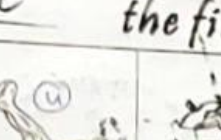




# Bodyline

the fitness planet...

Abs



Reps

Machine Crunch

Plank

Bike

Toe Toucher

Inclined Crunches

Leg Raise

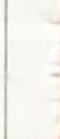
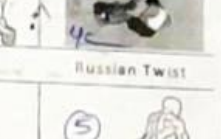
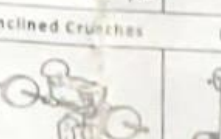
Cable Crunches

Side Bending

Side Plank

Russian Twist

Back



Reps

Pull Ups

Dead Lift

Lat Pull Down

Seated Cable Row

Barbell Row

One Arm Dumbbell Row

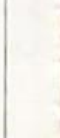
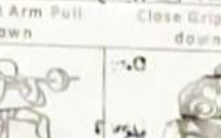
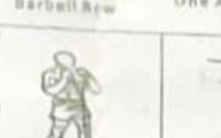
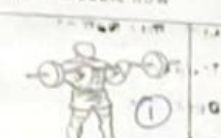
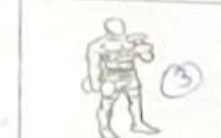
Straight Arm Pull down

Close Grip Pull down

Hammer Rowing

Hyper Extension

Bicep



Reps

Bicep Curls

Hammer Curl

Inclined Bicep Curls

Barbell Curl

Hammer Curl (Cable)

High Cable Curls

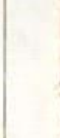
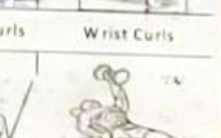
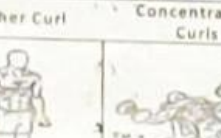
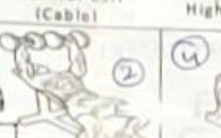
Preacher Curl

Concentration Curls

Reverse Wrist Curls

Wrist Curls

Chest



Reps

Push ups

Machine Chest Press

Machine Flyes

Chest Press Flat (Barbell)

Inclined Chest Press (Dumbbell)

Decline Chest Press (Dumbbell)

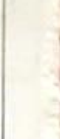
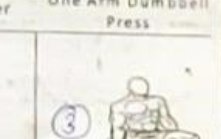
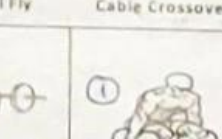
Parallel bar dips

Dumbbell Fly

Cable Crossover

One Arm Dumbbell Press

Legs



Reps

Front squat

Hack Squat

Leg Extension

Leg Curl

Bulgarian Squats

Sumo Squat

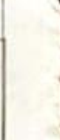
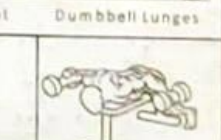
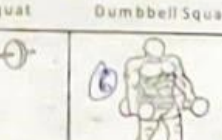
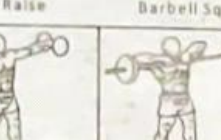
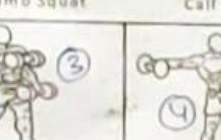
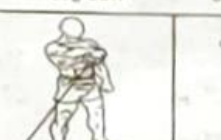
Calf Raise

Barbell Squat

Dumbbell Squat

Dumbbell Lunges

Shoulder



Reps

Military Press

Barbell Shoulder Press

Machine Shoulder Press

Front Cable Raises

Upright Row with Cable

Front Raise

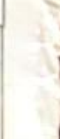
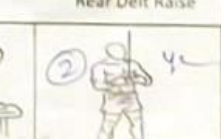
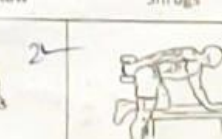
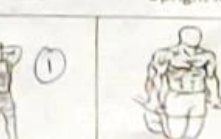
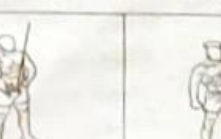
Lateral Raise

Upright Row

Shrugs

Rear Delt Raise

Tricep



Reps

Bench Dips

Close Grip Pushups

Overhead Triceps Extension

Triceps Ext. (Barbell)

Close-Grip Barbell Bench Press

Cable One Arm Tricep Extension

Overhead Triceps Ext. (One Arm)

Parallel bar dips

Kick Back

Triceps Push Down