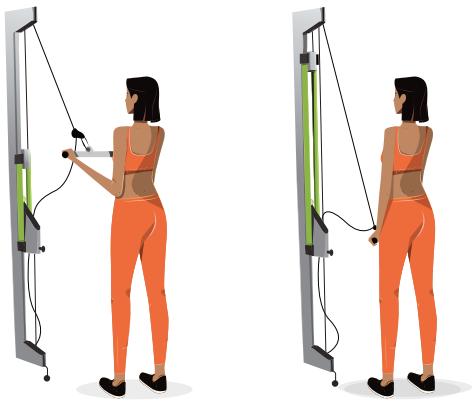
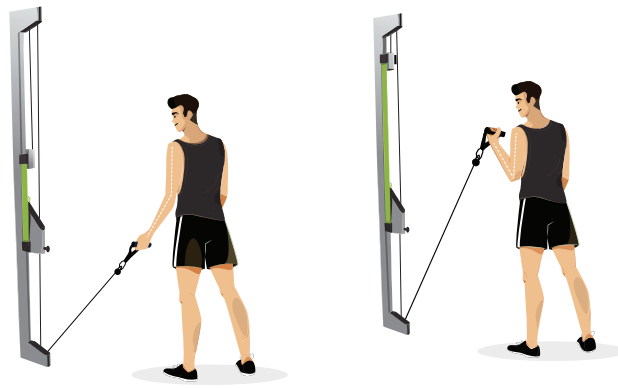


# TUT TRAINER™

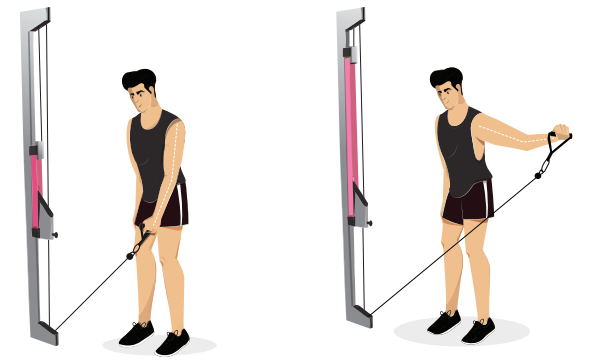
## GETTING STARTED GUIDE



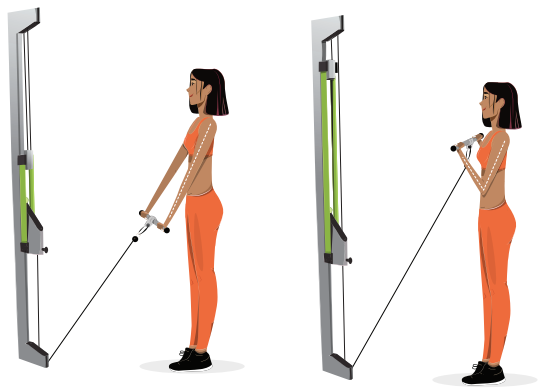
**TRICEP EXTENSION**  
STRAIGHT BAR



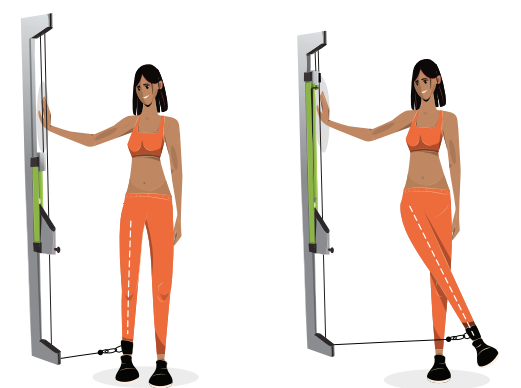
**CABLE SINGLE ARM BICEP CURL**  
D-HANDLE



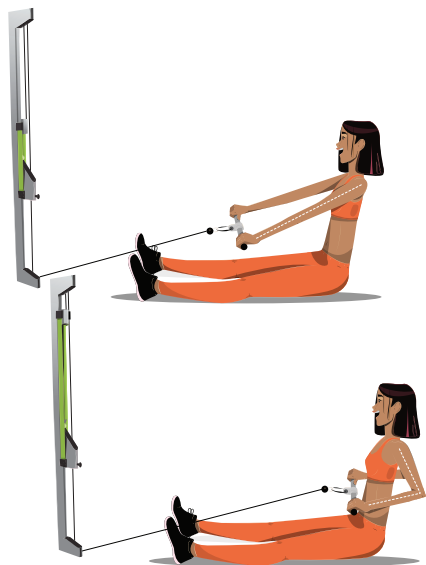
**SINGLE ARM LATERAL RAISE**  
D-HANDLE



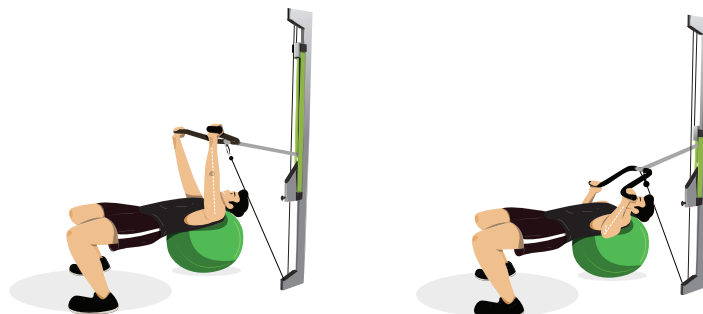
**CABLE STRAIGHT BAR BICEP CURL**  
STRAIGHT BAR



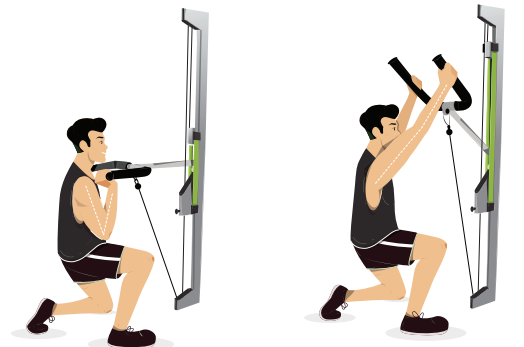
**CABLE HIP ADDUCTION**  
D-RING



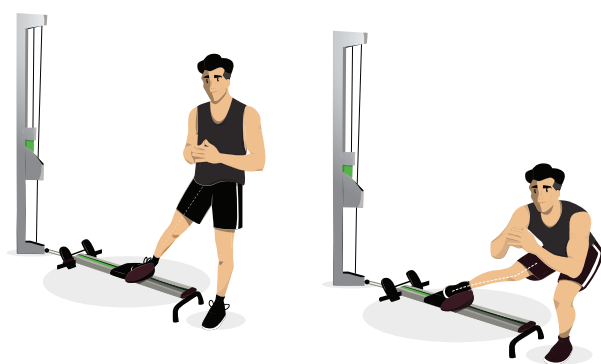
**CABLE FLOOR SEATED ROW**  
STRAIGHT BAR



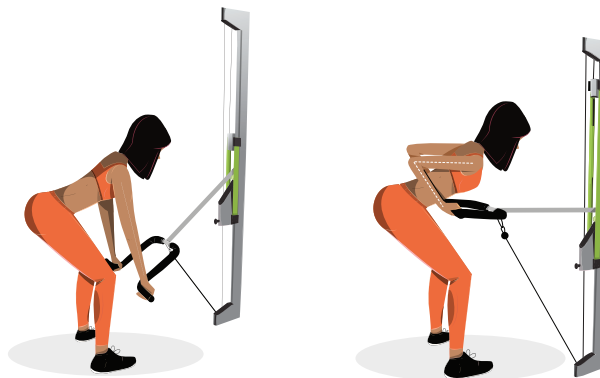
**CHEST PRESS**  
POWER BAR



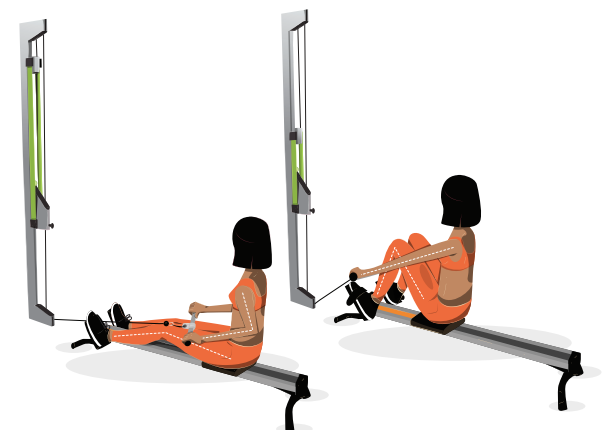
**KNEELING SHOULDER PRESS**  
POWER BAR



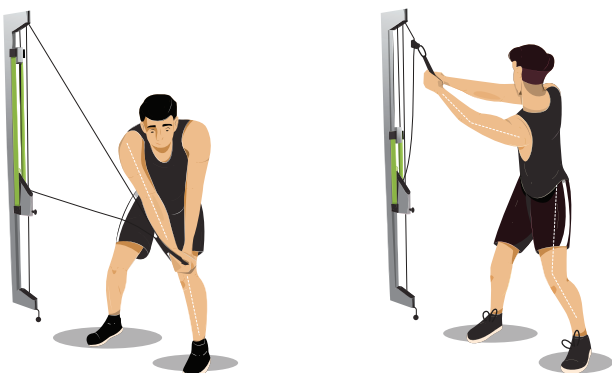
**ROWER SIDE LUNGES**  
ROWER



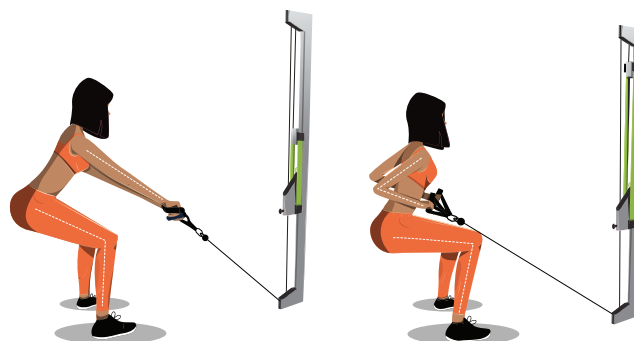
**CABLE BENT OVER ROW**  
POWER BAR



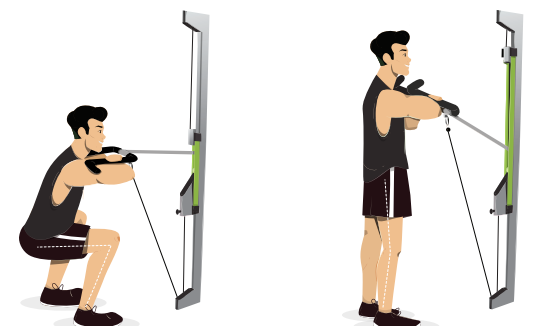
**ROWER SIDE LUNGES**  
ROWER



**CABLE STANDING CHOP HIGH TO LOW**  
D-HANDLE



**CABLE SQUAT TO ROW**  
D-HANDLE X2



**CABLE FRONT SQUATS**  
POWER BAR