

maxed

MULTI-FUNCTION DOOR GYM WORKOUT CHART

The Multi-Function Door Gym is a perfect addition to your upper body training routine. It attaches to any door frame in seconds and does not require any drilling or fastening of bolts.

SUITABLE FOR



STRENGTH



BALANCE



FLEXIBILITY



TONING



CORE



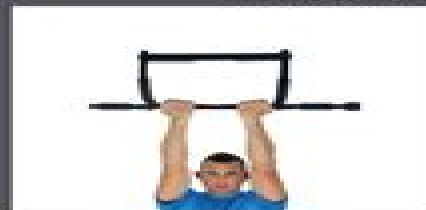
CARDIO

WIDE PULL-UP



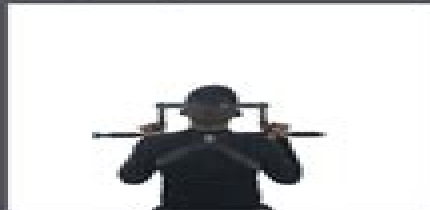
DO 8 REPS AND COMPLETE 3 SETS. ADD 3 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

NARROW CHIN-UP



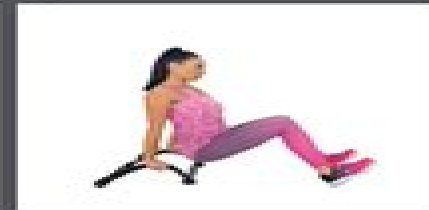
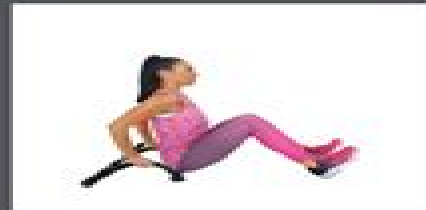
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HAMMER PULL-UP



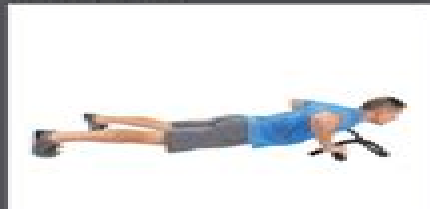
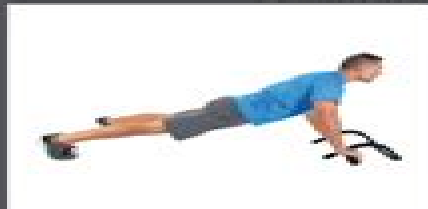
DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

DIPS



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

WIDE PUSH-UP



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

NARROW PUSH-UP



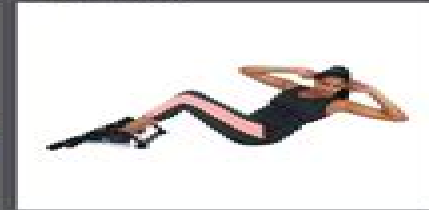
DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

SIT-UP



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

OBLIQUE SIT-UP



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

Iron Gym Workout Guide

SA Dillow

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Iron Gym Workout Guide:

This book delves into Iron Gym Workout Guide. Iron Gym Workout Guide is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Iron Gym Workout Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Iron Gym Workout Guide
- Chapter 2: Essential Elements of Iron Gym Workout Guide
- Chapter 3: Iron Gym Workout Guide in Everyday Life
- Chapter 4: Iron Gym Workout Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Iron Gym Workout Guide. The first chapter will explore what Iron Gym Workout Guide is, why Iron Gym Workout Guide is vital, and how to effectively learn about Iron Gym Workout Guide.
3. In chapter 2, the author will delve into the foundational concepts of Iron Gym Workout Guide. This chapter will elucidate the essential principles that need to be understood to grasp Iron Gym Workout Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Iron Gym Workout Guide in daily life. The third chapter will showcase real-world examples of how Iron Gym Workout Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Iron Gym Workout Guide in specific contexts. This chapter will explore how Iron Gym Workout Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Iron Gym Workout Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Iron Gym Workout Guide.

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