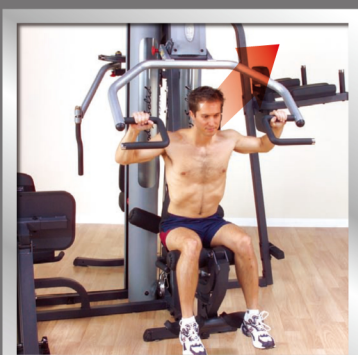


EXERCISE CHART

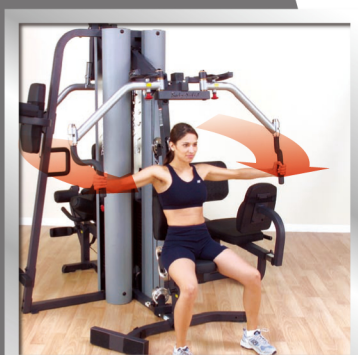
CHEST



Horizontal Grip Chest Press

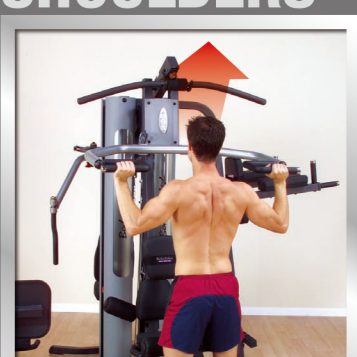


Incline Press

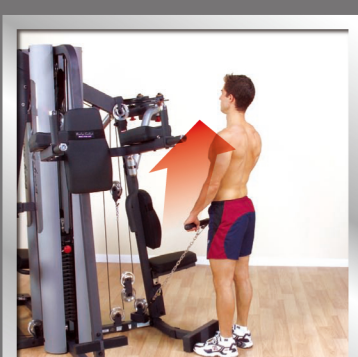


Pectoral Fly

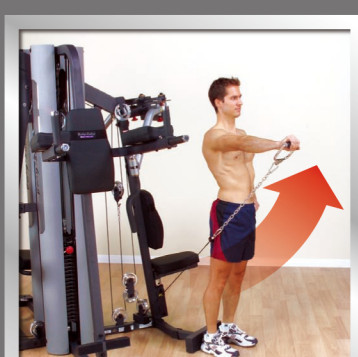
SHOULDERS



Standing Shoulder Press

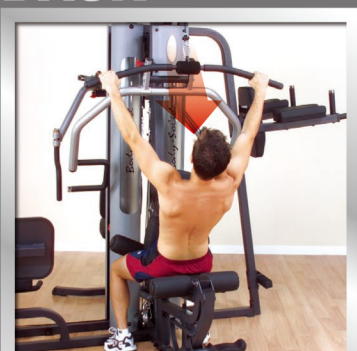


Upright Row

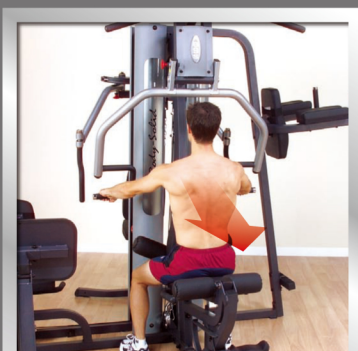


Front Deltoid Raise

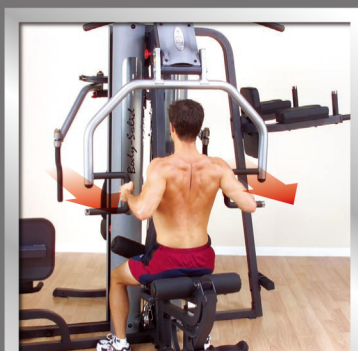
BACK



Lat Pull Down

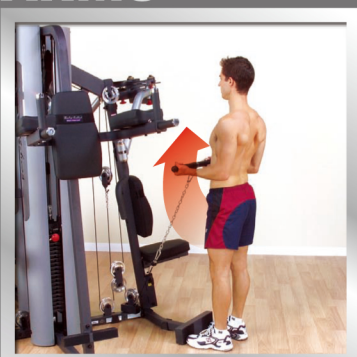


Back Hyperextension

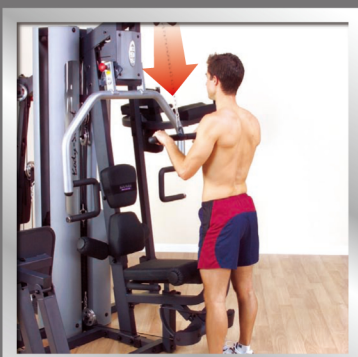


Chest Supported Mid Row

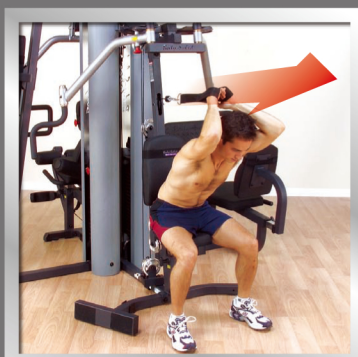
ARMS



Biceps Curl

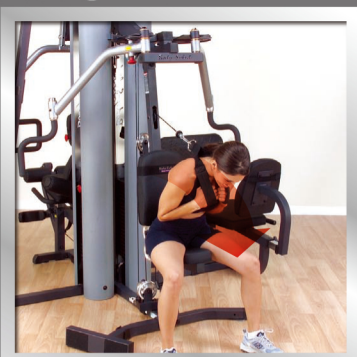


Triceps Press Down

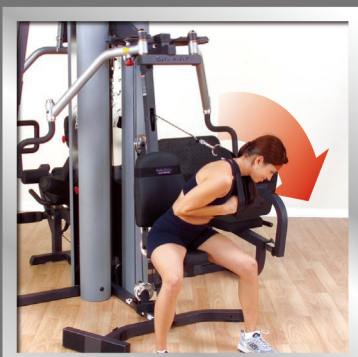


Triceps Extension

ABS



Resistance Ab Crunch

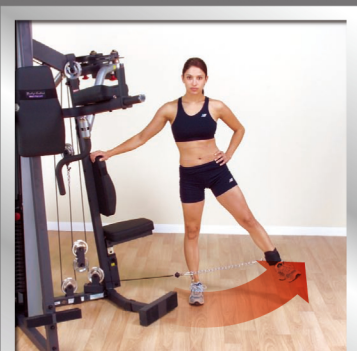


Oblique Crunch

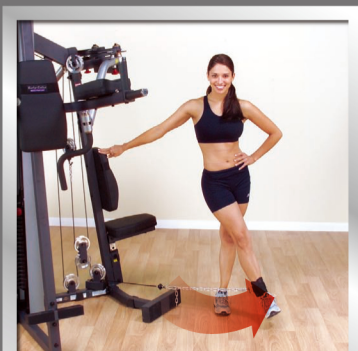


Oblique Bend

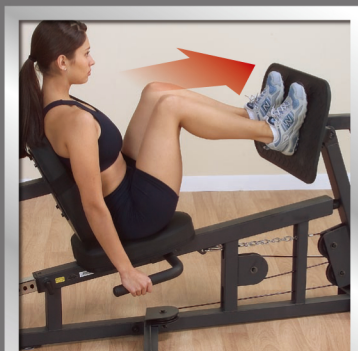
HIPS/THIGHS



Leg Abduction

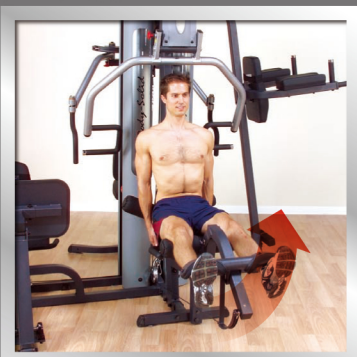


Leg Adduction

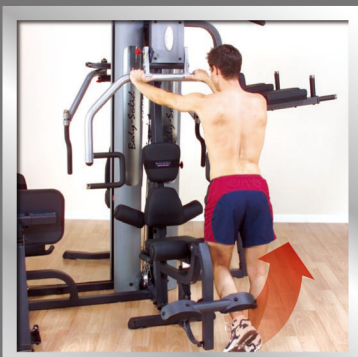


Leg Press

LEGS



Leg Extension



Standing Leg Curl



Calf Press

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