

# Home Workout with WEIDER 200 POWER TOWER

## 1. Chin UP

**TARGET:** BACK, TRAPEZIUS, DELTOID

For beginners: 3 sets of 2-5 / rest 90-110 sec

For trained: 3 sets of 5-12+ / rest 60-90 sec

The total time of exercise **10** min



## 2. Dips

**TARGET:** TRICEPS, DELTOID, TRAPEZIUS

For beginners: 3 sets of 3-10 / rest 90-110 sec

For trained: 3 sets of 10-20+ / rest 60-90 sec

The total time of exercise **12** min



## 3. Leg Raises

**TARGET:** CORE, ABS

For beginners: 3 sets of 10-15 / rest 90 sec

For trained: 3 sets of 15-20+ / rest 60 sec

The total time of exercise **10** min



## 4. Push UP

**TARGET:** CHEST, TRICEPS, DELTOID

For beginners: 3 sets of 3-10 / rest 90 sec

For trained: 3 sets of 10-20+ / rest 60 sec

The total time of exercise **12** min



## 5. Hold Raises

**TARGET:** CORE, ABS

For beginners: 3 sets of 10-20 sec / rest 90 sec

For trained: 3 sets of 30-60+ / rest 60 sec

The total time of exercise **9** min

