

**THREE'S COMPANY  
(THREE OF EVERYTHING)**

- 1. PEC DECK**
- 2. BIKE**
- 3. BENCH PRESS**
- 4. STEPPER**
- 5. OVERSWING**
- 6. TREADMILL**
- 7. SIT UPS**
- 8. ELLIPTICAL TRAINER**
- 9. KNEE EXTENSION**
- 10. ROWER**

**THREE'S COMPANY  
(THREE OF EVERYTHING)**

- 1. PEC DECK**
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- 6. TREADMILL**
- 7. SIT UPS**
- 8. ELLIPTICAL TRAINER**
- 9. KNEE EXTENSION**
- 10. ROWER**

## TRIPLETS

(THREE OF EVERYTHING)

1. PEC DECK
2. ROWER
3. BENCH PRESS
4. STEPPER
5. OVERSWING
6. TREADMILL
7. KNEELING PULLDOWN
8. SKIPPING
9. KNEE EXTENSION
10. ELLIPTICAL TRAINER
11. BUTTERFLY
12. BIKE
13. SIT UPS

## TRIPLETS

(THREE OF EVERYTHING)

1. PEC DECK
2. ROWER
3. BENCH PRESS
4. STEPPER
5. OVERSWING
6. TREADMILL
7. KNEELING PULLDOWN
8. SKIPPING
9. KNEE EXTENSION
10. ELLIPTICAL TRAINER
11. BUTTERFLY
12. BIKE
13. SIT UPS

## WELL, WELL, WELL !

(THREE OF EVERYTHING)

1. PEC DECK
2. BIKE
3. BENCH PRESS
4. ELLIPTICAL TRAINER
5. SIT UPS
6. STEPPER
7. OVERSWING
8. SPOTTY DOG
9. KNEELING PULLDOWN
10. TREADMILL
11. UPRIGHT ROWING
12. KNEE LIFT
13. ROWER
14. KNEE EXTENSION
15. BUTTERFLY
16. SKIPPING

## WELL, WELL, WELL !

(THREE OF EVERYTHING)

1. PEC DECK
2. BIKE
3. BENCH PRESS
4. ELLIPTICAL TRAINER
5. SIT UPS
6. STEPPER
7. OVERSWING
8. SPOTTY DOG
9. KNEELING PULLDOWN
10. TREADMILL
11. UPRIGHT ROWING
12. KNEE LIFT
13. ROWER
14. KNEE EXTENSION
15. BUTTERFLY
16. SKIPPING

**THREE IN A ROW  
(THREE OF EVERYTHING)**

1. BIKE
2. KNEE LIFT
3. STEPPER
4. KNEELING PULLDOWN
5. ELLIPTICAL TRAINER
6. UPRIGHT ROWING
7. TREADMILL
8. HAMSTRING CURL
9. ROWER
10. BUTTERFLY

**THREE IN A ROW  
(THREE OF EVERYTHING)**

1. BIKE
2. KNEE LIFT
3. STEPPER
4. KNEELING PULLDOWN
5. ELLIPTICAL TRAINER
6. UPRIGHT ROWING
7. TREADMILL
8. HAMSTRING CURL
9. ROWER
10. BUTTERFLY

**THREE COURSE LUNCH  
(THREE OF EVERYTHING)**

- 1. BIKE**
- 2. KNEE LIFT**
- 3. ROWER**
- 4. STANDING PULLDOWN**
- 5. ELLIPTICAL TRAINER**
- 6. UPRIGHT ROWING**
- 7. TREADMILL**
- 8. PEC DECK**
- 9. CALF STRETCH**
- 10. ROWER**
- 11. SIT UPS**
- 12. STEPPER**
- 13. HAMSTRING CURL**

**THREE COURSE LUNCH  
(THREE OF EVERYTHING)**

- 1. BIKE**
- 2. KNEE LIFT**
- 3. ROWER**
- 4. STANDING PULLDOWN**
- 5. ELLIPTICAL TRAINER**
- 6. UPRIGHT ROWING**
- 7. TREADMILL**
- 8. PEC DECK**
- 9. CALF STRETCH**
- 10. ROWER**
- 11. SIT UPS**
- 12. STEPPER**
- 13. HAMSTRING CURL**

**ONE, TWO, THREE**  
**(THREE OF EVERYTHING)**

- 1. BIKE**
- 2. WINDMILL**
- 3. STEPPER**
- 4. SIT UPS**
- 5. ROWER**
- 6. KNEE EXTENSION**
- 7. TREADMILL**
- 8. BICEP CURL**
- 9. SPOTTY DOG**
- 10. LATERAL LIFT**

**ONE, TWO, THREE**  
**(THREE OF EVERYTHING)**

- 1. BIKE**
- 2. WINDMILL**
- 3. STEPPER**
- 4. SIT UPS**
- 5. ROWER**
- 6. KNEE EXTENSION**
- 7. TREADMILL**
- 8. BICEP CURL**
- 9. SPOTTY DOG**
- 10. LATERAL LIFT**

## TRIPOS

(THREE OF EVERYTHING)

1. BIKE
2. WINDMILL
3. HACKSQUAT
4. STEPPER
5. SIT UPS
6. TREADMILL
7. KNEE EXTENSION
8. LATERAL LIFTS
9. SPOTTY DOG
10. BICEP CURLS
11. ROWER
12. ROWER
13. TWISTER

## TRIPOS

(THREE OF EVERYTHING)

1. BIKE
2. WINDMILL
3. HACKSQUAT
4. STEPPER
5. SIT UPS
6. TREADMILL
7. KNEE EXTENSION
8. LATERAL LIFTS
9. SPOTTY DOG
10. BICEP CURLS
11. ROWER
12. ROWER
13. TWISTER

## TRICYCLE

(THREE OF EVERYTHING)

1. STEPPER
2. FOREARM CURL
3. ROWER
4. SIT UPS
5. TREADMILL
6. PEC DECK
7. BIKE
8. BUTTERFLY
9. SPRING STEP UPS
10. MEDICINE BALL  
THROW

## TRICYCLE

(THREE OF EVERYTHING)

1. STEPPER
2. FOREARM CURL
3. ROWER
4. SIT UPS
5. TREADMILL
6. PEC DECK
7. BIKE
8. BUTTERFLY
9. SPRING STEP UPS
10. MEDICINE BALL  
THROW

**TRIANGLE**  
(THREE OF EVERYTHING)

1. STEPPER
2. FOREARM CURL
3. SPRING STEP UPS
4. ROWER
5. HACK SQUAT
6. PEC DECK
7. BIKE
8. BUTTERFLY
9. SIT UPS
10. ROWER
11. HAMSTRING CURL
12. TREADMILL
13. TWISTER

**TRIANGLE**  
(THREE OF EVERYTHING)

1. STEPPER
2. FOREARM CURL
3. SPRING STEP UPS
4. ROWER
5. HACK SQUAT
6. PEC DECK
7. BIKE
8. BUTTERFLY
9. SIT UPS
10. ROWER
11. HAMSTRING CURL
12. TREADMILL
13. TWISTER

## THREESOMES

(THREE OF EVERYTHING)

1. BIKE
2. BUTTERFLY
3. SPRING STEP UPS
4. ONE ARMED SIDE PULL
5. STEPPER
6. BICEP CURL
7. TREADMILL
8. MEDICINE BALL THROW
9. KNEE LIFTS/ DIPS
10. BENCH PRESS
11. INCLINED SIT UPS
12. PEC DECK
13. ROWER
14. ROWER or TWISTER
15. HAMSTRING CURL
16. PEDALLO

## THREESOMES

(THREE OF EVERYTHING)

1. BIKE
2. BUTTERFLY
3. SPRING STEP UPS
4. ONE ARMED SIDE PULL
5. STEPPER
6. BICEP CURL
7. TREADMILL
8. MEDICINE BALL THROW
9. KNEE LIFTS/ DIPS
10. BENCH PRESS
11. INCLINED SIT UPS
12. PEC DECK
13. ROWER
14. ROWER or TWISTER
15. HAMSTRING CURL
16. PEDALLO

**TRY, TRY, TRY AGAIN**  
**(THREE OF EVERYTHING)**

1. BIKE
2. PEDALLO
3. STEPPER
4. PEC DECK
5. SLALOM JUMPS
6. ARM COMBINATION
7. TREADMILL
8. CALF STRETCH
9. ROWER
10. FLYCATCHER

**THIRD DEGREE**  
**(THREE OF EVERYTHING)**

1. BIKE
2. SIT UPS
3. STEPPER
4. PEC DECK
5. SKIPPING
6. ARM COMBINATION
7. TREADMILL
8. BENCH PRESS
9. ROWER
10. HAMSTRING CURL

**THREE BLIND MICE  
(THREE OF EVERYTHING)**

1. BIKE
2. PEDALLO
3. ROWER
4. KNEELING PULLDOWN
5. SPOTTY DOG
6. ARM COMBINATION
7. TREADMILL
8. PEC DECK
9. CALF STRETCH
10. ROWER
11. SIT UPS
12. STEPPER
13. HAMSTRING CURL

**TREBLE CHANCE  
(THREE OF EVERYTHING)**

1. BIKE
2. SIT UPS
3. ROWER
4. BENCH PRESS
5. SKIPPING
6. ARM COMBINATION
7. TREADMILL
8. PEC DECK
9. CALF STRETCH
10. ROWER
11. KNEE EXTENSION
12. STEPPER
13. MEDICINE BALL

**THREE PART HARMONY  
(THREE OF EVERYTHING)**

1. PEC DECK
2. BIKE
3. BENCH PRESS
4. ROWER
5. PEDALLO
6. STEPPER
7. MEDICINE BALL THROW
8. SPOTTY DOG
9. STANDING PULLDOWN
10. TREADMILL
11. ARM COMBINATION
12. CALF STRETCH
13. ROWER
14. KNEE EXTENSION
15. BUTTERFLY
16. SKIPPING

**THREE PART HARMONY  
(THREE OF EVERYTHING)**

1. PEC DECK
2. BIKE
3. BENCH PRESS
4. ROWER
5. PEDALLO
6. STEPPER
7. MEDICINE BALL THROW
8. SPOTTY DOG
9. STANDING PULLDOWN
10. TREADMILL
11. ARM COMBINATION
12. CALF STRETCH
13. ROWER
14. KNEE EXTENSION
15. BUTTERFLY
16. SKIPPING

## THREE OF EACH

1. BIKE
2. BUTTERFLY
3. STEPPER
4. BENCH PRESS
5. SKIPPING
6. ARM COMBINATION
7. TREADMILL
8. PEC DECK
9. THROUGH VAULT
10. SIT UPS
11. KNEE EXTENSION
12. ROWER
13. MEDICINE BALL THROW

## THREE OF EACH

1. BIKE
2. BUTTERFLY
3. STEPPER
4. BENCH PRESS
5. SKIPPING
6. ARM COMBINATION
7. TREADMILL
8. PEC DECK
9. THROUGH VAULT
10. SIT UPS
11. KNEE EXTENSION
12. ROWER
13. MEDICINE BALL THROW

## THREES

(THREE OF EVERYTHING)

1. BIKE
2. PEDALLO
3. STEPPER
4. PEC DECK
5. SLALOM JUMPS
6. ARM COMBINATION
7. TREADMILL
8. KNEE EXTENSION
9. ROWER
10. OVERSWING (on the ball.)

MORNING, MORNING, MORNING

(THREE OF EVERYTHING)

1. BIKE
2. SIT UPS
3. STEPPER
4. PEC DECK
5. SKIPPING
6. ARM COMBINATION
7. TREADMILL
8. BUTTERFLY (on the ball)
9. ROWER
10. HAMSTRING CURL

**'ALLO,'ALLO,'ALLO  
(THREE OF EVERYTHING)**

- 1.PEC DECK
- 2.BIKE
- 3.BENCH PRESS
- 4.BOUNCER
- 5.PEDALLO
- 6.STEPPER
- 7.MEDICINE BALL THROW
- 8.SPOTTY DOG
- 9.STANDING PULLDOWN
- 10.TREADMILL
- 11.ARM COMBINATION
- 12.SLALOM JUMP
- 13.ROWER
- 14.KNEE EXTENSION
- 15.BUTTERFLY
- 16.SKIPPING

**'ALLO,'ALLO,'ALLO  
(THREE OF EVERYTHING)**

- 1.PEC DECK
- 2.BIKE
- 3.BENCH PRESS
- 4.BOUNCER
- 5.PEDALLO
- 6.STEPPER
- 7.MEDICINE BALL THROW
- 8.SPOTTY DOG
- 9.STANDING PULLDOWN
- 10.TREADMILL
- 11.ARM COMBINATION
- 12.SLALOM JUMP
- 13.ROWER
- 14.KNEE EXTENSION
- 15.BUTTERFLY
- 16.SKIPPING

**16 times 3**

**(THREE OF EVERYTHING)**

1. STEPPER
2. OVERSWING ON BALL
3. ROWER
4. KNEE EXTENSION
5. ELLIPTICAL TRAINER
6. INCLINED PRESS
7. TREADMILL
8. PEC DECK
9. BIKE
10. PEDALLO
11. STEPPER
12. BUTTERFLY
13. ROWER
14. THE BOX
15. SKIPPING
16. UPRIGHT ROWING

**16 times 3**

**(THREE OF EVERYTHING)**

1. STEPPER
2. OVERSWING ON BALL
3. ROWER
4. KNEE EXTENSION
5. ELLIPTICAL TRAINER
6. INCLINED PRESS
7. TREADMILL
8. PEC DECK
9. BIKE
10. PEDALLO
11. STEPPER
12. BUTTERFLY
13. ROWER
14. THE BOX
15. SKIPPING
16. UPRIGHT ROWING

**10 times 3**  
**(THREE OF EVERYTHING)**

1. STEPPER
2. OVERSWING ON BALL
3. ROWER
4. KNEE EXTENSION
5. ELLIPTICAL TRAINER
6. INCLINED PRESS
7. TREADMILL
8. PEC DECK
9. BIKE
10. THE BOX

**3 times 10**  
**(THREE OF EVERYTHING)**

1. STEPPER
2. BUTTERFLY ON BALL
3. ROWER
4. HAMSTRING CURL
5. ELLIPTICAL TRAINER
6. INCLINED PRESS
7. TREADMILL
8. FOREARM CURL
9. BIKE
10. PEDALLO

## 13 times 3

( Three of Everything)

1. STEPPER
2. STEPPER
3. OVERSWING ON BALL
4. ROWER
5. KNEE EXTENSION
6. ELLIPTICAL TRAINER
7. INCLINED PRESS
8. TREADMILL
9. PEC DECK
10. BIKE
11. PEDALLO
12. ROWER
13. BICEP CURL

## 3 times 13

( Three of Everything)

1. ROWER
2. ROWER
3. BUTTERFLY ON BALL
4. BIKE
5. HAMSTRING CURL
6. ELLIPTICAL TRAINER
7. INCLINED PRESS
8. TREADMILL
9. PEC DECK
10. STEPPER
11. THE BOX
12. BIKE
13. FOREARM CURL

**STAYING POWER  
(THREE OF EVERYTHING)**

1. STEPPER
2. STEPPER
3. BENCH PRESS
4. BIKE
5. BIKE
6. PEDALLO
7. TREADMILL
8. PEC DECK
9. ELLIPTICAL TRAINER
10. KNEELING PULLDOWN
11. SKIPPING
12. SKIPPING
13. OVERSWING (ON BALL)
14. ROWER
15. ROWER
16. KNEE EXTENSION

**STAYING POWER  
(THREE OF EVERYTHING)**

1. STEPPER
2. STEPPER
3. BENCH PRESS
4. BIKE
5. BIKE
6. PEDALLO
7. TREADMILL
8. PEC DECK
9. ELLIPTICAL TRAINER
10. KNEELING PULLDOWN
11. SKIPPING
12. SKIPPING
13. OVERSWING (ON BALL)
14. ROWER
15. ROWER
16. KNEE EXTENSION

**AND...THIRD AND  
LAST  
(THREE OF EVERYTHING)**

- 1.PEC DECK
- 2.STEPPER
- 3.KNEELING PULLDOWN
- 4.BIKE
- 5.PEDALLO
- 6.ROWER
- 7.KNEE EXTENSION
- 8.TREADMILL
- 9.ELLIPTICAL TRAINER
- 10.SKIPPING

**ABSOLUTELY  
ÁRMLESS !  
(THREE OF EVERYTHING)**

- 1.STEPPER
- 2.STEPPER
- 3.BIKE
- 4.BIKE
- 5.ROWER
- 6.ROWER
- 7.SKIPPING
- 8.SKIPPING
- 9.TREADMILL
- 10.ELLIPTICAL TRAINER

## AND...THE THIRD TIME

( Three of Everything)

- 1.PEC DECK
- 2.STEPPER
- 3.KNEELING PULLDOWN
- 4.BIKE
- 5.PEDALLO
- 6.ROWER
- 7.KNEE EXTENSION
- 8.TREADMILL
- 9.BENCH PRESS
- 10.ELLIPTICAL TRAINER
- 11.SKIPPING
- 12.BUTTERFLY ON THE BALL
- 13.ASTRIDE JUMPS

## ONLY THE BRAVE

( Three of Everything)

- 1.STEPPER
- 2.STEPPER
- 3.KNEELING PULLDOWN
- 4.BIKE
- 5.BIKE
- 6.ROWER
- 7.ROWER
- 8.THE BOX
- 9.TREADMILL
- 10.BENCH PRESS
- 11.ELLIPTICAL TRAINER
- 12.SKIPPING
- 13.SKIPPING