

PROTEUS®



Disse øvelser er kun vejledende, de kan derfor variere fra maskine til maskine.



LOW PULLEY ROW



TRICEP EXTENSIONS



PREACHER CURLS



BUTTERFLY



LAT PULL-BACK



BENCH PRESS



MILITARY PRESS



BACK KICK



LEG CURLS



LEG EXTENSIONS

PROTEUS®

**FITNESS
INNOVATION**

**HELP
YOUR
MUSCLE**



**STUDIO 3
HOME GYM MACHINE**



LAT PULL-BACK



LAT PULL-FRONT



MILITARY PRESS



UPRIGHT ROW



LOW PULLEY ROW



BENTOVER ROW



BENCH ROW



SHOULDER SHRUGS



REAR DELTOID



BENCH PRESS



BUTTERFLY



TRICEP EXTENSIONS



BICEP CURL



CRUNCHES



LEG EXTENSIONS



LEG CURLS



BACK KICK



SIDE KICKS



PREACHER CURLS



FOREARM CURL



WRIST CURLS