TUNTURI® Platinum®

WORKOUT CHART

PLATINUM FUNCTIONAL TRAINER

BACK

Cable lat pullover

Cable lat pulldown

Assisted pull ups

Cable face pull

Kneeling lat pulldown

Pull ups

CHEST

Cable crossover low to high

Mid cable chest fly

Seated cable chest fly

CORE

Cable pallof press

Hanging knee raise

TRICEP

Cable tricep pushdown

Cable lying tricep extensions

BICEP

Cable bicep curl

LEGS

Squat

Step ups