

# FITNESSNL

## Fullbody Dames

FitnessNL

	Set 1	Set 2	Set 3	Set 4
Rotary calf	20 x	20 x	18 x	
Abductor	20 x	20 x	20 x	
Vertical traction	20 x	18 x	15 x	15 x
Abdominal	20 x	20 x	20 x	20 x
Adductor	20 x	20 x	20 x	
Chest press	20 x	18 x	15 x	15 x
Leg press	20 x	18 x	15 x	15 x
Arm extension	20 x	18 x	15 x	

# FITNESSNL