

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 - Fly



Start/Finish



Midpoint

5. Dips (Off Bench)



Start/Finish



Midpoint

6. Bench Press Barbell (Close Grip)



Start/Finish



Midpoint

7. Dumbbell Pullover



Start/Finish



Midpoint

8. Triceps (Rope)



Start/Finish



Midpoint

Shoulders

9. Single Arm Press (lower pulley)



Start/Finish



Midpoint

10. Low Pulley Crossover (palms up)



Start/Finish



Midpoint

11. High Pulley Crossover (palms down)



Start/Finish



Midpoint

12. Bent over Row with Rope (45°)



Start/Finish



Midpoint

13. Trapeze Dumb Bells (Shrugs)



Start/Finish



Midpoint

14. Upper Abs - crunch



Start/Finish



Midpoint

1. Lower Abs



Start/Finish



Midpoint

Back

2. Bent-Over Barbell Row (close grip)



Start/Finish



Midpoint

3. Back Extension



Start/Finish



Midpoint

4. Seated Cable Row (open grip)



Start/Finish



Midpoint

5. Pull Down (open grip)



Start/Finish



Midpoint

6. Pull Down (close grip - triangle grip)



Start/Finish



Midpoint

7. Cable Biceps Curl



Start/Finish

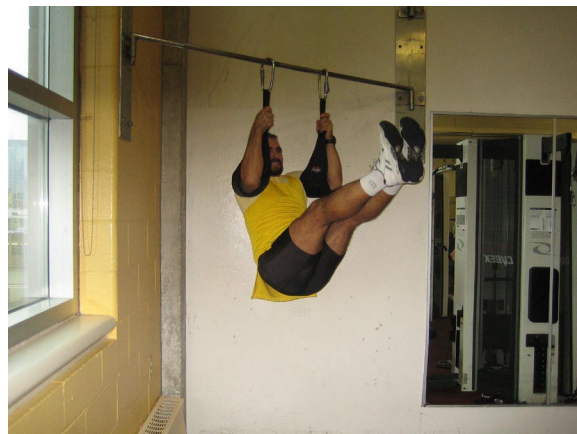


Midpoint

8. Abs



Start/Finish



Midpoint

Legs

9. Lunges with Dumbbells



Start/Finish



Midpoint

10. Incline Hack Squat



Start/Finish



Midpoint

11. Decline Leg Press



Start/Finish



Midpoint

12. Leg Curl



Start/Finish



Midpoint

13. Leg Extension



Start/Finish



Midpoint

14. Toe Raise - Calves



Start/Finish



Midpoint

15. Trapeze Barbell (Shrugs)



Start/Finish



Midpoint

16. Lower Abs - Crunch



Start/Finish



Midpoint