

L'ATELIER FITNESS



1. WARM-UP

We recommend that you start your workout with 5–10 minutes of warm-up to get your heart rate up and prepare your muscles.

Leather jump rope:

Light jumping at a steady pace.

Oak wall bars:

Dynamic mobility, hang to decompress your back and stretch your shoulders.



2. CHOOSE YOUR EXERCISES

Put together your own workout. We recommend choosing one to two exercises from the equipment you prefer to use today.



- Free Weights & Bars -

Tip: Use the gym gloves for a softer, more comfortable grip.

Dumbbells (Oak & Steel):

Goblet squats (legs / glutes) or shoulder press.

Straight Barbell & Wooden Weights:

Deadlifts (back / legs) or bent-over barbell row (back).

Curl Bar (EZ-Bar) & Wooden Weights:

Bicep curls or standing triceps press.



- BENCHES -

Adjustable leather bench:

Chest press with dumbbells (flat or incline).

Adjustable wall-bar bench:

Incline sit-ups for core or back extensions.



- BODYWEIGHT & WALL BARS -

Wall bars + Chin-up / Bar Support:

Pull-ups / chin-ups (back) or hanging leg raises (abs).

Wooden Suspension Straps:

Inverted rows (back) or assisted squats.

Wooden Push-up Handles:

Deep push-ups for increased range of motion or plank on the handles.



- ISOLATED CORE & LEGS -

Wooden Ab Wheel (Ab Roller):

Roll-outs on your knees (keep your core tight and your back straight).

Ankle Weights:

Standing leg kickbacks (glutes) or lying leg kicks.

