

FOR MEN

FITNESSRx™

YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

PRINT AND GO

KYLE'S TOP MASS BUILDING EXERCISES

CHEST

FLAT BENCH

INCLINE PRESS

LEGS

SQUATS

BACK

DEADLIFTS

BENT OVER BARBELL ROW

TRICEPS

LYING TRICEPS EXTENSION

CURLS

STRAIGHT BAR BARBELL CURLS