

1. bench press



Start/Finish



Midpoint

2. bent-over row



Start/Finish



Midpoint

3. dips



Start/Finish



Midpoint

4. chin-ups



Start/Finish



Midpoint

5. bent-over pull-down



Start/Finish



Midpoint

6. bent-over pull-up



Start/Finish



Midpoint

7. row



Start/Finish



Midpoint

8. rotator cuff (in)



Start/Finish



Midpoint

9. rotator cuff (out)



Start/Finish



Midpoint

10. pull-down

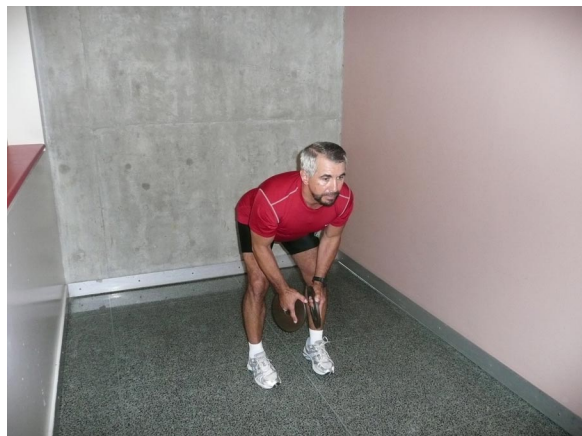


Start/Finish



Midpoint

11. "seven positions"



Start/Finish (same for next 3 exercises)



Midpoint



Midpoint



Midpoint



Start/Finish



Midpoint



Start/Finish (same for next 3 exercises)



Midpoint



Midpoint



Midpoint