

1. Abs



Start/Finish



Midpoint

Chest

2. Push Ups



Start/Finish



Midpoint

3. Bench Press Barball (Open Grip)



Start/Finish



Midpoint

4. Bench Press Dumb Bells



Start/Finish



Midpoint

5. Bench Press Barbell - Incline



Start/Finish



Midpoint

6. Dumb Bells - Incline (fly)



Start/Finish



Midpoint

7. Dips (Off Bench)



Start/Finish



Midpoint

8. Bench Press Barbell (Close Grip)



Start/Finish



Midpoint

9. Dumb Bell Pullover



Start/Finish

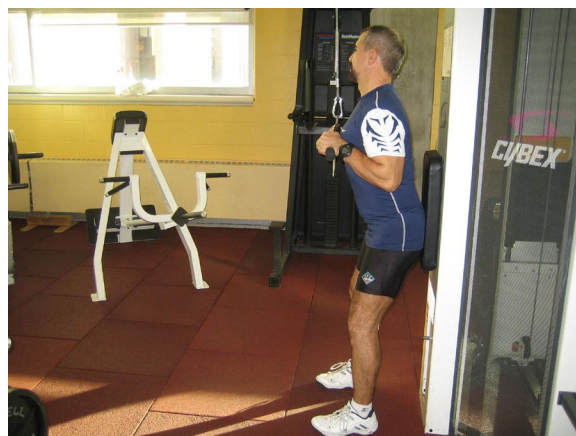


Midpoint

10. Triceps



Start/Finish



Midpoint

Shoulders

11. Military Press



Start/Finish



Midpoint

12. Side Lateral



Start/Finish



Midpoint

13. Incline Rear Deltoid Raise



Start/Finish



Midpoint

14. Trapeze Dumb Bells (Shrugs)



Start/Finish



Midpoint

15. Upper Abs - crunch



Start/Finish

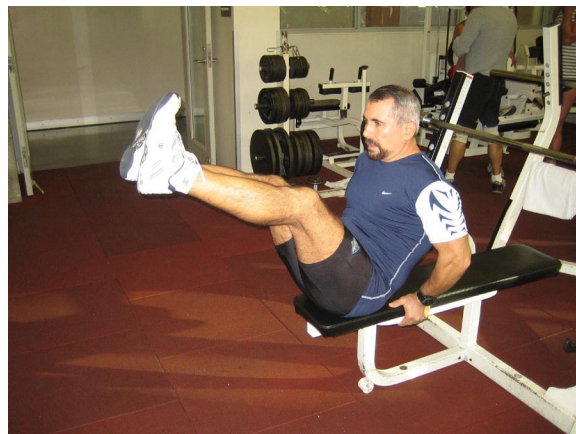


Midpoint

1. Lower Abs



Start/Finish



Midpoint

Back

2. Bent-Over Barbell Row



Start/Finish



Midpoint

3. Back Extension



Start/Finish



Midpoint

4. Seated Cable Row (Close Grip)



Start/Finish



Midpoint

5. Pull Down Open Grip



Start/Finish



Midpoint

6. Pull Down Close Grip

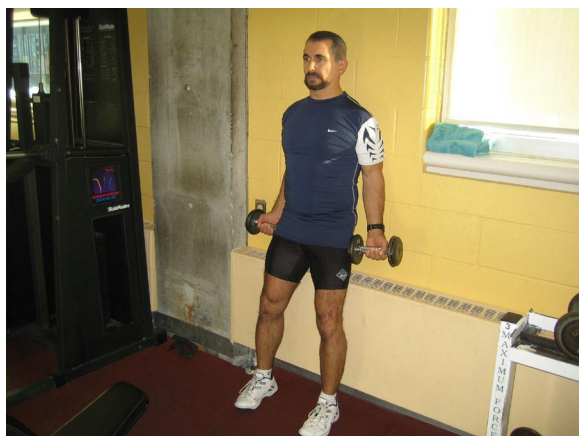


Start/Finish

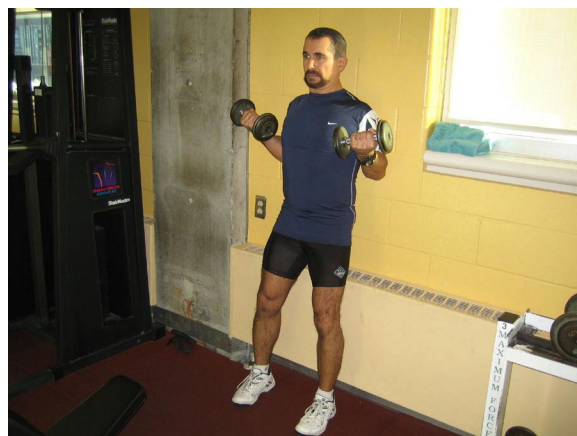


Midpoint

7. Biceps



Start/Finish



Midpoint

Legs

8. Incline Hack Squat



Start/Finish



Midpoint

9. Decline Leg Press



Start/Finish



Midpoint

10. Leg Curl



Start/Finish



Midpoint

11. Leg Extension



Start/Finish



Midpoint

12. Toe Raise - Calves



Start/Finish



Midpoint

13. Trapeze (Shrugs) with Barbell



Start/Finish



Midpoint

14. Lower Abs - Crunch



Start/Finish



Midpoint