



CUTTING-EDGE PATENTED AIR-RESISTANCE WEARABLE TECHNOLOGY!

# WINGX Exercises



**CARBON FIBER FRAME • NO RIP CHUTE**



One Device. Total Transformation.

Train Smarter. Move Better.  
**FEEL STRONGER.**

WingxFitness.com





Start

## CHEST FLY (Pectoral)



Finish



## LATERAL RAISE (Deltoids)

Start



Finish

## BICEP CURL (Biceps)



Start



Finish (side view)



Finish

## LATERAL TWIST (Obliques)



Start



Twist Right



Twist Left - Finish

## REVERSE WOODCHOP (Core, Obliques & Deltoids)



Start

### LEFT SIDE



Finish



### RIGHT SIDE

Start



Finish



Start

## DELTOID TWIST (Deltoids, Core & Obliques)



Twist Right



Twist Left - Finish



Start

## DELTOID-SQUAT (Quads, Deltoids)



Finish



Start

## ONE-LEGGED TWISTING LUNGE

(Quads, Biceps, Core & Obliques)



Finish