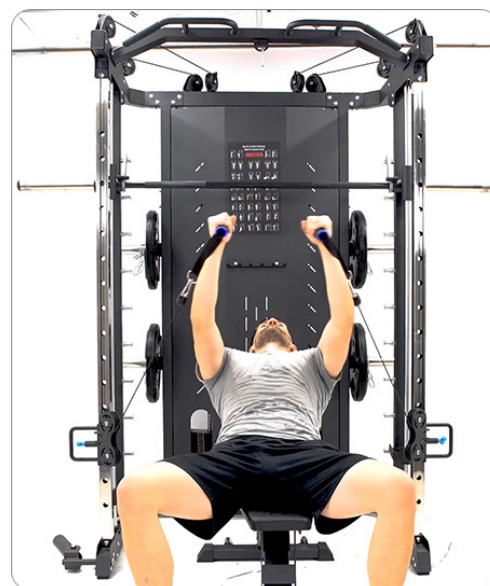


END

INCLINE PEC FLY



START



END

FLAT CHEST PRESS



START



END

FLAT PEC FLY



START



END

SEATED BICEP CURL



START

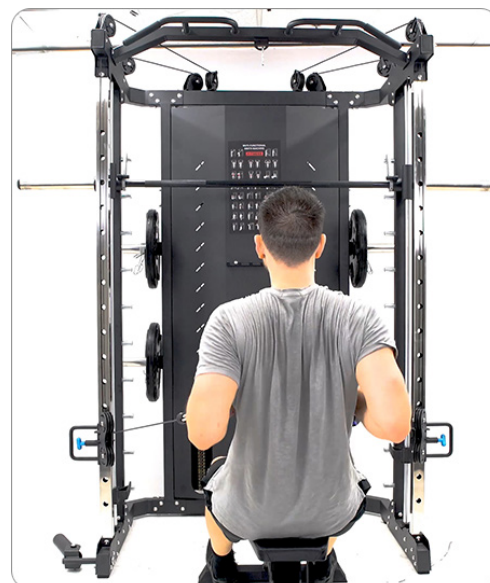


END

SEATED ROW



START

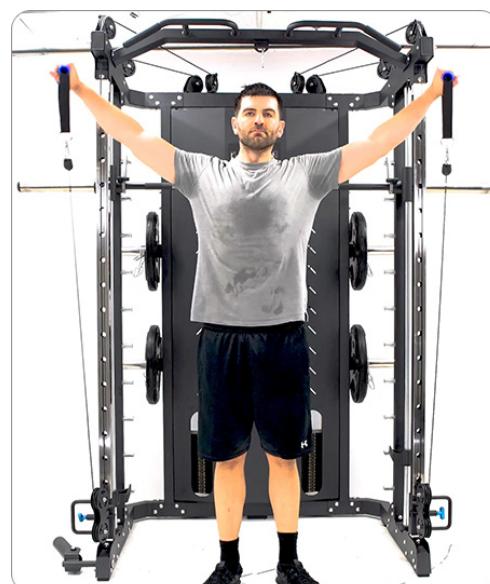


END

LATERAL RAISES



START



END

FRONT SHOULDER RAISES



START



END

BENT OVER REAR DELT

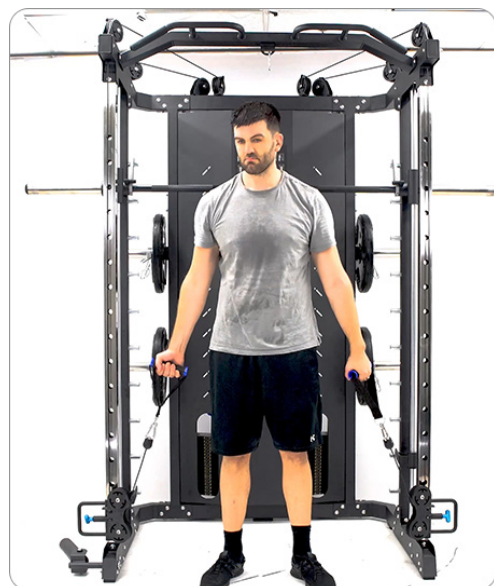


START

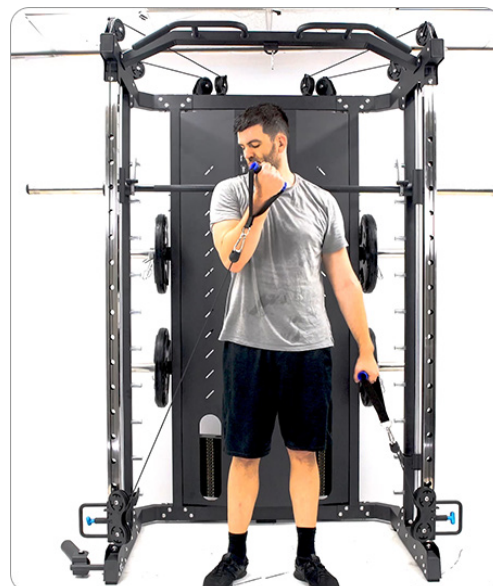


END

ISO LATERAL BICEP CURL

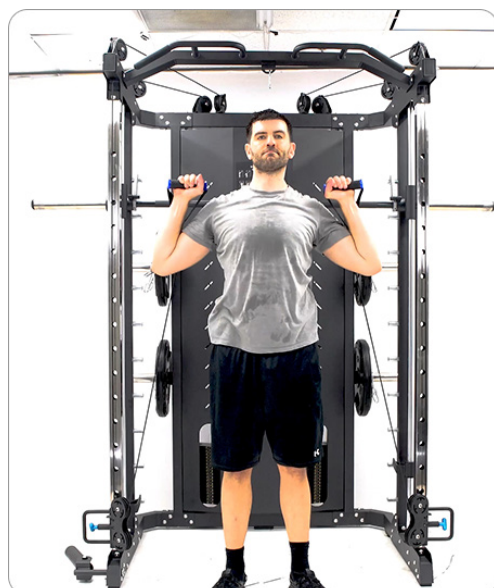


START

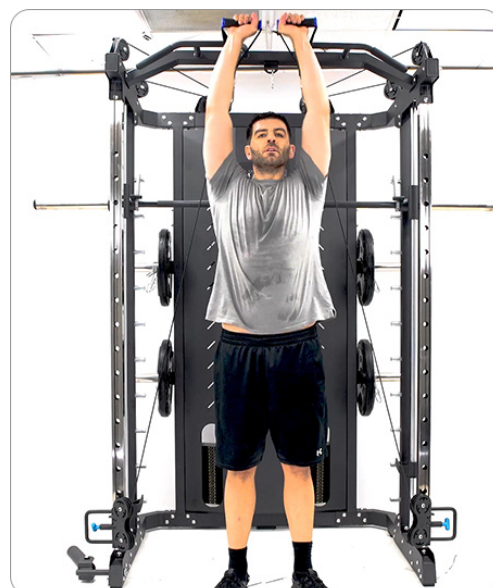


END

STANDING SHOULDER PRESS



START



END

STANDING SHOULDER SHRUGS



START

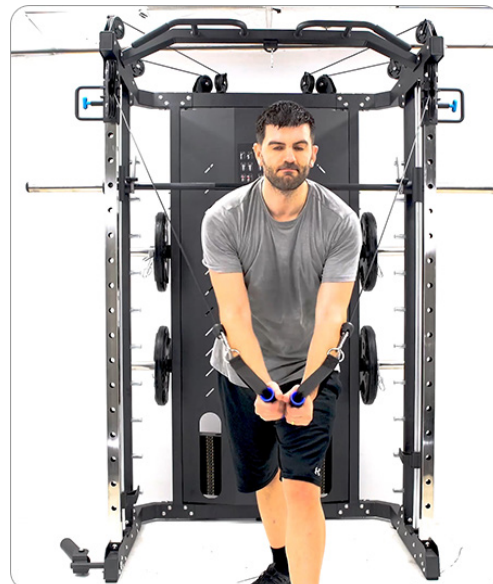


END

STANDING PEC FLY



START

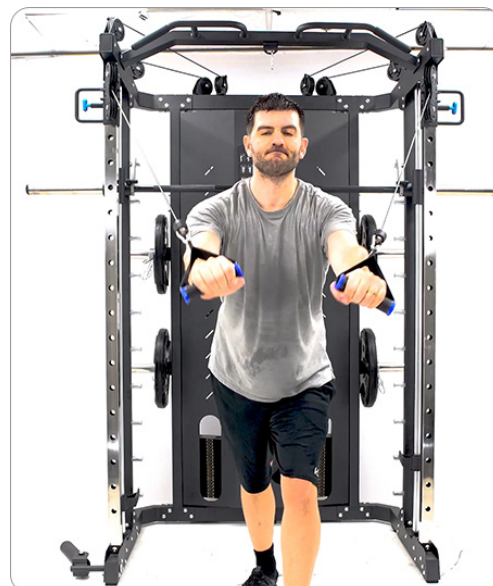


END

STANDING TRICEP KICKBACKS

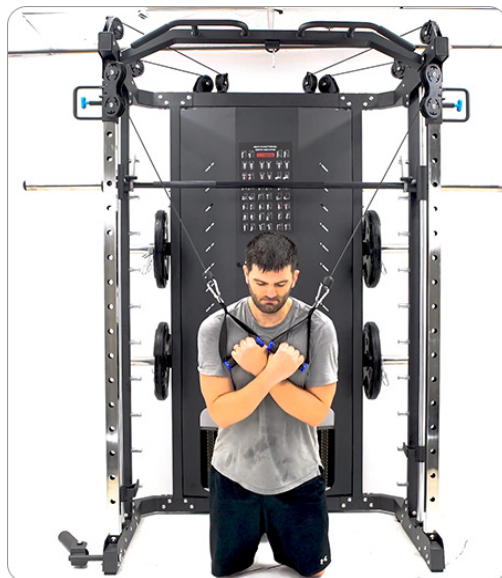


START



END

KNEELING ABDOMINAL CRUNCH



START



END

STANDING REAR DELT



START



END

TRICEP PUSHDOWN



START



END

TRICEP KICKBACK



START



END

BICEP CURLS



START



END

LATERAL LEG RAISES



START



END

GLUTE KICKBACK



START



END

ONE LEGGED REVERSE LEG CURLS



START



END

FRONT LEG RAISES



START



END

LAT PULLDOWN



START



END

REVERSE GRIP LAT PULLDOWN



START



END

LANDMINE ROWS



START

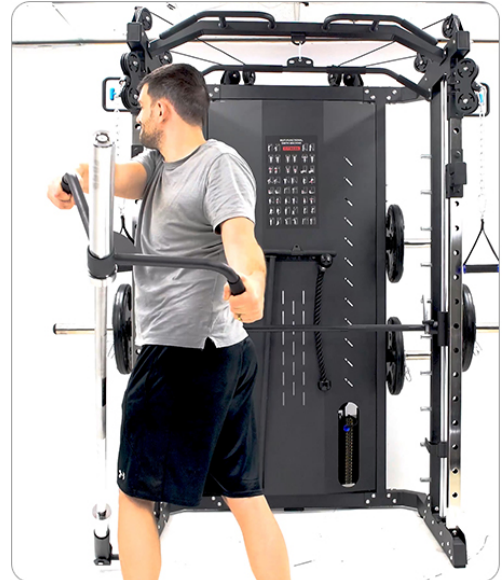


END

TRUNK ROTATIONS



START

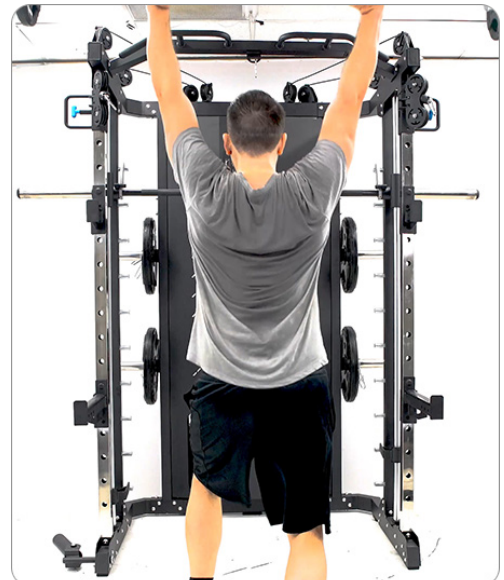


END

CLEAN AND SNATCH



START

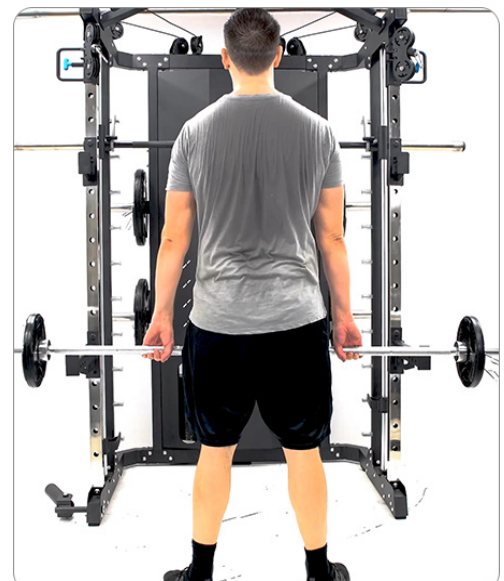


END

STIFF LEGGED DEADLIFT

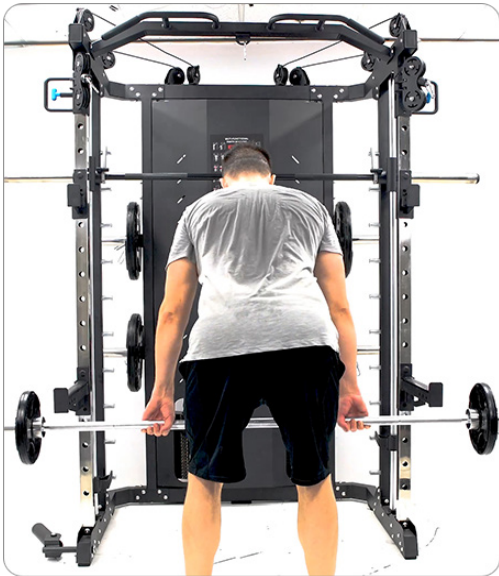


START

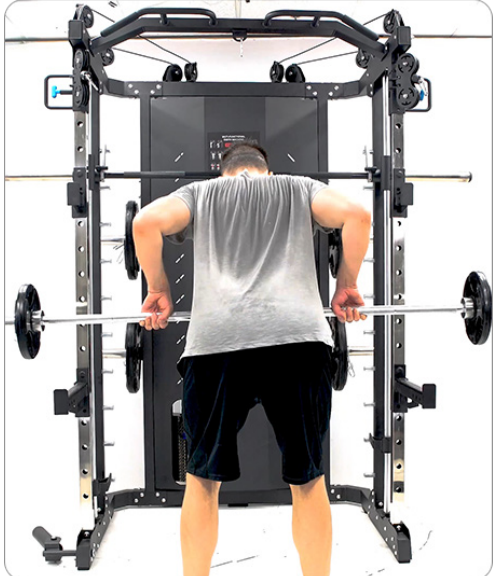


END

BENT OVER ROWS

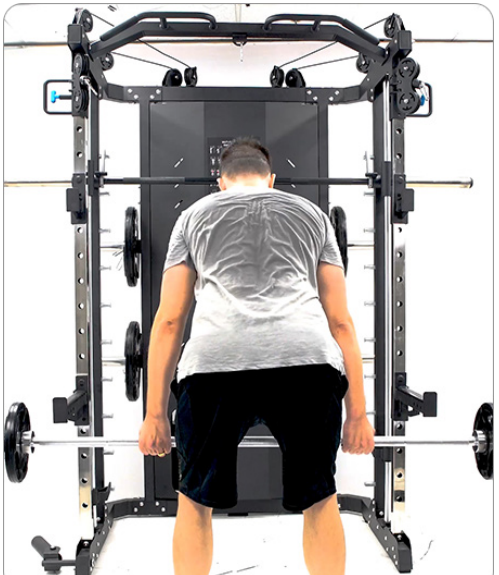


START

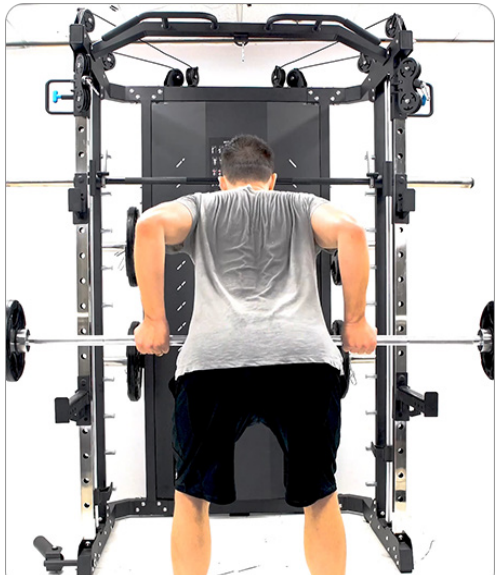


END

REVERSE GRIP BENT OVER ROWS

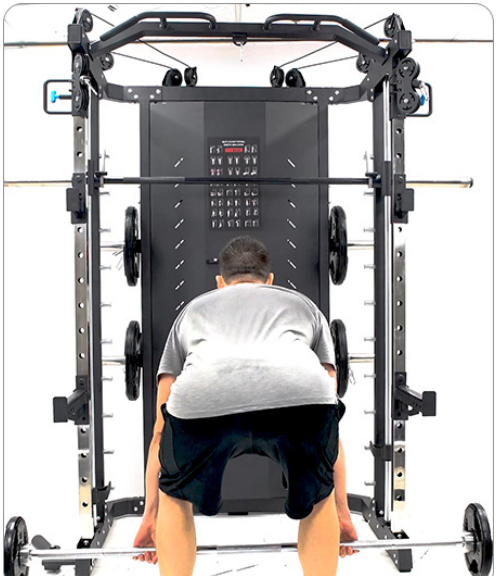


START

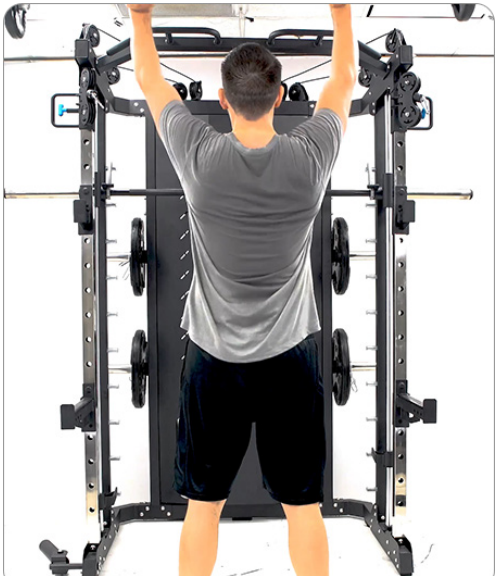


END

CLEAN AND PUSH PRESS

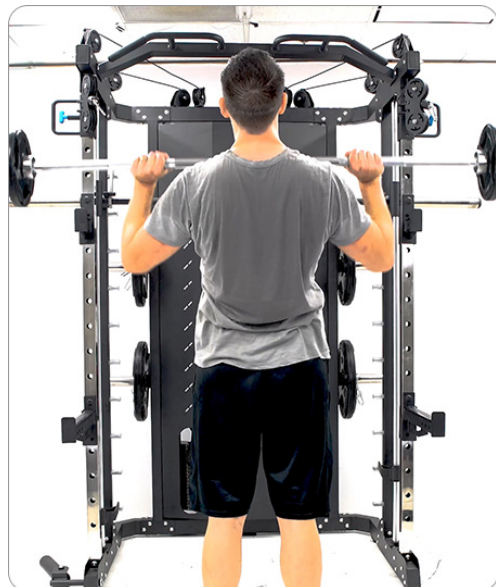


START

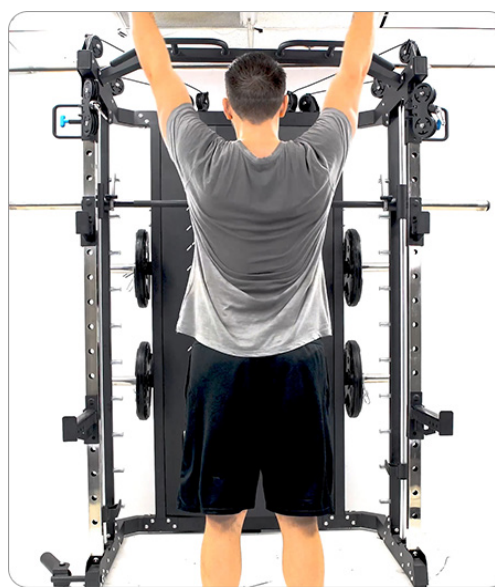


END

SHOULDER PRESS



START

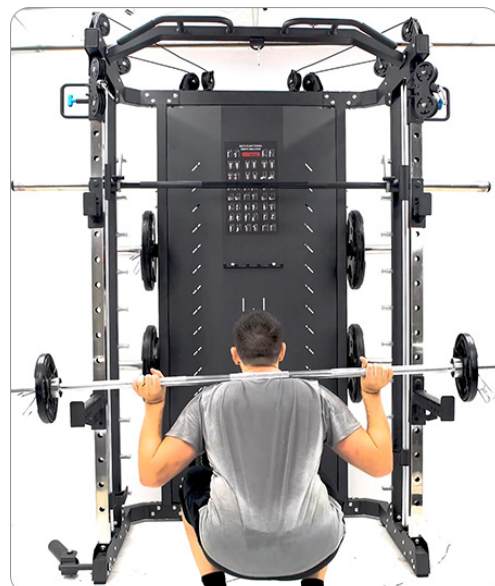


END

BARBELL SQUAT



START



END

BARBELL BENCH PRESS

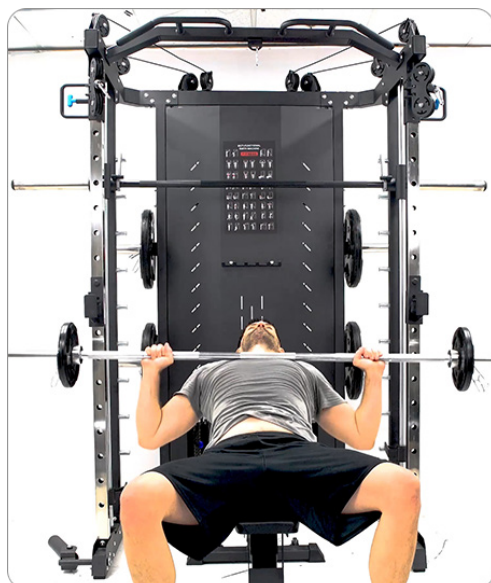


START



END

INCLINE CHEST



START



END

BARBELL SHOULDER PRESS

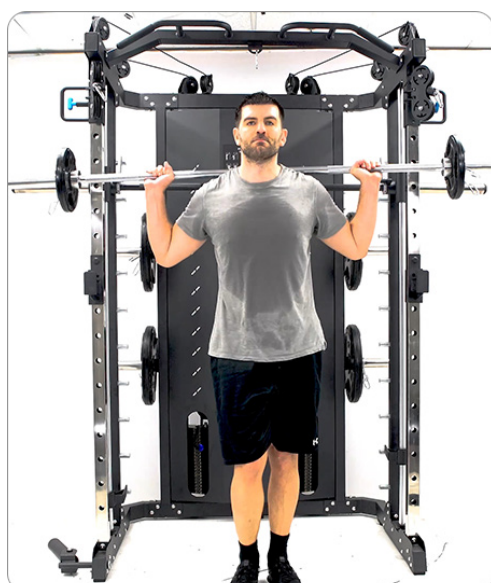


START

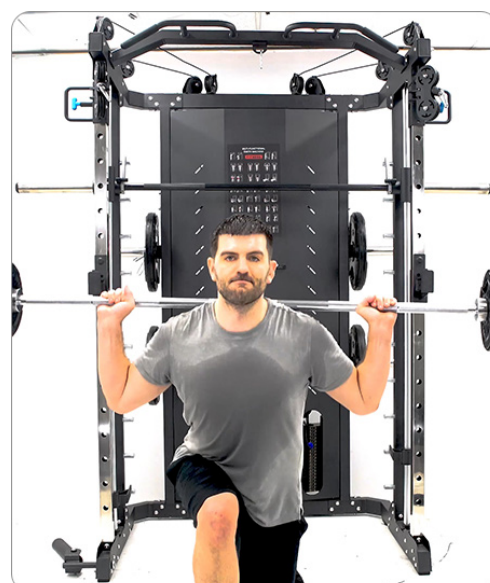


END

BARBELL LUNGES



START



END

SQUAT

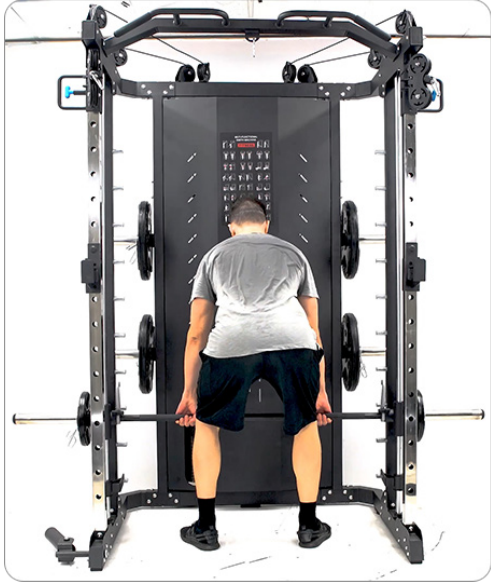


START

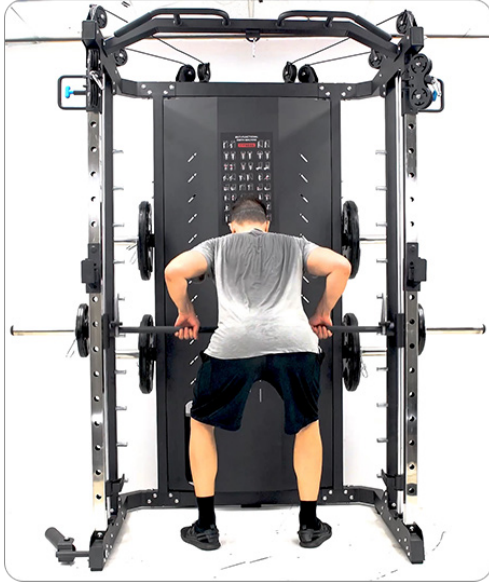


END

BENT OVER ROWS



START



END

SHOULDER SHRUGS

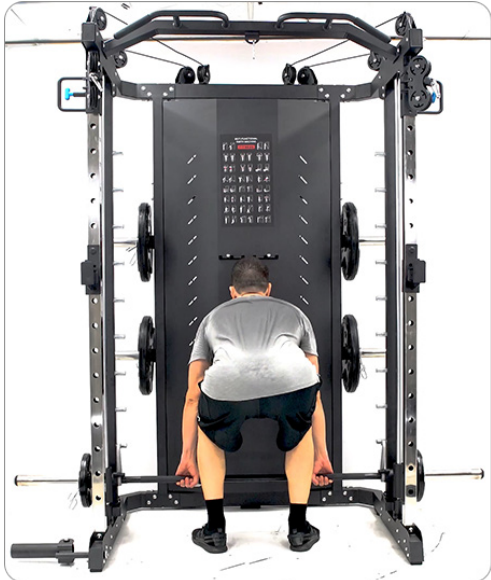


START

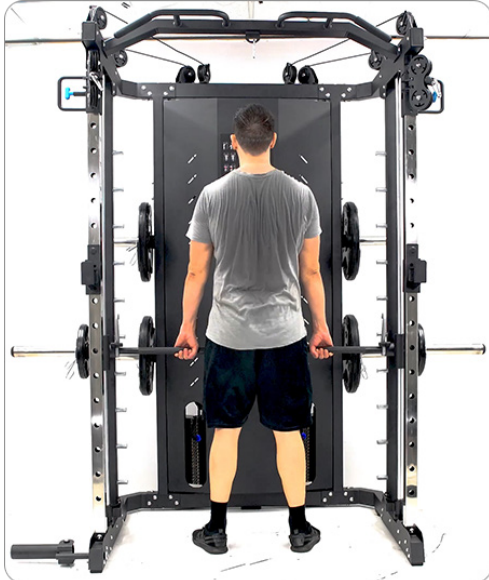


END

DEADLIFT

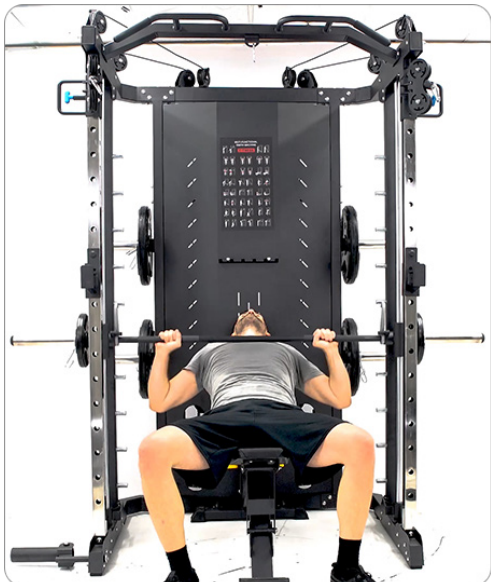


START



END

INCLINE CHEST PRESS



START



END

FLAT CHEST PRESS



START

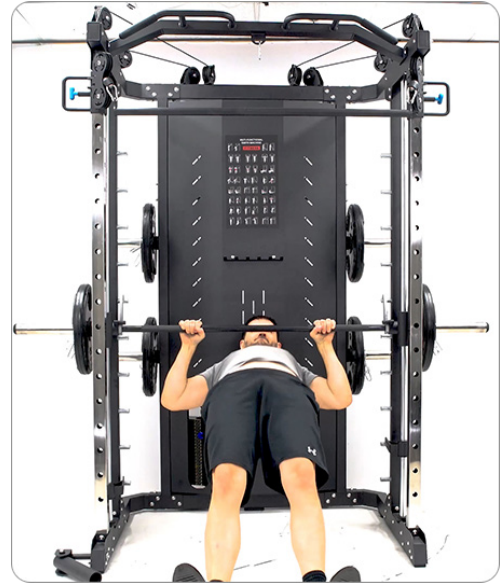


END

SUPINE ROW

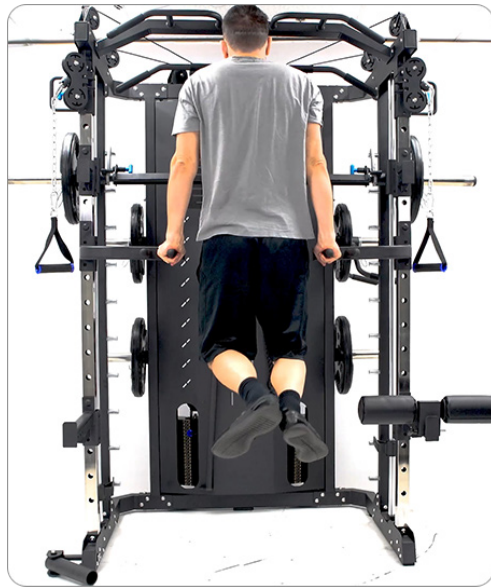


START

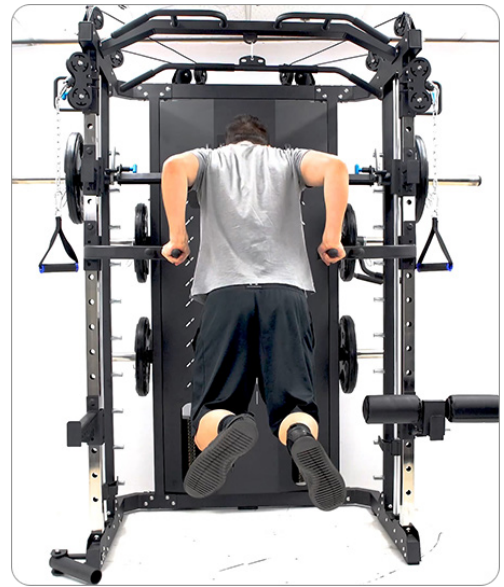


END

DIPS

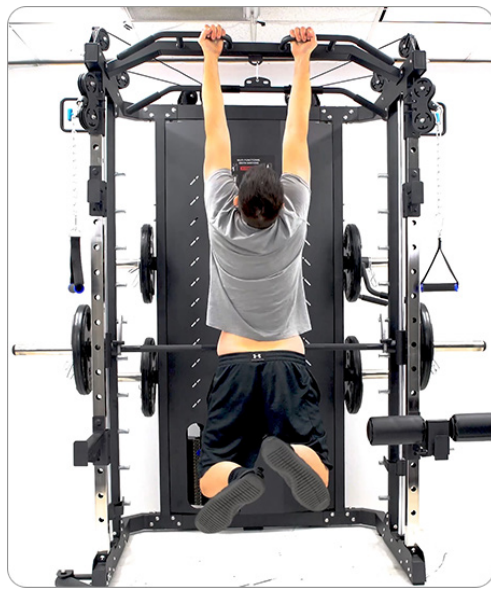


START

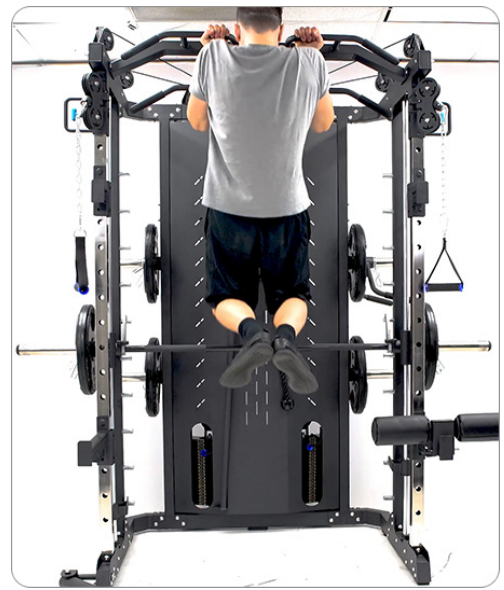


END

CHIN UPS



START



END

PULL UP



START

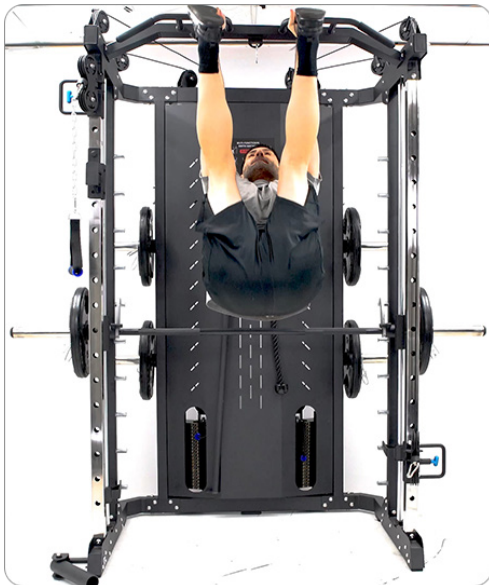


END

TOES TO BAR



START



END

LEG RAISES

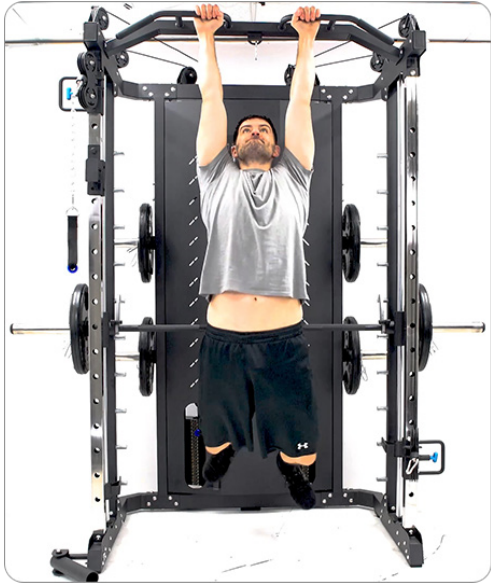


START

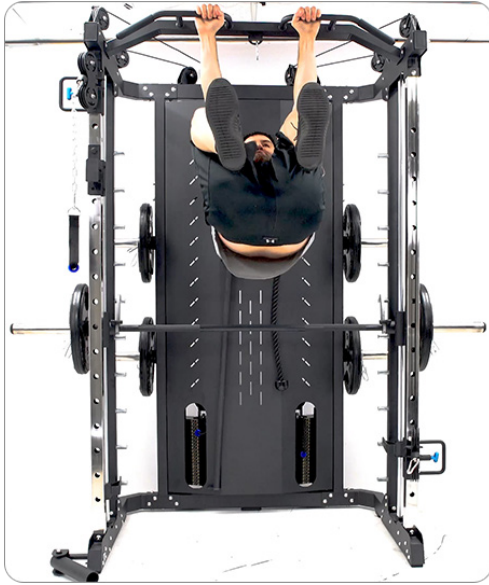


END

KNEES TO ELBOWS



START



END

OVERHEAD TRICEP KICKBACKS



START



END

STANDING ROWS



START



END

FLAT BENCH PRESS



START

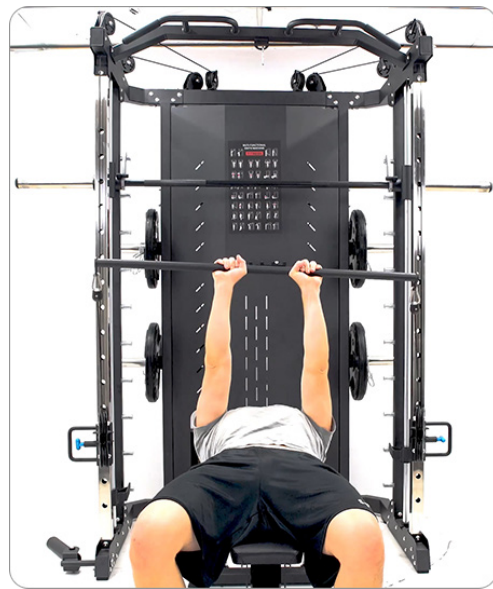


END

SKULL CRUSHERS



START



END

INCLINE BENCH PRESS



START



END

SEATED SHOULDER PRESS



START



END

LAT PULLDOWNS



START



END

STANDING CHEST PRESS

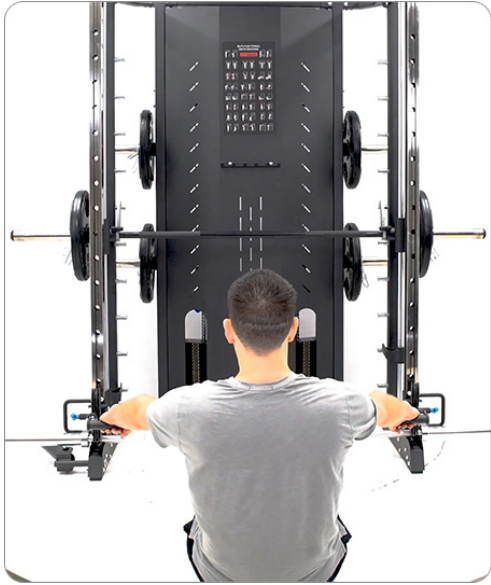


START



END

WIDE GRIP SEATED ROWS

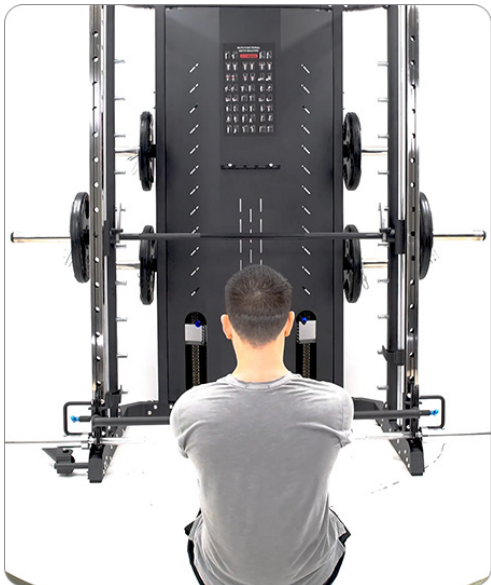


START

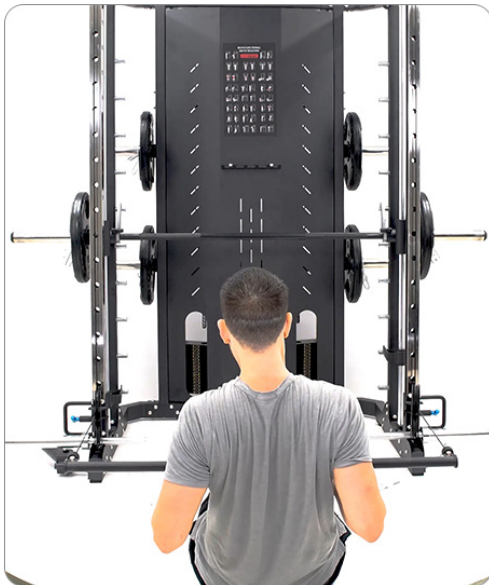


END

REVERSE GRIP SEATED ROWS



START



END

DEADLIFT



START

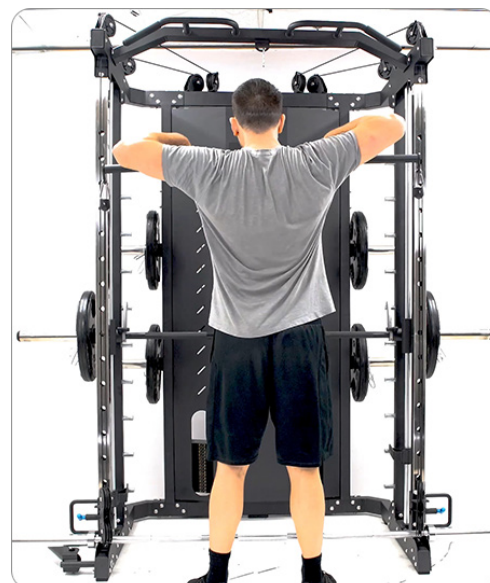


END

UPRIGHT ROWS



START

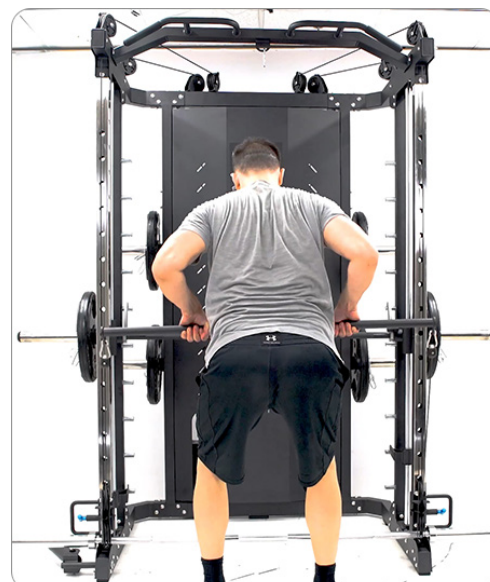


END

BENT OVER ROWS



START

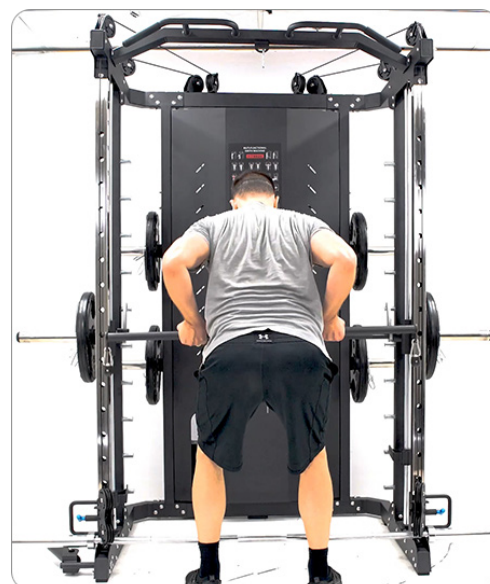


END

REVERSE GRIP BENT OVER ROWS



START



END

STANDING SQUAT



START

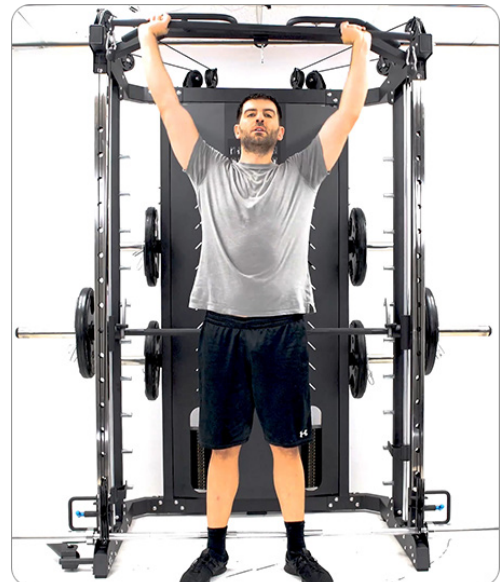


END

SHOULDER PRESS



START

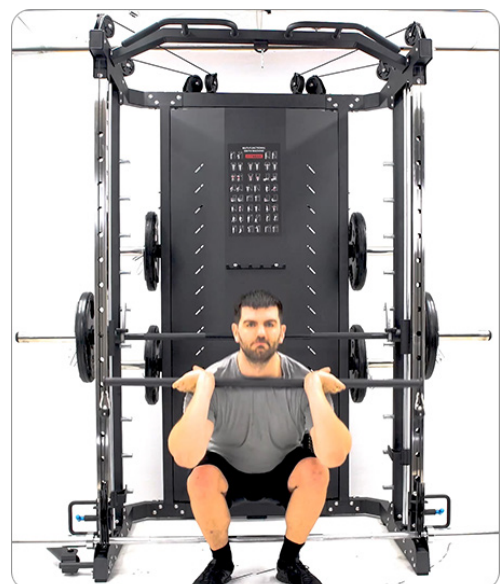


END

STANDING FRONT SQUATS



START

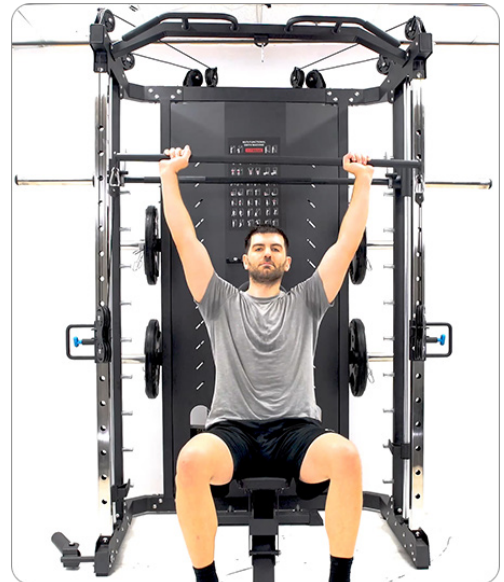


END

SEATED SHOULDER PRESS



START

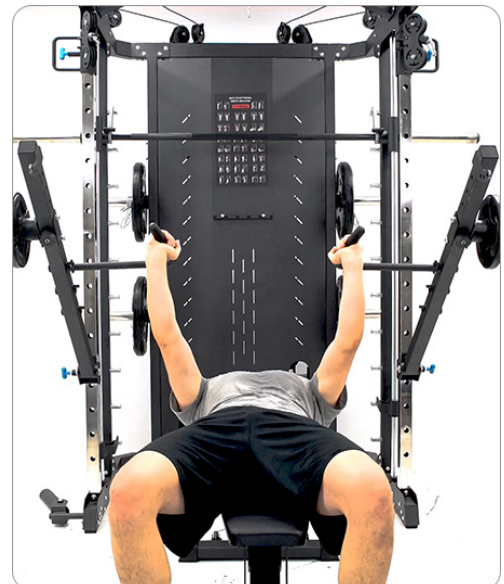


END

FLAT CHEST PRESS



START

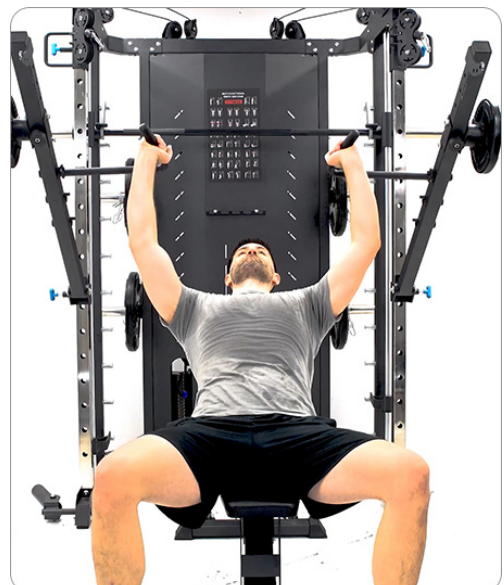


END

INCLINE CHEST PRESS

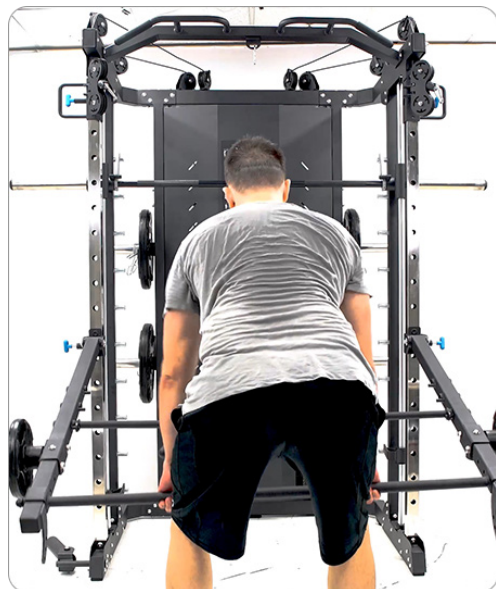


START

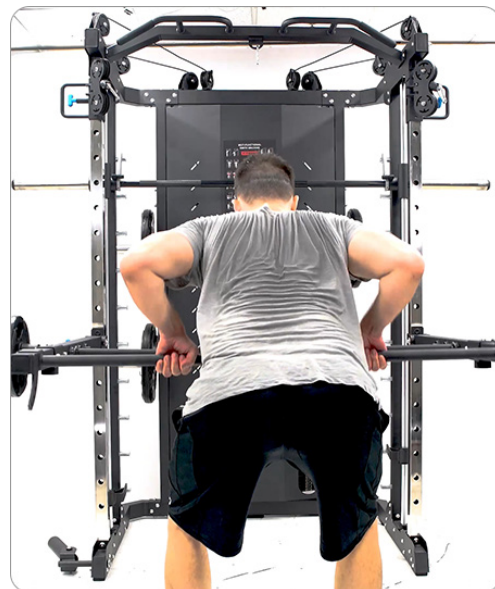


END

BENT OVER ROWS



START



END

STANDING SHRUGS



START



END

SHOULDER JERK

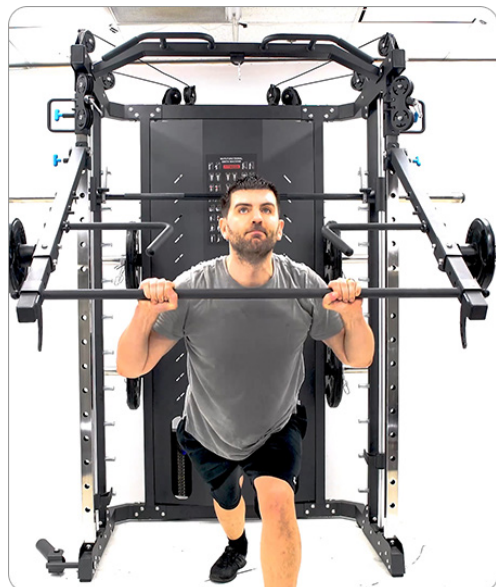


START



END

SHOULDER PRESS



START



END

ISO LATERAL SHOULDER PRESS



START



END

SHOULDER PRESS

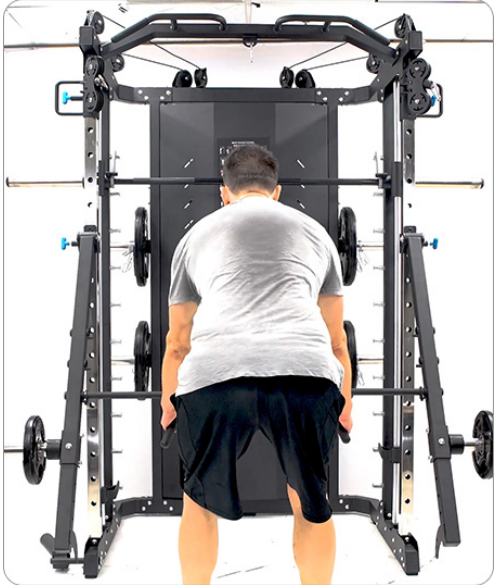


START

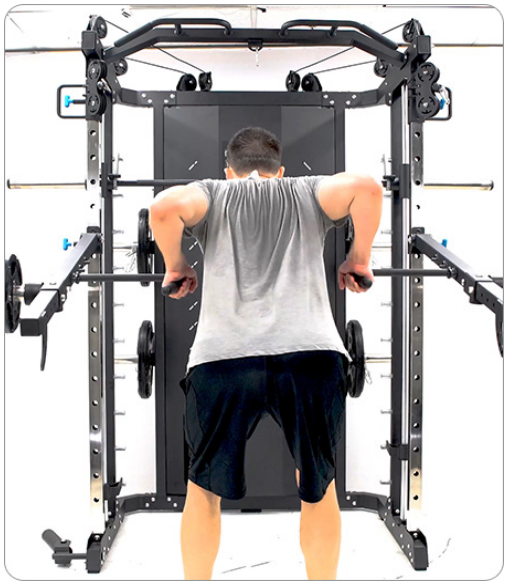


END

BENT OVER ROWS



START

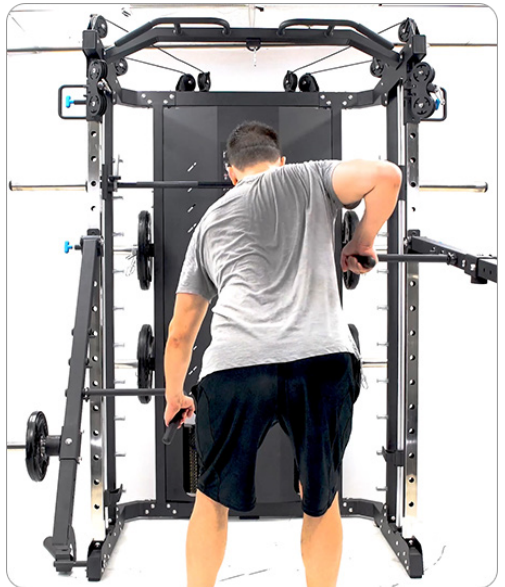


END

ISO LATERAL BENT OVER ROWS



START

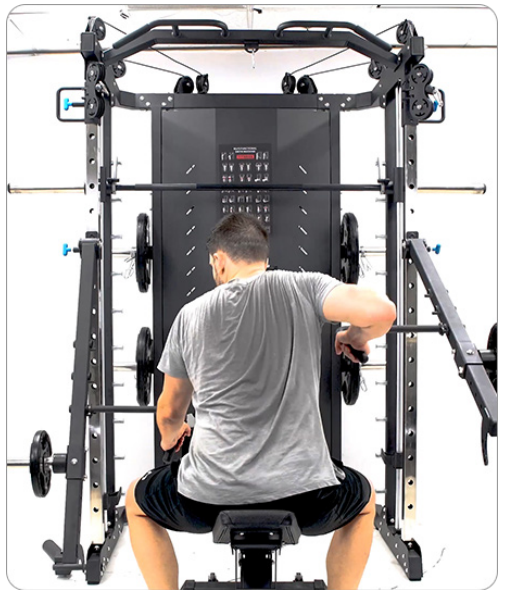


END

ISO LATERAL SEATED ROWS



START



END

PRONE BENCH ROW



START

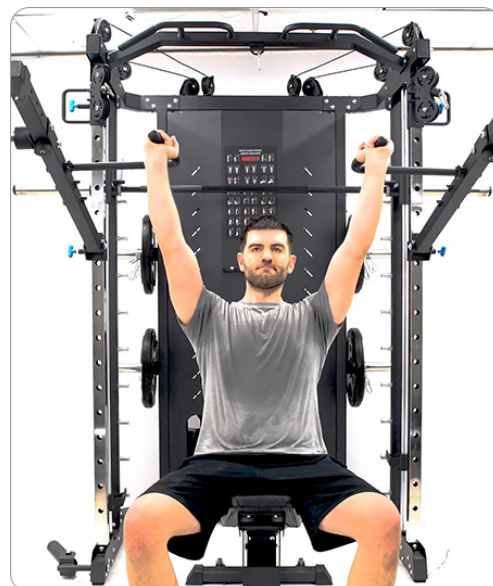


END

SEATED SHOULDER PRESS



START



END

SEATED SHRUGS



START



END

ISO LATERAL BENCH



START



END

ISO LATERAL DECLINE BENCH

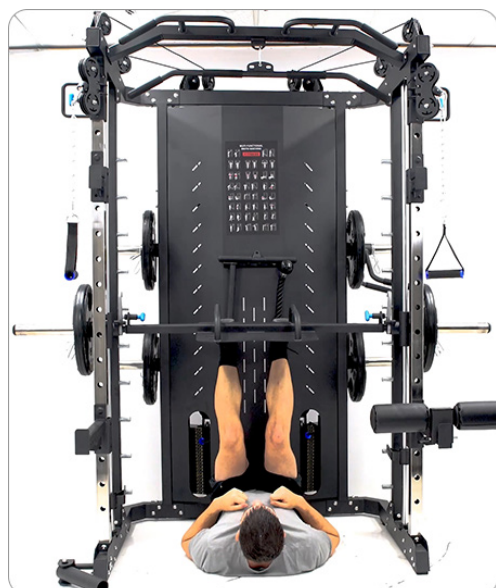


START

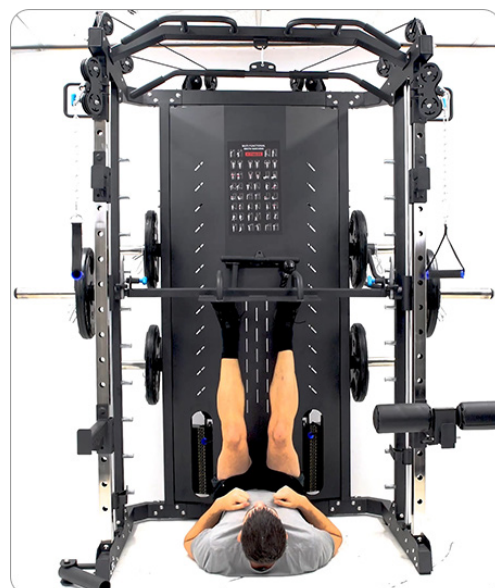


END

CALF RAISES



START



END

VERTICAL LEG PRESS



START



END

SEATED ROWS



START



END

KNEELING ABDOMINAL CRONCH



START



END

SEATED ABDOMINAL CRUNCH



START



END

SEATED ABDOMINAL CRUNCH



START



END