

6-DAY COUPLES WORKOUT TO BUILD STRONG AND DEFINED BODY

THEFITNESPHANTOM.COM

DAY 1 - CHEST & SHOULDER

Incline Bench Press (4 x 8-12)
Seated Machine Fly (4 x 12-16)
Overhead Press (4 x 8-12)
Lateral Raises (3 x 10-12)
Reverse Pec Fly (3 x 10-15)
Incline Treadmill Walk (5-10 mins)

DAY 2 - LEGS & ARMS

Dumbbell Squat (3 x 15-20)
Leg Extension (3 x 12-18)
Leg Press (3 x 10-12)
Leg Curl (3 x 12-18)
Cable Pull Through (3 x 10-12)
Cable Curl + Pushdown (4 x 10-15)
Stationary Bicycle (5-10 mins)

DAY 3 - BACK & ABS

Pull-ups (3 x 4-10)
Front Pulldown (3 x 12-15)
Seated Machine Row (3 x 12-15)
Chest Supported DB Row (3 x 10-12)
Cable Crunches (3 x 15-20)
Haging Knee Raises (3 x 10-15)
Cable High to Low Chop (3 x 10/side)

DAY 4 - CHEST & SHOULDER

Incline Bench Press (4 x 8-12)
Bent-over Cable Fly (4 x 10-12)
DB Push Press (3 x 8-12)
Lateral Raises (3 x 10-12)
Cable Face Pull (3 x 10-15)
Incline Treadmill Walk (5-10 mins)

DAY 5 - LEGS & ARMS

Dumbbell Lunges (3 x 15-20)
Dumbbell Step-up (3 x 12-18)
Reverse Hack Squat (3 x 10-12)
Romanian Deadlift (3 x 12-18)
Hip Thrust (3 x 10-12)
Calf Raises (4 x 15-20)
Preacher Curl + Dips (4 x 10-15)

DAY 3 - BACK & ABS

Pull-ups (3 x 4-10)
Close Grip Pulldown (3 x 12-15)
Seated Machine Row (3 x 12-15)
Single-arm DB Row (3 x 10-12)
Cable Crunches (3 x 15-20)
Haging Knee Raises (3 x 10-15)
Cable High to Low Chop (3 x 10/side)

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How To Home Workout 2025 36629 75293

Terry C. Jones



How To Home Workout 2025 36629 75293:

How To Home Workout 2025 36629 75293 Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**How To Home Workout 2025 36629 75293**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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