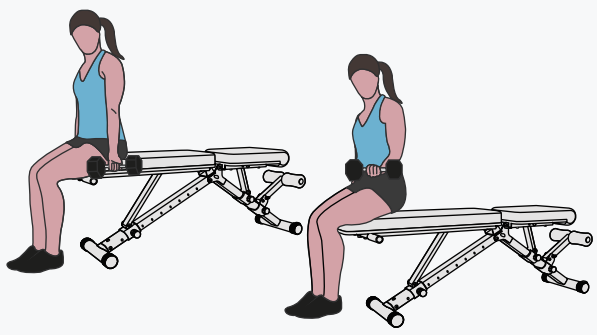
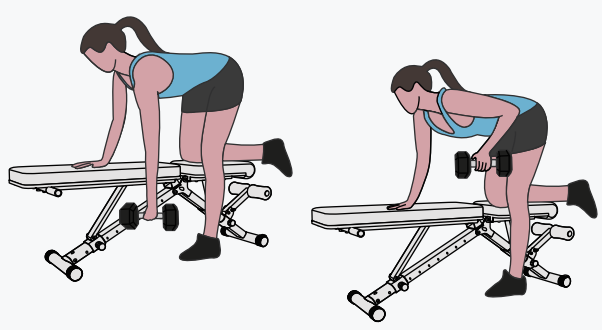
YOUTEN
ADJUSTABLE BENCH WORKOUT GUIDE

DUMBBELL RAISE

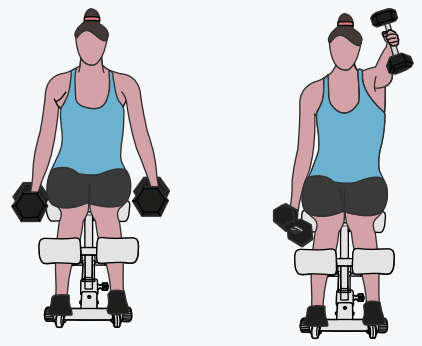
Abduction dumbbell bend lift



One-arm dumbbell rowing

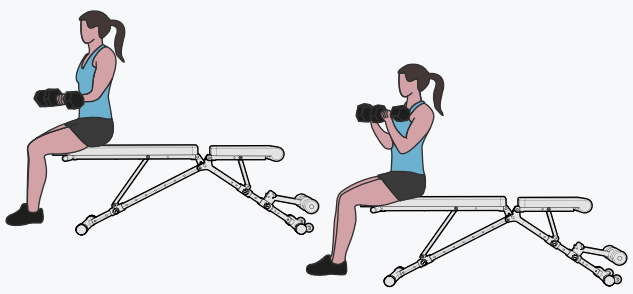


Alternate dumbbells flat lifting

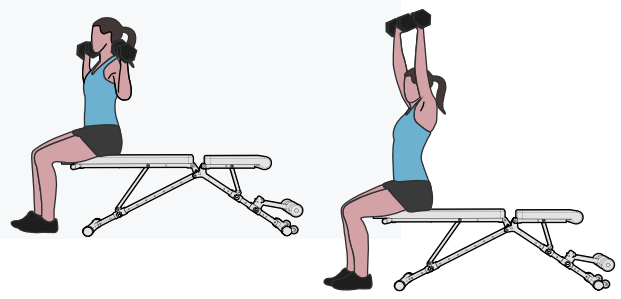


DUMBBELL RAISE

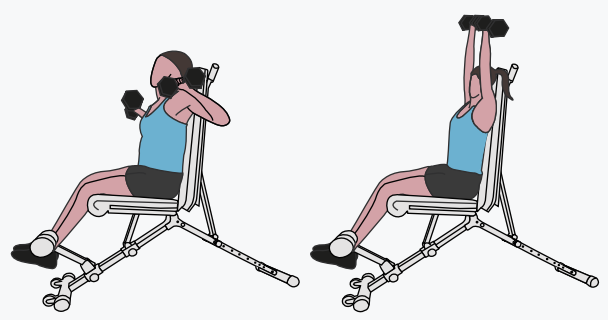
Dumbbell bend lift



Free dumbbells push shoulders

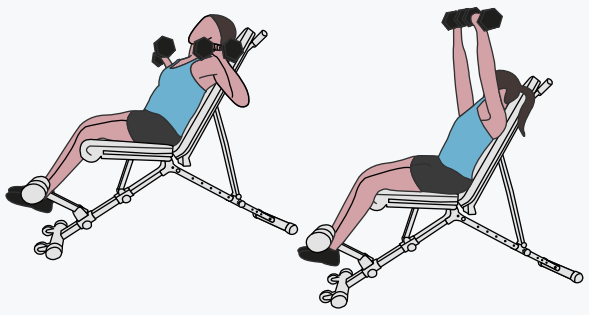


Backrest dumbbells push shoulders

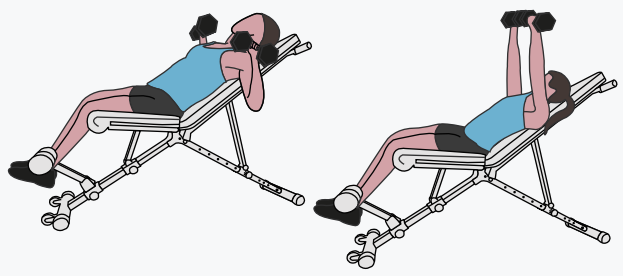


DUMBBELL RAISE

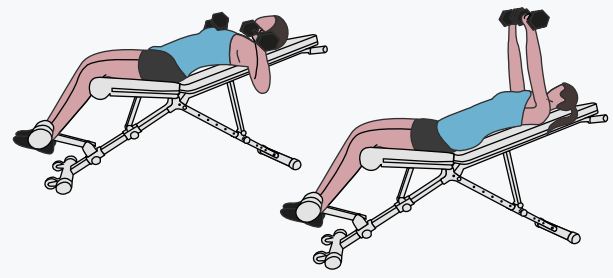
60 degree Upper oblique dumbbell bench press



45 degree Upper oblique dumbbell bench press

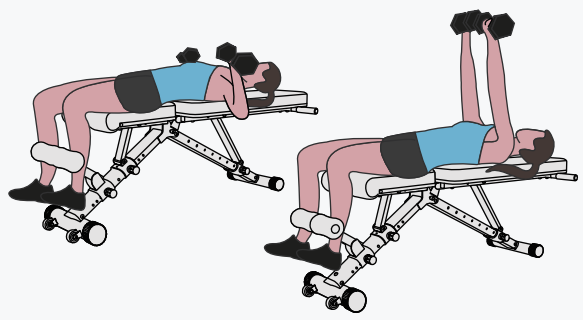


30 degree Upper oblique dumbbell bench press

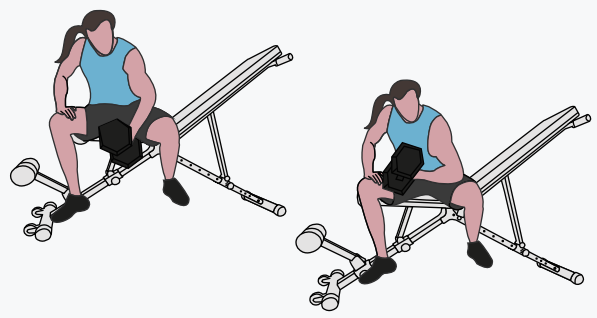


DUMBBELL RAISE

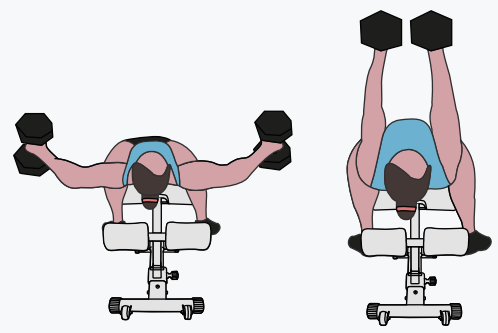
Bench press flat dumbbells



One - arm dumbbell bend lift

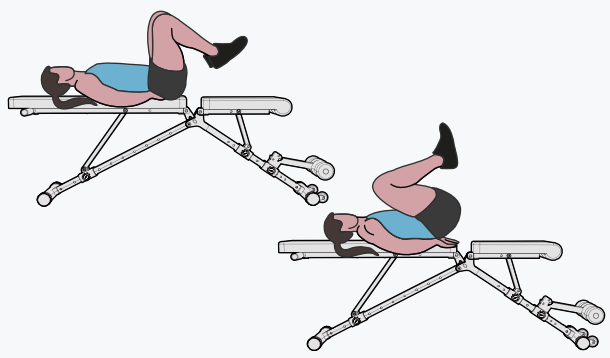


Supine dumbbell with chest clamps

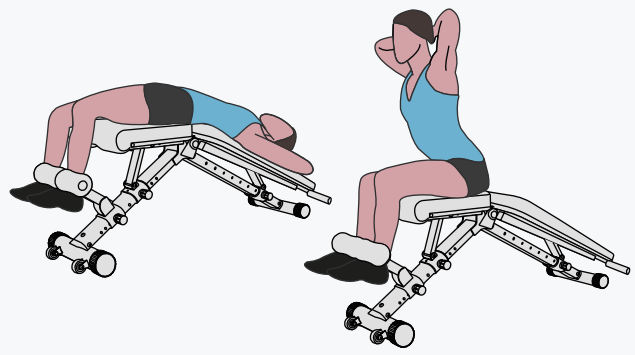


FULL BODY

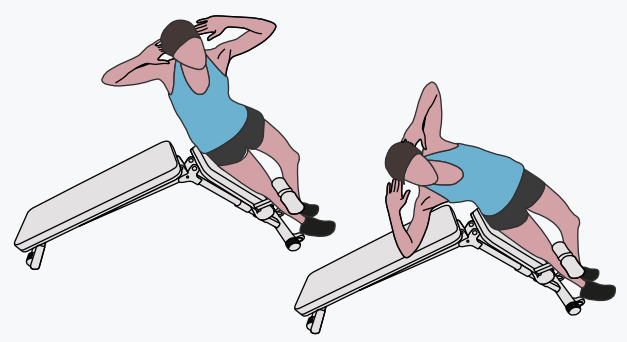
Bended leg lift



Downslope crunches

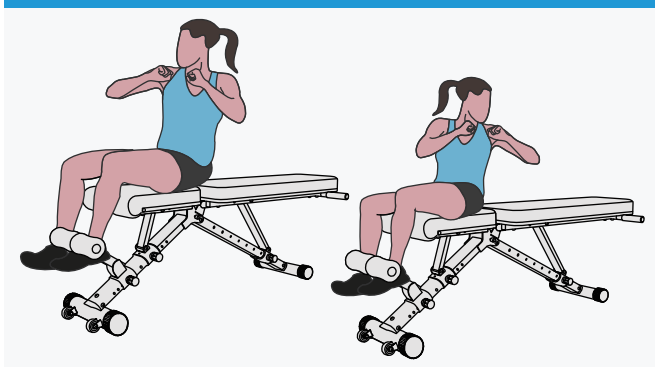


Side sit up

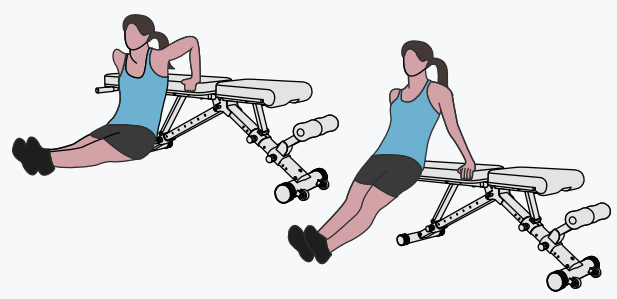


FULL BODY

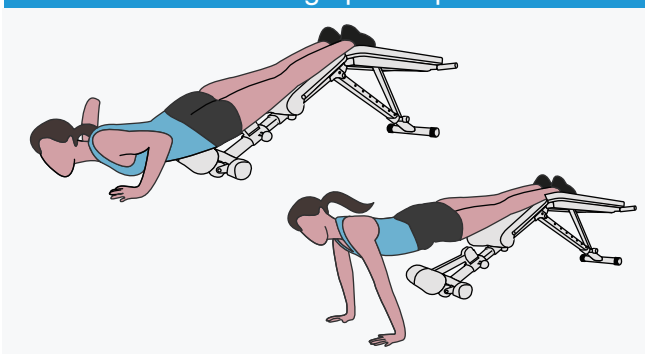
Lower fixed Russian twist



Reverse arm flexion and extension

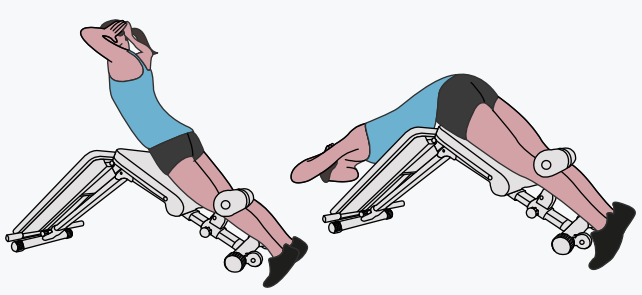


Lower high push-ups



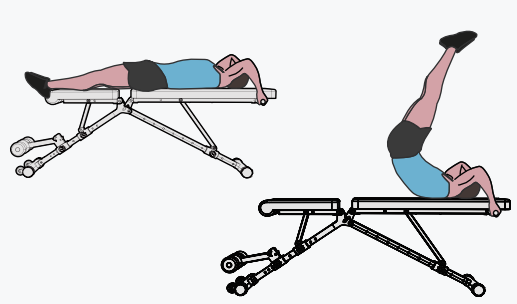
FULL BODY

Reverse sit up



DRAGON FLAG HANDLE

Straight leg up



Upper high push-ups

