

DEVICES

ABDOMINAL MUSCLE



<https://www.iveoutdoor.com/en/ive/devices/abdominal-muscle/exercises/>

SQUAT



<https://www.iveoutdoor.com/en/ive/devices/squat/exercises/>

SHOULDER PRESS



<https://www.iveoutdoor.com/en/ive/devices/shoulder-press/exercises/>

BENCH PRESS



<https://www.iveoutdoor.com/en/ive/devices/bench-press/exercises/>

INCLINE BENCH PRESS



<https://www.iveoutdoor.com/en/ive/devices/incline-bench-press/exercises/>

DECLINE BENCH PRESS



<https://www.iveoutdoor.com/en/ive/devices/decline-bench-press/exercises/>

BICEPS



<https://www.iveoutdoor.com/en/ive/devices/biceps/exercises/>

TRICEPS



<https://www.iveoutdoor.com/en/ive/devices/triceps/exercises/>

LOW ROW



<https://www.iveoutdoor.com/en/ive/devices/low-row/exercises/>

LAT PULLDOWN



<https://www.iveoutdoor.com/en/ive/devices/lat-pulldown/exercises/>

TRICEPS STANDING



<https://www.iveoutdoor.com/en/ive/devices/triceps-standing/exercises/>

LEG PRESS



<https://www.iveoutdoor.com/en/ive/devices/leg-press/exercises/>

LEG EXTENSION



<https://www.iveoutdoor.com/en/ive/devices/leg-extension/exercises/>

STATIONS

MULTI FUNCTIONAL RACK



<https://www.iveoutdoor.com/en/ive/station/multi-functional-rack/exercises/>

AB/CORE RACK



<https://www.iveoutdoor.com/en/ive/station/ab-core-rack/exercises/>

ABDOMINAL BENCH



<https://www.iveoutdoor.com/en/ive/station/abdominal-bench/exercises/>

BACK EXTENSION



<https://www.iveoutdoor.com/en/ive/station/back-extension/exercises/>

PULL-UP / 7-GRIP



<https://www.iveoutdoor.com/en/ive/station/pull-up-7-grip/exercises/>

DIP STATION



<https://www.iveoutdoor.com/en/ive/station/dip-station/exercises/>

CHIN UP - DIP - FLYING PULL-UP TOP



<https://www.iveoutdoor.com/en/ive/station/chin-up-dip-flying-pull-up/exercises/>

FITNESS BARBELL



<https://www.iveoutdoor.com/en/ive/station/fitness-barbell/40kg/exercises/>

OUTDOOR TREADMILL

IGREENMILL HOME



<https://www.igreenmill.com/city/exercises/>

IGREENMILL CITY



<https://www.igreenmill.com/city/exercises/>