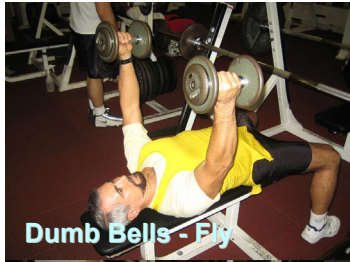
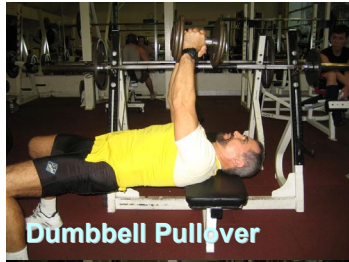




Abs



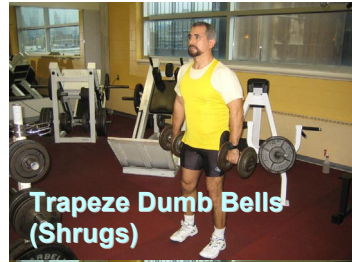
Dumb Bells - Fly



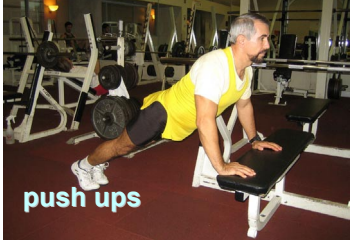
Dumbbell Pull over



Low Pulley Crossover (palms up)



Trapeze Dumb Bells (Shrugs)



push ups



dips



Triceps (Rope)



High Pulley Crossover (palms down)



Abs - crunch



Bench Press (Open Grip)



Bench Press (Close Grip)



Single Arm Press (lower pulley)



Bent over Row with Rope (45°)

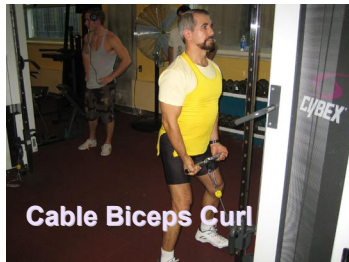




abs



Seated Cable Row (open grip)



Cable Biceps Curl



Incline Hack Squat



Leg Extension



Bent-Over Barbell Row (close grip)



Pull Down (open grip)



abs



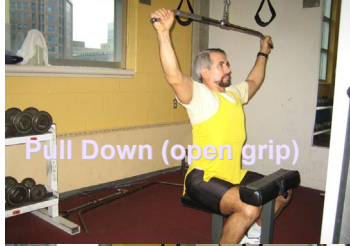
Decline Leg Press



Toe Raise - Calves



Bent-Over Barbell Row (close grip)



Pull Down (open grip)



abs



Decline Leg Press



Toe Raise - Calves



Bent-Over Barbell Row (close grip)



Pull Down (close grip triangle grip)



Lunges



Leg Curl



Trapeze Barbell (Shrugs)



Back Extension



Pull Down (close grip triangle grip)



Lunges



Leg Curl



Trapeze Barbell (Shrugs)



Back Extension



Pull Down (close grip triangle grip)



Lunges



Leg Curl



Trapeze Barbell (Shrugs)

