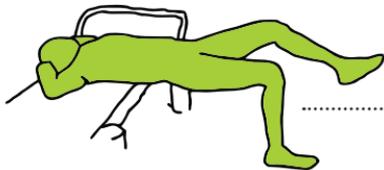
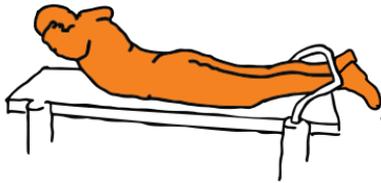


A2 FLAT BENCH

EXERCISE INSTRUCTIONS



ALTERNATING
EXTENSION OF
KNEES IN SUPPORT
OF SHOULDER
BLADES



PULL-UPS LYING ON
THE BELLY, WITH
LEGS UNDER THE
BAR



ONE LEG HIP
ABDUCTION IN
SUPPORT OF
SHOULDER BLADES



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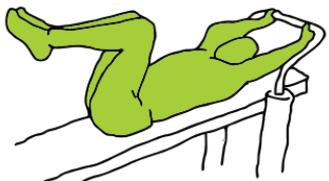
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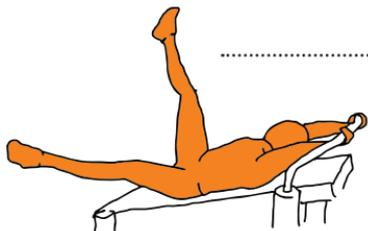
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A3 INCLINE BENCH

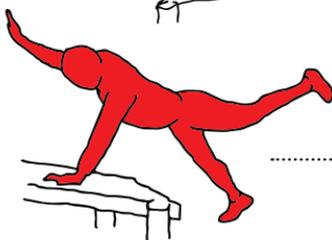
EXERCISE INSTRUCTIONS



LEG RAISE WITH
BENDE KNEES
LYING ON THE BACK



ALTERNATING LEG
ABDUCTION AND
ADDUCTION LYING ON
THE BACK. ONE LEG IS
STRETCHED UPWARDS,
THE OTHER ONE IS
ABDUCTED TO THE SIDE.



RAISE OF OPPOSITE
EXTREMITIES
IN FRONT SUPPORT



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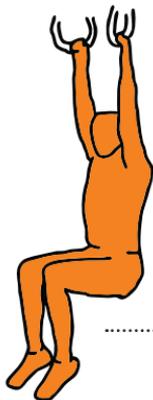
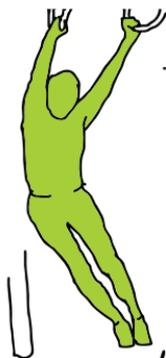
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A8, A10 RINGS

EXERCISE INSTRUCTIONS



HIPS ROTATION
WITH FEET ON THE
GROUND



LEG RAISE
WITH BENDED
KNEES



LEG RAISE
WITH STRETCHED
KNEES



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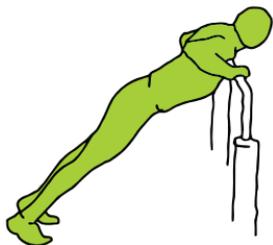
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A1 PARALLEL BARS

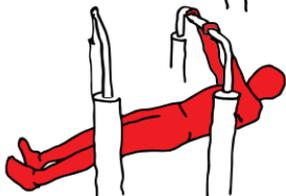
EXERCISE INSTRUCTIONS



PUSH-UPS IN
SUPPORT ON THE
BAR



LEG RAISE WITH
BENDED KNEES
IN SUPPORT ON THE
PARALLEL BARS



PULL-UPS TO THE
BAR IN MIXED HANG



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A8, A10 BAR

EXERCISE INSTRUCTIONS



FREE HANG
(GRIPPING FROM
BELOW) ON THE BAR



HANG WITH
GRIPPING FROM
ABOVE, LEG RAISE
INTO BENDED
POSITION



BENDS WITH
GRIPPING FROM
ABOVE / BELOW



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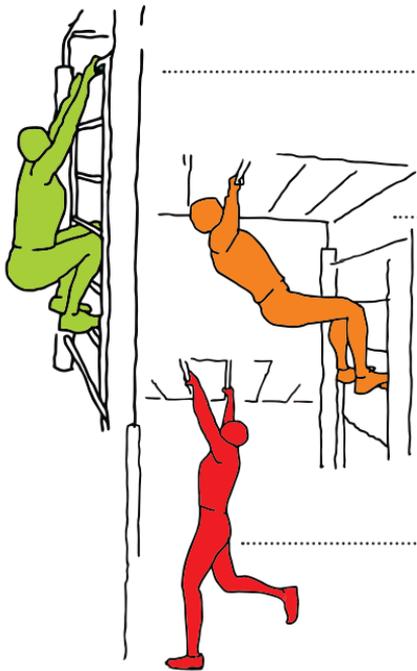
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A10 LADDERS

EXCERCISE INSTRUCTIONS



BENDS ON THE
LADDER USING
LEGS



BENDS WITH LEGS
ON THE VERTICAL
AND HANDS ON
THE HORIZONTAL
LADDER



TARSAN



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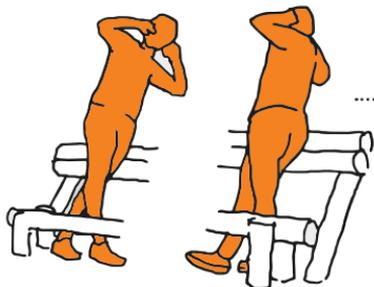
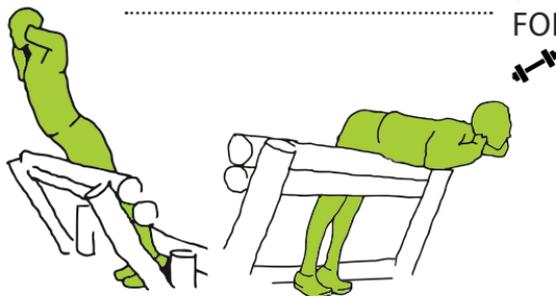
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A6 ROMAN BENCH

EXERCISE INSTRUCTIONS

BACKWARDS AND FORWARD BENDS



SIDE BENDS, ALTERNATING



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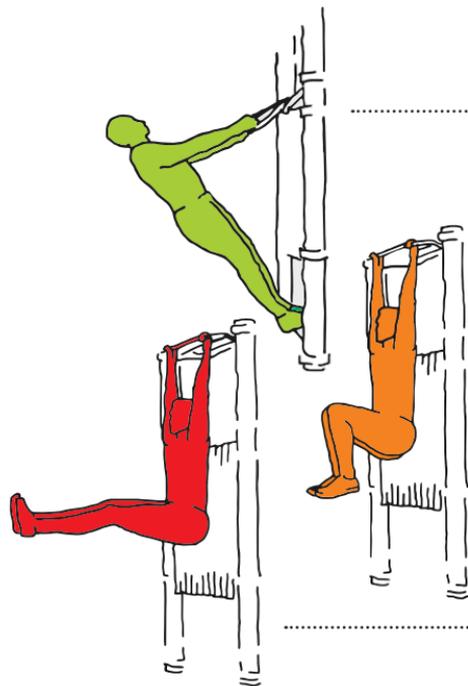
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A4 PURPOSE WALL BARS

EXERCISE INSTRUCTIONS



PROP STANDING
WITH LEGS
TOGETHER, INCLINE
BACKWARDS



LEG RAISE WITH
BENDED KNEES
IN FREE HANG



LEG RAISE WITH
STRETCHED KNEES
IN FREE HANG



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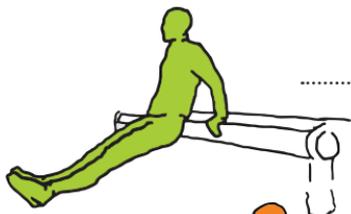
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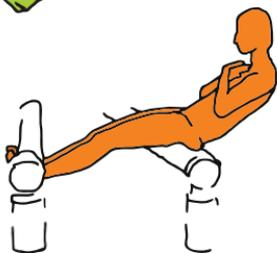
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A5 DOUBLE BEAM

EXERCISE INSTRUCTIONS



ELBOW EXTENSIONS
IN REAR SUPPORT



PULL-UPS
WITH LEG SUPPORT



PUSH-UPS,
LEGS STRADDLED



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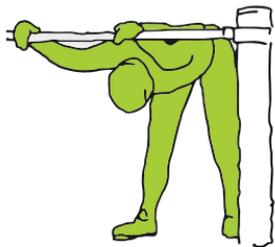
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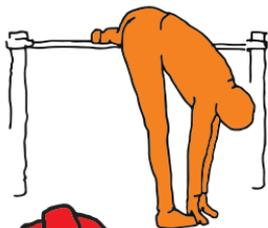
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A9 TRIPPLE BAR

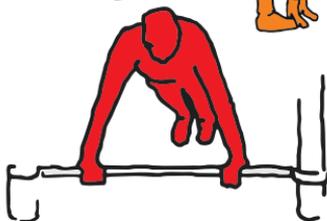
EXCERCISE INSTRUCTIONS



..... FORWARD BENDS



..... FORWARD BENDS
(SIDE)



..... PUSH-UPS IN FRONT
SUPPORT LYING



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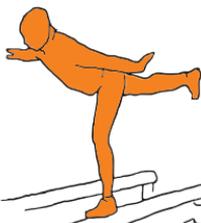
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A7 BALANCE BEAM

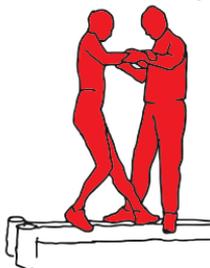
EXCERCISE INSTRUCTIONS



WALKING ON
BALANCE BEAM,
ARMS WIDE OPEN



STANDING SCALE,
ARMS WIDE OPEN



PASSING BY ON
BALANCE BEAM
IN PAIR



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