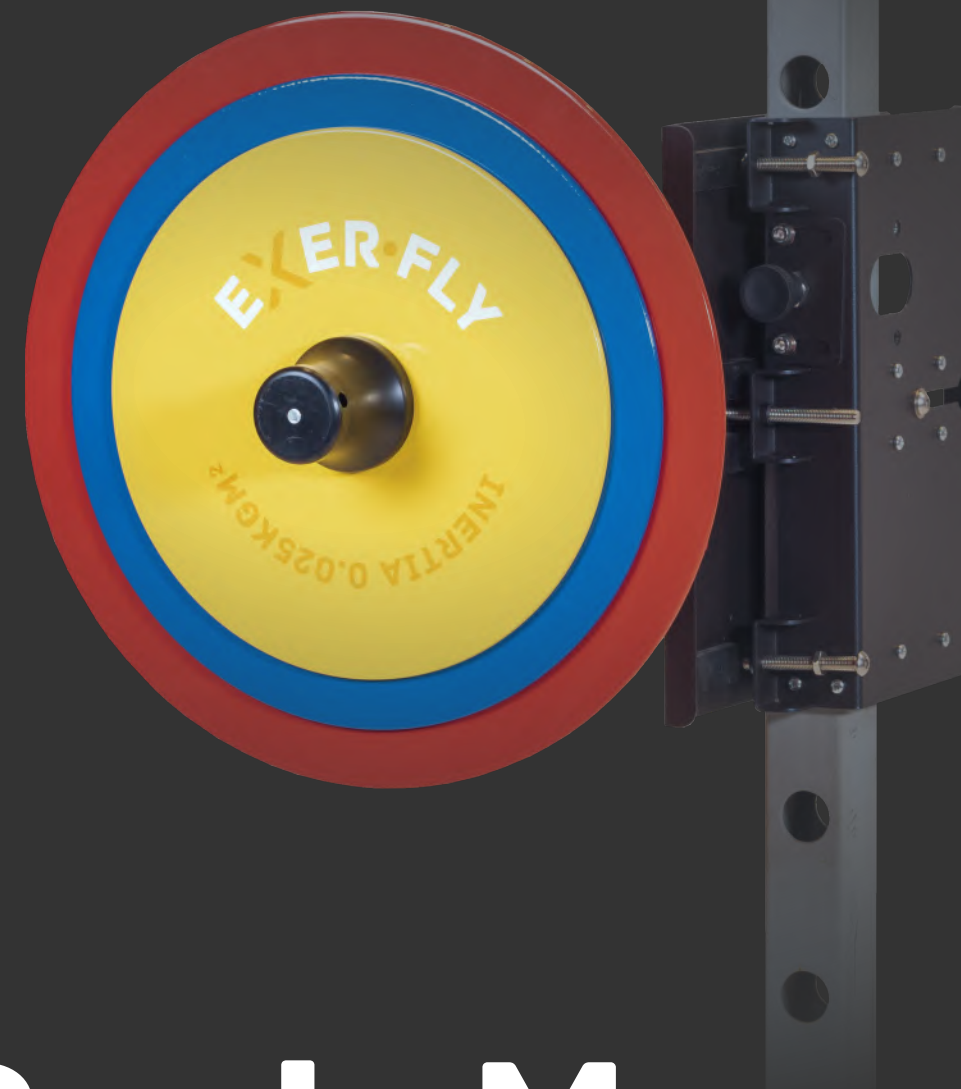


EXER·FLY



# Rack-Mount

Workout

# Introduction

We recommend you use a Red flywheel for Back and Leg Exercises. Blue for Upper body and Yellow for core exercises initially. This is only a recommendation and you should train to your own personal limits. If you are looking for more specific improvements, we recommend you use our specific programmes.

Below are specific programmes designed to target certain muscle groups. These programmes are intended to be used in 6-week blocks with each rep performed at maximum effort. This is to accentuate the eccentric overload phase and is proven to produce results.

Week

**1+2**

=

6 reps for 3 sets

Week

**3+4**

=

8 reps for 3 sets

Week

**5+6**

=

10 reps for 3 sets



# General

This circuit is intended to be used for general physical wellbeing and improvement. Designed to be able to be used year-round to maintain pique physical fitness and conditioning, we recommend you start off with 6 reps for 3 sets increasing the reps by 2 every 2 weeks.

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Back Squat	Lunge	Deadlift
Military Press	Overhead Triceps Extension	Shrugs
Bicep Curl	Standing Single Arm Press (for Both Arms)	Upright Row
Standing Fly 1 Arm (for Both Arms)	Seated Row	Single Leg Climber
Russian Twist	Leg Raises	Concentration Curls

# Upper

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Military Press	Upright Row	Internal Rotation
Standing Fly (for Both Arms)	Standing Single Arm Press (for Both Arms)	Low to High Cable Crossover
Bicep Curl	Overhead Triceps Extensions	Hammer Curls
Standing Fly	Concentration Curls	Shrugs
Triceps Kickback	External Rotation	Triceps Kickbacks

# Back

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Kettle Bell Swings	Pull Up	Kettle Bell Wings
Deadlift	Single Arm Seated Row	Bent Over Row
Seated Row	Single Arm T-Bar Row	Shrugs
Bent Over Row	Lat Pull Down	Bent Over Fly
Bent Over Fly	Shrugs	Seated Row

Core

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Russian Twist	Leg Raises	Russian Twist
Lying Down Tuck	Single Leg Climber L	Lying Down Tuck
Suitcase Carry Lift LH	Single Leg Climber R	Leg Raises
Suitcase Carry Lift RH	Rotational Swing L	Suitcase Carry Lift LH
Knee Crunch Pulldown	Rotational Swing R	Suitcase Carry Lift RH

# Legs

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Back Squat	Romanian Deadlift	Good Mornings
Lunge	Split Squat	Lunge
Front Squat	Lateral Lunge	Front Squat
Skier Push (Both Legs)	Deadlift	Skier Push (Both Legs)
Calf Raises	Leg Swings (Direction of your Choice)	Calf Raises

# Exerfly Workout Catalogue

General	Upper	Back	Core	Legs
Back Squat	Single Arm Overhead Press	On Knees Pullup	Russian Twist	Back Squat
Lunge	Upright Row	Seated Row	Leg Raises	Front Squat
Military Press	Standing Fly 1 Arm (for Both Arms)	Bent Over Row	Lying Down Tuck	Lunges
Deadlift	Standing Single Arm Press RH	Lat Pull Down	Rotational Swing RH	Romanian Deadlifts
Bicep Curl	Standing Single Arm Press LH	Single Arm Row	Rotational Swing LH	Good Mornings
Overhead Triceps Extension	Shrugs	T-Bar Row	Knee Crunch Pull Down	Leg Swings (all directions)
Standing Single Arm Press RH	Bicep Curl	Pull Up	Single Leg Climber	Calf Raises
Standing Single Arm Press LH	Overhead Triceps Extension	Single T-Bar Row RH	Crunches	Skier Push RL
Russian Twist	Concentration Curls	Single T-Bar Row LH	Suitcase Carry Lift LH	Skier Push LL
Leg Raises	Triceps Kickback	Kettle Bell Swings	Suitcase Carry Lift RH	Split Squat