

TORX FITNESS BY MOTECOM MSX70

ARMS



double triceps extension
Corda doppia per tricipiti optional
Tricep rope optional



high pullover
Corda doppia per tricipiti optional
Tricep rope optional



biceps curl



deltoid front

HIPS / THIGHS / LEGS



leg curl



lateral leg raise



rear leg kick



leg extension

BACK



pectoral inverse



lat machine back



lat machine inverse



arm rowing

TORX FITNESS BY MOTECOM MSX70

CHEST



bench press



bench press



butterfly



butterfly



rowing machine



pectoral machine

ARMS



lat machine



double triceps



single triceps



single triceps inverse



double triceps
Corda doppia per tricipiti optional
Tricep rope optional



double triceps
Corda doppia per tricipiti optional
Tricep rope optional