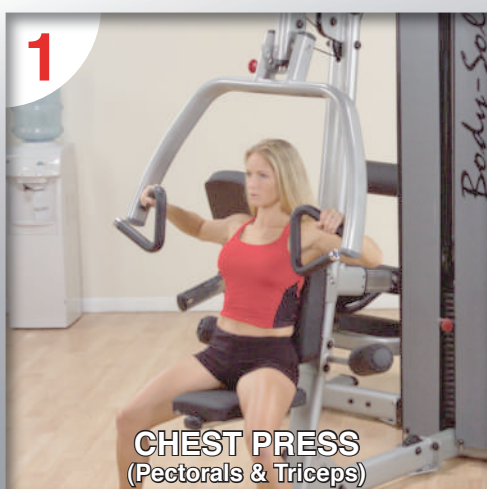


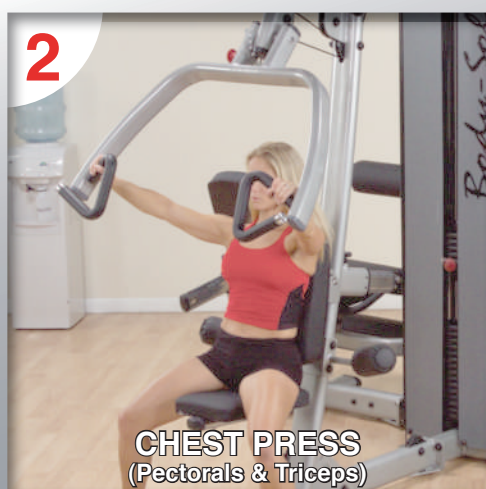
# PRESS ARM STATION

1



**CHEST PRESS**  
(Pectorals & Triceps)

2



**CHEST PRESS**  
(Pectorals & Triceps)

1



**INCLINE PRESS**  
(Pectorals & Triceps)

2



**INCLINE PRESS**  
(Pectorals & Triceps)

1



**STANDING SHOULDER PRESS**  
(Deltoids & Triceps)

2



**STANDING SHOULDER PRESS**  
(Deltoids & Triceps)

1



**MID ROW**  
(Latissimus Dorsi)

2



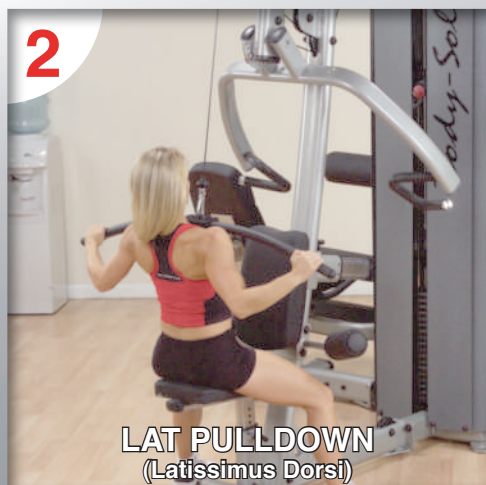
**MID ROW**  
(Latissimus Dorsi)

1



**LAT PULLDOWN**  
(Latissimus Dorsi)

2



**LAT PULLDOWN**  
(Latissimus Dorsi)