9 Basic Exercises

POWER TOWER WORKOUT

40 - 50 minutes
400 - 440 calorie

1. Pull Up with Outer Grip
   - 4 sets - max reps

2. Pull Up with Inner Grip
   - 3 sets - 15-25 reps

3. Push Ups
   - 4 sets - 20-25-25-20 reps

4. Vertical Knee Raises
   - 3 sets - 30-40-max reps

5. Triceps Dips
   - 4 sets - 20-25-25-20 reps

6. Triceps Dip Assisted
   - 2 sets - 20-25 reps

7. Single Leg Squat
   - 2 sets - 20-25 reps

8. Sit Ups
   - 3 sets - 25-30-max reps

It is not necessary to understand the specified number of repetitions and sets literally. These are indicative figures. In addition, other combinations of exercises are possible.

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