





















**BASIC** 

1























**LEGS PRO** 

2























ARMS & LEGS BASIC

3























**LEGS & ABS** 

4























**ABS** 

5























**BACK & ARMS** 

6























**FULL BODY** 

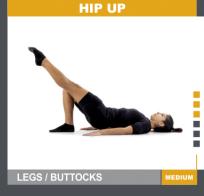
7























**HIPS & ABS PRO** 

8























**ABS PRO** 

9























e-lektron
ATHLETE MEN

10

2 minutes reps for each exercise























e-lektron
ATHLETE WOMEN

11

2 minutes reps for each exercise