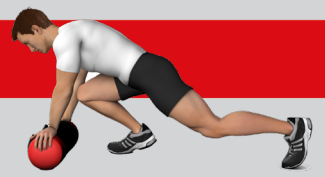
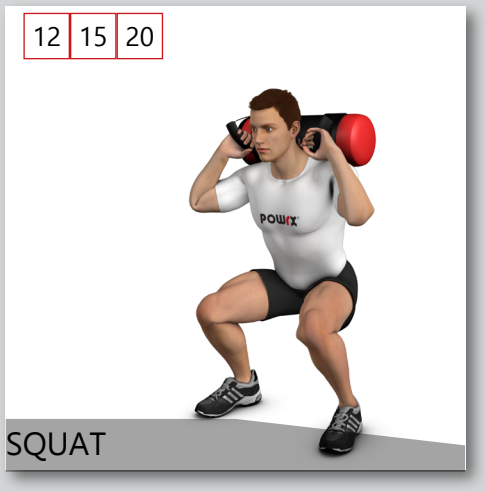
POWERBAG WORKOUT

YOUR FITNESS IS OUR CHALLENGE

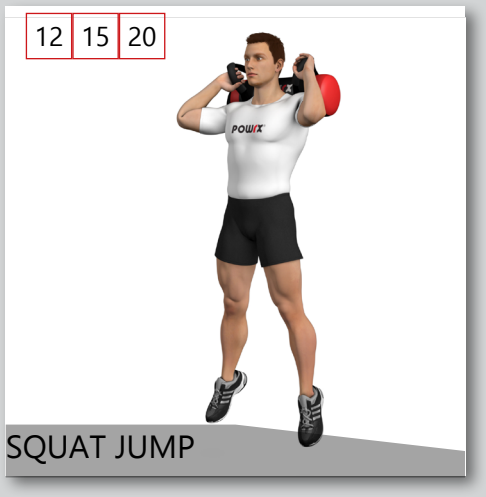


BASIC

LEGS

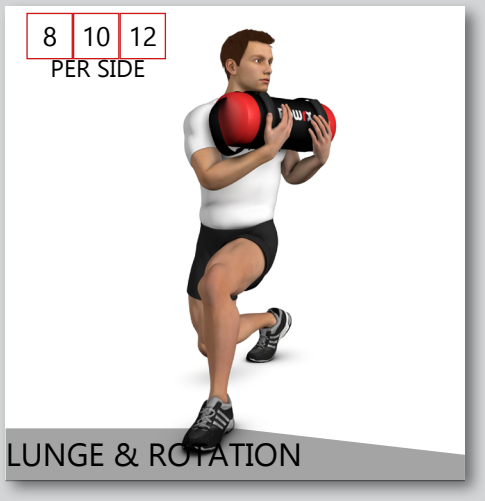


SQUAT



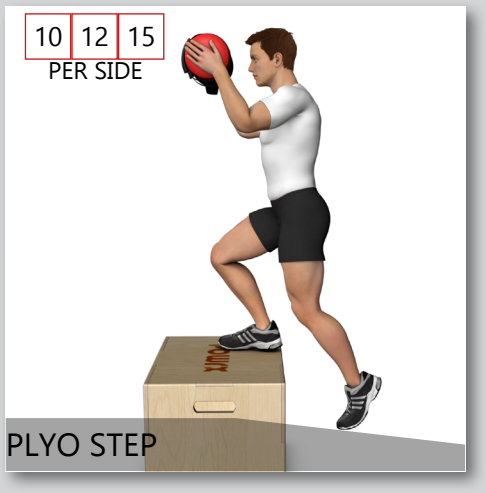
SQUAT JUMP

LUNGE



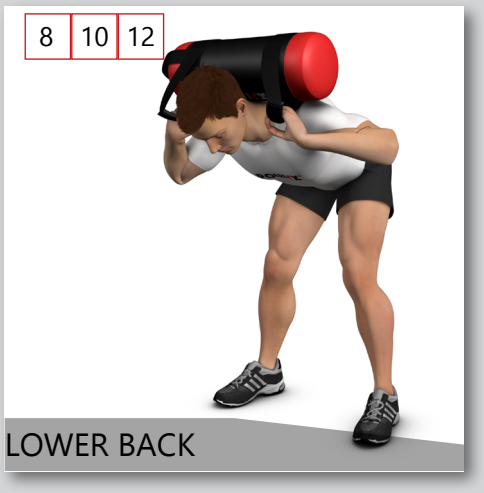
LUNGE & ROTATION

BACK

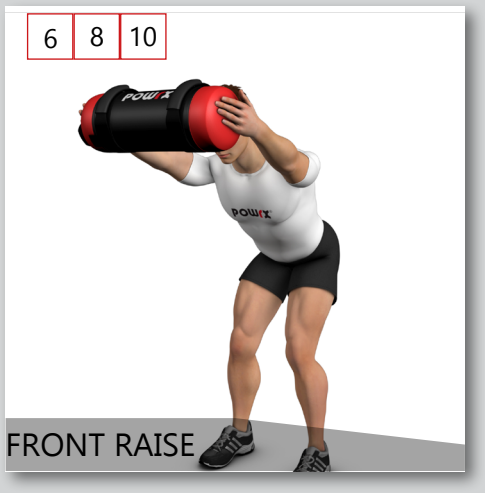


PLYO STEP

ROW

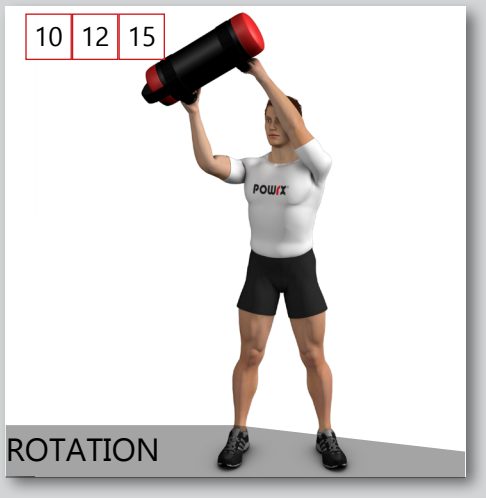


LOWER BACK

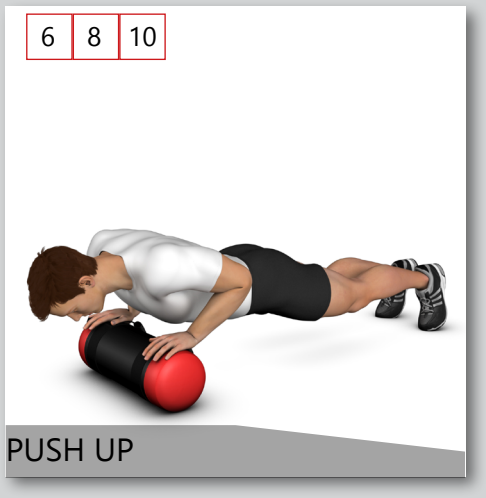


FRONT RAISE

CHEST

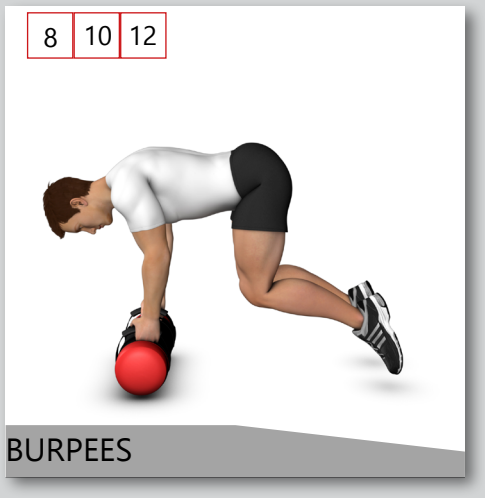


ROTATION



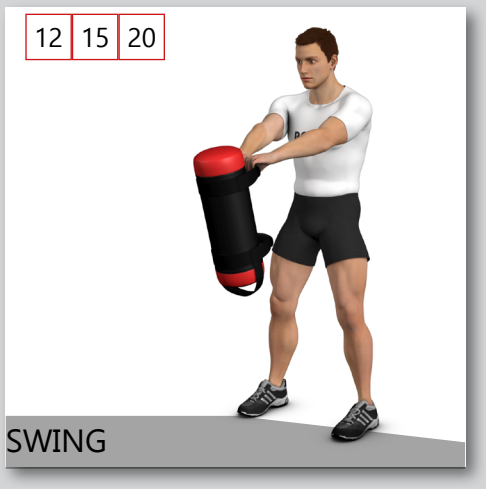
PUSH UP

SINGLE ARM PUSH UP



BURPEES

ARM/SHOULDER



SWING

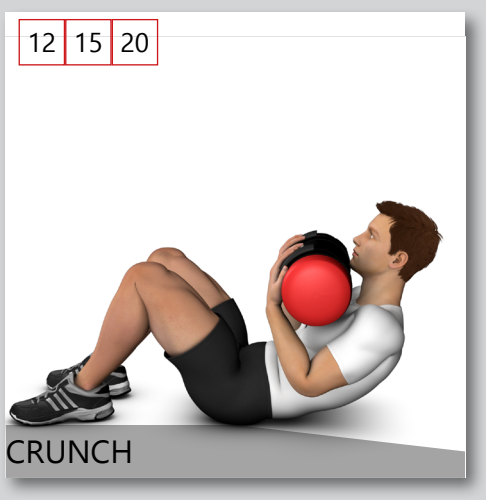
TRICEPS OVERHEAD

FRONT ARM LIFT

MOUNTAIN CLIMBER

ABDOMINAL

SHOULDER PRESS



CRUNCH

SIT UP

RUSSIAN TWIST

POWRX®

NOTIFICATIONS

8 | 12 | 15

! = ADVANCED EXERCISE

Die Zahlen im Kästchen sind die jeweiligen Wiederholungen pro Satz (3 Sätze).
The numbers in the boxes are the repetitions of each set (3 Sets).
I numeri riportati nelle caselle si riferiscono alle ripetizioni per ogni serie (3 Serie).
Los números en los cuadros se refieren a las repeticiones por cada serie (3 Series).
Les chiffres indiqués dans les cases se réfèrent à les répétitions pour chaque série (3 Série).