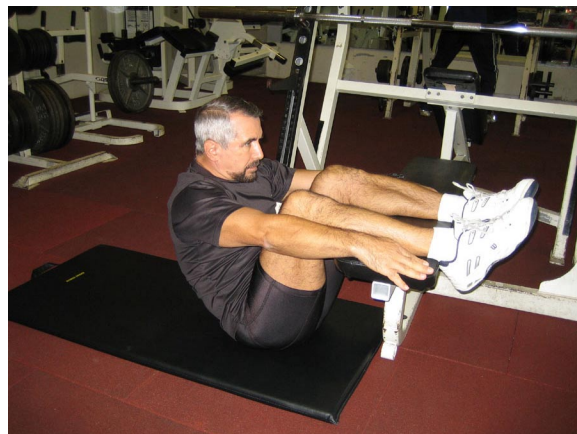


**1. Abs**



Start/Finish



Midpoint

**Chest**

**2. Push Ups**



Start/Finish



Midpoint

**3. Bench Press Barball - Decline**

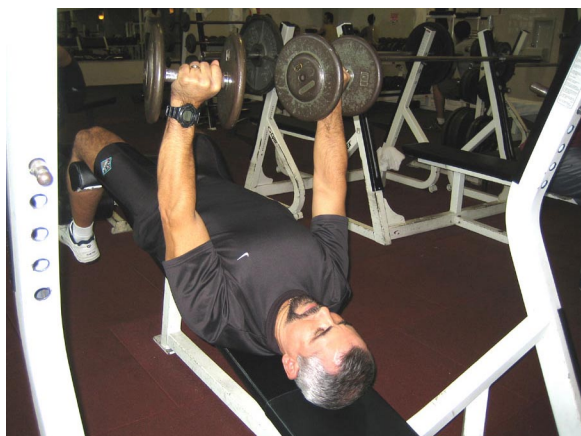


Start/Finish



Midpoint

### 4. Bench Press Dumb Bells - Decline



Start/Finish



Midpoint

### 5. Bench Press Dumb Bells - Incline - V



Start/Finish



Midpoint

### 6. Bench Press Dumb Bells - Incline - Parallel



Start/Finish



Midpoint

**7. Dips (Off Bench)**



Start/Finish



Midpoint

**8. Bent Arm Barbell Pullover**



Start/Finish



Midpoint

**Back**

**9. Chest Supported Dumb Bell Row**



Start/Finish



Midpoint

### 10. Romanian Dead Lift



Start/Finish



Midpoint

### 11. One Arm dumbbell row



Start/Finish



Midpoint

### 12. Pulldown Open Grip T-Bar



Start/Finish



Midpoint

**13. Pulldown Open Grip (45°)T Bar**



Start/Finish



Midpoint

**14. Trapeze Dumb Bells (Shrugs)**



Start/Finish



Midpoint

**15. Upper Abs - crunch**



Start/Finish



Midpoint

### 1. Lower Abs



Start/Finish



Midpoint

## Shoulders and Arms

### 2. Military Press Dumb Bells (palm in)



Start/Finish



Midpoint

### 3. Side Lateral (seated)



Start/Finish



Midpoint

### 4. Rear Deltoid Row Dumb Bell (bent over)



Start/Finish



Midpoint

### 5. Upright Row



Start/Finish



Midpoint

### 6. Lying Dumb Bell Curl



Start/Finish

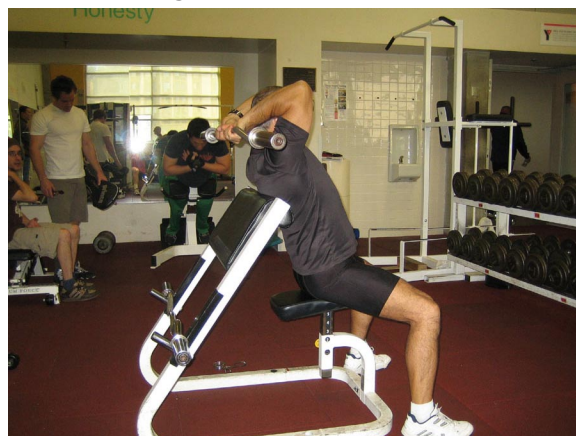


Midpoint

## 7. Seated French Curl (curly bar)



Start/Finish



Midpoint

## 8. Barbell Curl (parallel bar)



Start/Finish



Midpoint

## 9. Dumb Bell Curl (palm out & twist palm in)



Start/Finish



Midpoint

Legs

10. Squat



Start/Finish



Midpoint

11. Heels Elevated Hack Squat



Start/Finish



Midpoint

12. Barbell Dead Lift



Start/Finish

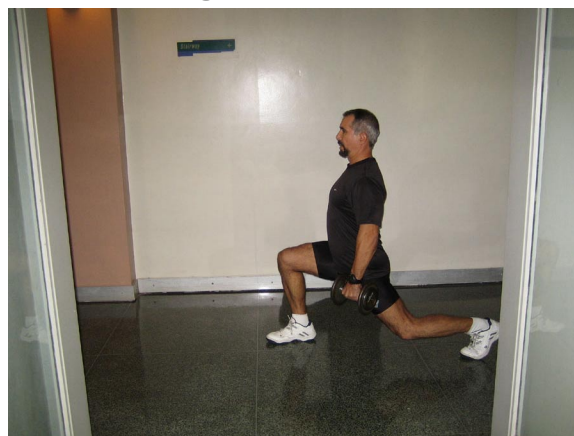


Midpoint

## 13. Dumb Bell Front Lunge



Start/Finish



Midpoint

## 14. Leg Extension



Start/Finish



Midpoint

## 15. Seated Toe Raise



Start/Finish



Midpoint

## 16. Trapeze Dumb Bells (Shrugs)



Start/Finish



Midpoint

## 17. Lower Abs - Crunch



Start/Finish



Midpoint

