

Some Four-Exercise Combo Examples That Will Work With Holiday-Promo Muscle Audio

DB=Dumbbell

Chest and Back V.1

Pair 1

Incline DB Press

Palms-Up Close-Grip Lat Pull Downs

Pair 2

Flat Barbell Bench Press

Seated Cable Rows

Chest and Back V.2

Pair 1

Incline Barbell Press

One-Arm DB Rows (left side)

Pair 2

Flat DB Press

One-Arm DB Rows (right side)

Chest and Bicep V.1

Pair 1

Incline DB Press

Barbell Straight-Bar Curl

Pair 2

Flat Barbell Bench Press

E-Z Curl Bar Preacher Curls

Chest and Bicep V.2

Pair 1

Incline Barbell Press

Seated DB Curl

Pair 2

Flat DB Press

Straight-Bar Preacher Curls

Back and Tricep V.1

Pair 1

Palms-Up Close-Grip Lat Pull Downs

Straight-Bar Tricep Push Downs

Pair 2

Seated Cable Rows

Rope Cable Kickouts

Back and Tricep V.2

Pair 1

One-Arm DB Rows (left side)

Seated 2-Hand DB Extension

Pair 2

One-Arm DB Rows (right side)

Straight-Bar Tricep Push Downs

Arms and Shoulders V.1

Pair 1

Straight-Bar Tricep Push Downs
Barbell Straight-Bar Curl

Pair 2

Rope Cable Kickouts
DB Side-Lateral Raise

Arms and Shoulders V.2

Pair 1

Seated 2-Hand DB Extension
Seated DB Curl

Pair 2

Straight-Bar Tricep Push Downs
DB Rear-Lateral Raise

Legs and Shoulders V.1

Pair 1

Barbell Back Squat
DB Side-Lateral Raises

Pair 2

Leg Extension
Leg Curl

Legs and Shoulders V.2

Pair 1

Barbell or Smith-Machine Lunges (Left)
Barbell or Smith-Machine Lunges (right)

Pair 2

Leg Extension
DB Rear-Lateral Raises

Quads and Arms V.1

Pair 1

Barbell Back Squat
Straight-Bar Tricep Push Down

Pair 2

Leg Extension
Straight-Bar Curl

Quads and Arms V.2

Pair 1

Barbell or Smith-Machine Lunges (Left)
Barbell or Smith-Machine Lunges (right)

Pair 2

Straight-Bar Tricep Push Down
Straight-Bar Curl

* More examples given with purchase.