

## Some Four-Exercise Combo Examples That Will Work With Holiday-Promo Muscle Audio

### DB=Dumbbell

#### Chest and Back V.1

##### Pair 1

Incline DB Press

Palms-Up Close-Grip Lat Pull Downs

##### Pair 2

Flat Barbell Bench Press

Seated Cable Rows

#### Chest and Back V.2

##### Pair 1

Incline Barbell Press

One-Arm DB Rows (left side)

##### Pair 2

Flat DB Press

One-Arm DB Rows (right side)

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#### Chest and Bicep V.1

##### Pair 1

Incline DB Press

Barbell Straight-Bar Curl

##### Pair 2

Flat Barbell Bench Press

E-Z Curl Bar Preacher Curls

#### Chest and Bicep V.2

##### Pair 1

Incline Barbell Press

Seated DB Curl

##### Pair 2

Flat DB Press

Straight-Bar Preacher Curls

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#### Back and Tricep V.1

##### Pair 1

Palms-Up Close-Grip Lat Pull Downs

Straight-Bar Tricep Push Downs

##### Pair 2

Seated Cable Rows

Rope Cable Kickouts

#### Back and Tricep V.2

##### Pair 1

One-Arm DB Rows (left side)

Seated 2-Hand DB Extension

##### Pair 2

One-Arm DB Rows (right side)

Straight-Bar Tricep Push Downs

**Arms and Shoulders V.1**

Pair 1

Straight-Bar Tricep Push Downs  
Barbell Straight-Bar Curl

Pair 2

Rope Cable Kickouts  
DB Side-Lateral Raise

**Arms and Shoulders V.2**

Pair 1

Seated 2-Hand DB Extension  
Seated DB Curl

Pair 2

Straight-Bar Tricep Push Downs  
DB Rear-Lateral Raise

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**Legs and Shoulders V.1**

Pair 1

Barbell Back Squat  
DB Side-Lateral Raises

Pair 2

Leg Extension  
Leg Curl

**Legs and Shoulders V.2**

Pair 1

Barbell or Smith-Machine Lunges (Left)  
Barbell or Smith-Machine Lunges (right)

Pair 2

Leg Extension  
DB Rear-Lateral Raises

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**Quads and Arms V.1**

Pair 1

Barbell Back Squat  
Straight-Bar Tricep Push Down

Pair 2

Leg Extension  
Straight-Bar Curl

**Quads and Arms V.2**

Pair 1

Barbell or Smith-Machine Lunges (Left)  
Barbell or Smith-Machine Lunges (right)

Pair 2

Straight-Bar Tricep Push Down  
Straight-Bar Curl

\* More examples given with purchase.