## Get Started: Beginner full body workout routine Day 1: Chest, Back, Shoulders, Legs, Biceps, Triceps Day 2: Legs, Triceps, Biceps, Chest, Back, Shoulder Day 3: Shoulders, Back, Chest, Legs, Triceps, Biceps

## About Us FITNESS AND HEALTH A PLACE FOR YOUR FITNESS GOAL all your classes in a practical interactive table overview. You also get an integrated body mass index calculator.

## Interests Weight Lifting Cross fit Outdoor Workout Yoga

## Trainers John Doe John Smith Mark Adams Peter Martin CONTACTS GYM - HEAD OFFICE ADDRESS TELEPHONE EMAIL ADDRESS