

FRENCH FITNESS

FF-FL30

FRENCH FITNESS FL30 FREEWEIGHT
CORNER LEVERAGE GYM

EXERCISES



**ONE
LEGGED
LATERAL
LEG RAISES**

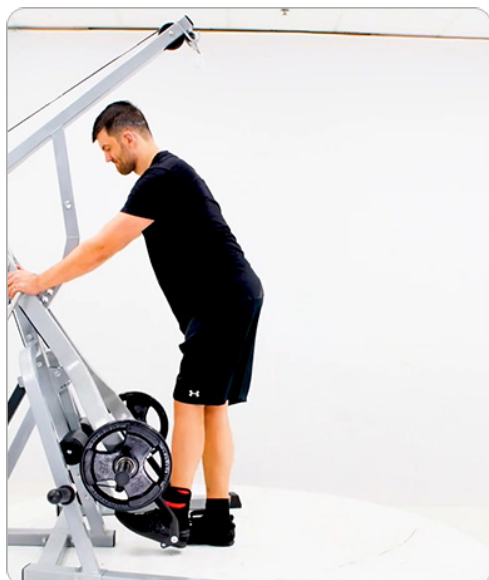


START



END

**ONE
LEGGED
GLUTE
KICKBACK**



START



END

**ONE
LEGGED
STANDING
ONE LEG
CURL**



START

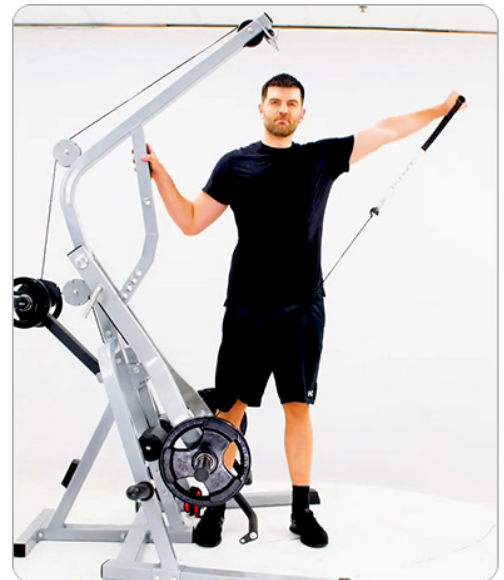


END

**ONE ARM
SHOULDER
LATERAL
RAISES**



START

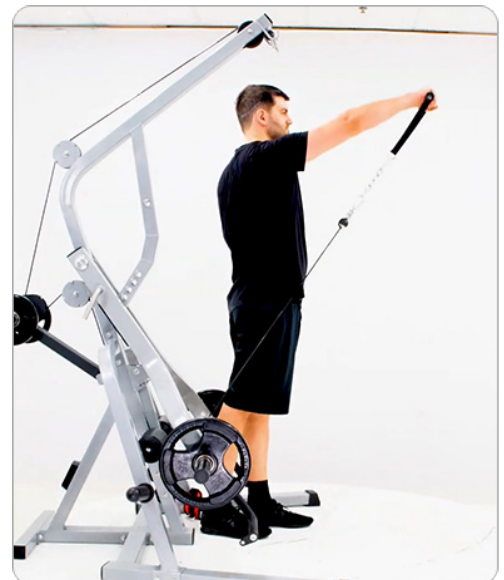


END

**ONE ARM
SHOULDER
FRONT
RAISES**



START

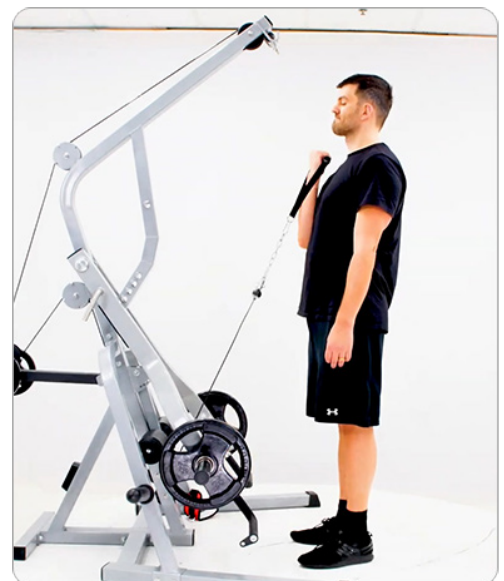


END

**ONE ARM
BICEP
CURLS**



START



END

**ONE ARM
OVERHEAD
TRICEP
EXTENTIONS**



START



END

**FLAT
BENCH
PRESS**



START



END

**ISO
LATERAL
BENCH
PRESS**

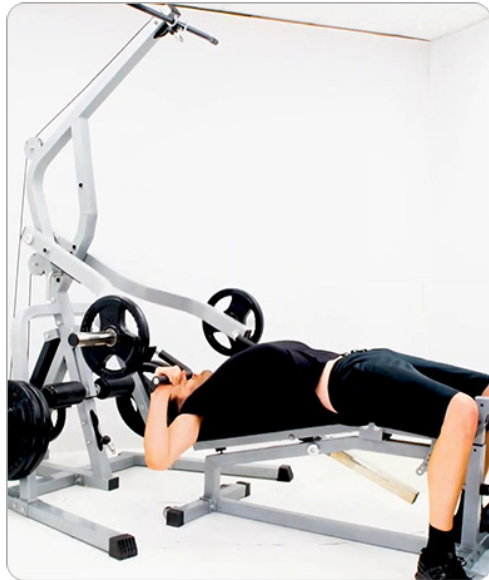


START

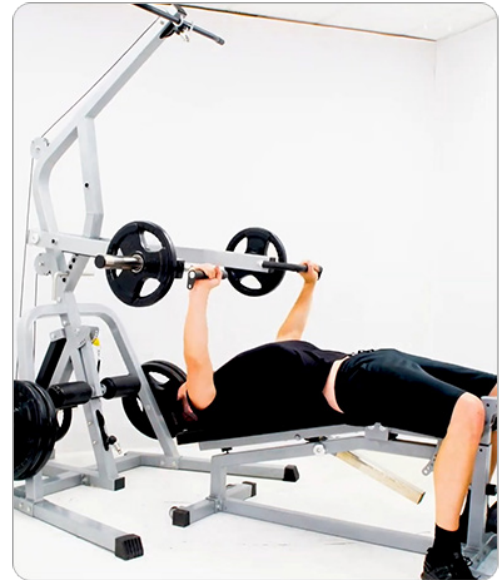


END

**DECLINE
BENCH
PRESS**



START



END

**INCLINE
BENCH
PRESS**



START

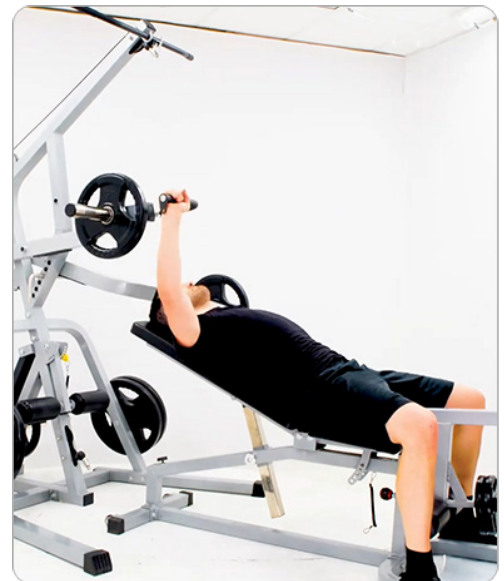


END

**ISO
LATERAL
INCLINE
BENCH
PRESS**



START



END

SHOULDER PRESS



START



END

ISO LATERAL SHOULDER PRESS



START



END

LEG EXTENSIONS



START



END

LYING LEG CURLS



START



END

PREACHER CURLS



START



END

LAT PULLDOWN



START



END

**LAT
PULLDOWNS**
(FULL
EXTENSION
FOR TALLER
PEOPLE)



START

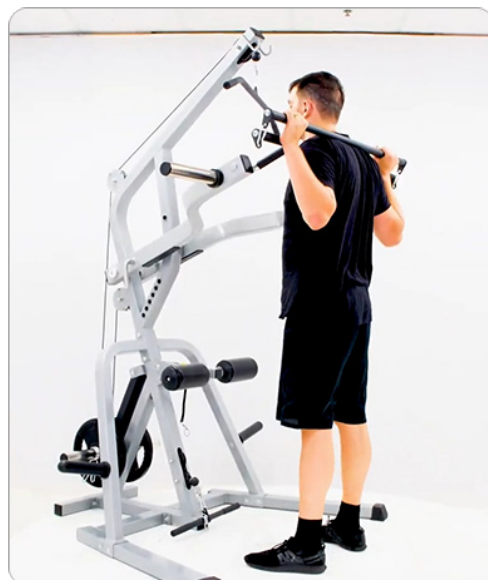


END

**STANDING
SQUATS**



START

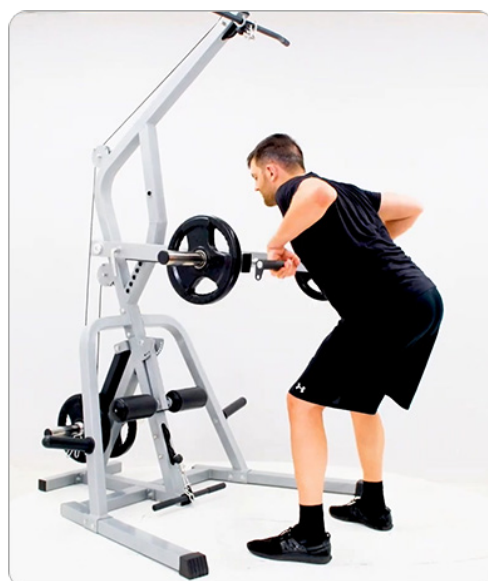


END

**BENT OVER
ROWS**



START

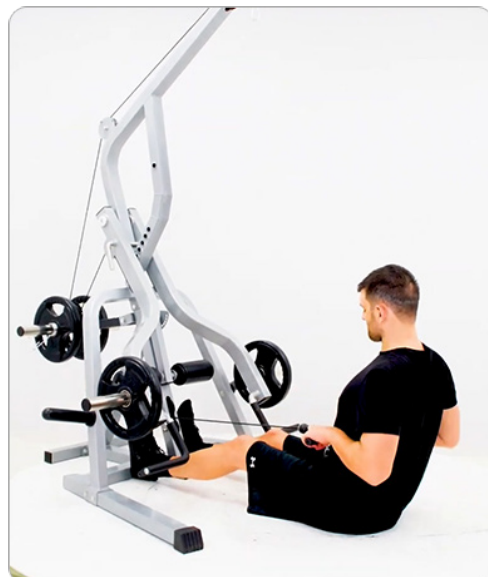


END

SEATED ROWS



START



END

STANDING BICEP CURL



START



END

UPRIGHT ROWS



START

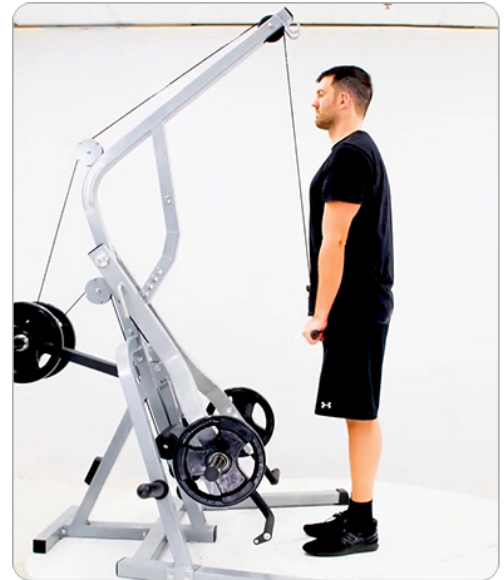


END

TRICEP PUSHDOWNS



START

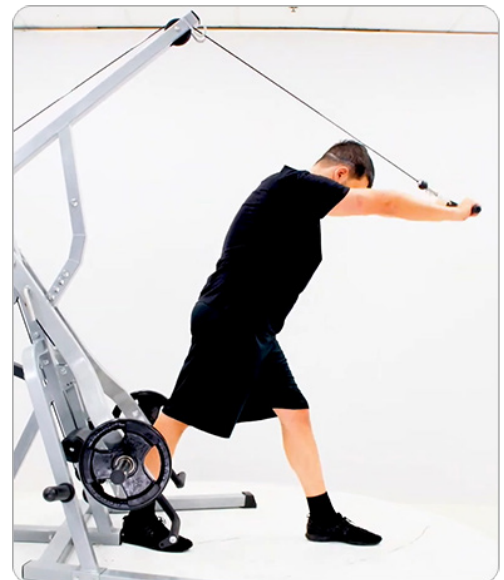


END

TRICEP KICKBACKS



START



END

SHOULDER PRESS



START



END