



**BODYWOR**X  
*a new direction in fitness*

## MULTI FUNCTION TRAINER



### **4IEX**

- MULTI FUNCTION TRAINER
- COMPACT DESIGN
- IDEAL FOR HOME USE
- 3 RESISTANCE BANDS
- WHOLE BODY WORKOUT:  
ABDUCTION, ADDUCTION, ABDOMINAL, UPRIGHT CRUNCH,  
BACK EXTENSION, SIDE BEND, ASSISTED PUSH UP, CHESS PRESS,  
HIP EXTENSION, TRICEP PRESSDOWN.
- STEP BY STEP MANUAL
- DVD INCLUDED

**PRODUCT CODE: 4IEX**