



Abs



Bench Press Dumb Bells - Decline



Push Ups



Bench Press Dumb Bells - Incline - V



Bench Press Barbell - Decline



Bench Press Dumb Bells - Incline - Parallel



Dips (Off Bench)



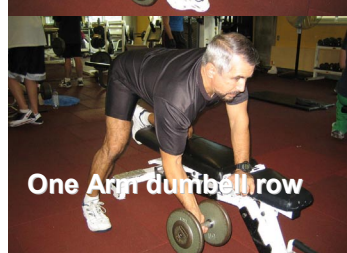
Bent Arm Barbell Pullover



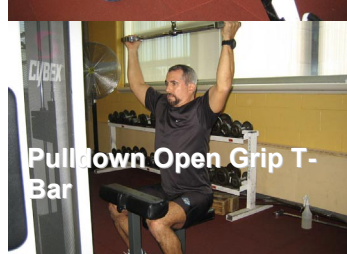
Chest Supported Dumb Bell Row



Romanian Dead Lift



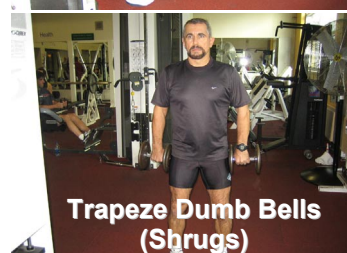
One Arm dumbbell row



Pull-down Open Grip T-Bar



Pull-down Open Grip T-Bar



Trapeze Dumb Bells (Shrugs)

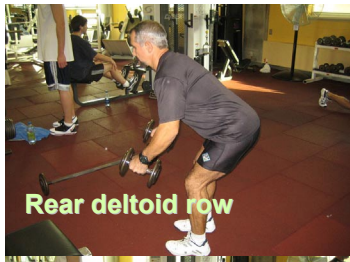


Upper Abs - crunch





Abs



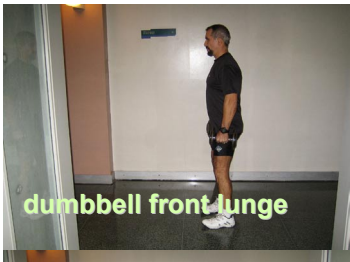
Rear deltoid row



seated French curl



squat



dumbbell front lunge



Military press



Upright row



parallel bar curl



heels elevated hack squat



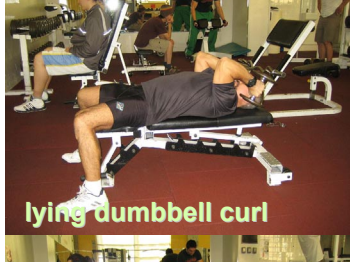
leg extension



seated toe raise



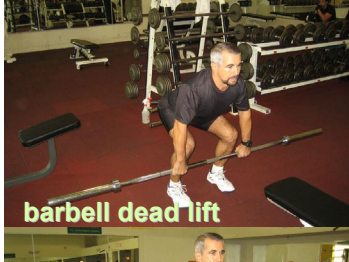
Side lateral



lying dumbbell curl



dumbbell curl



barbell dead lift



