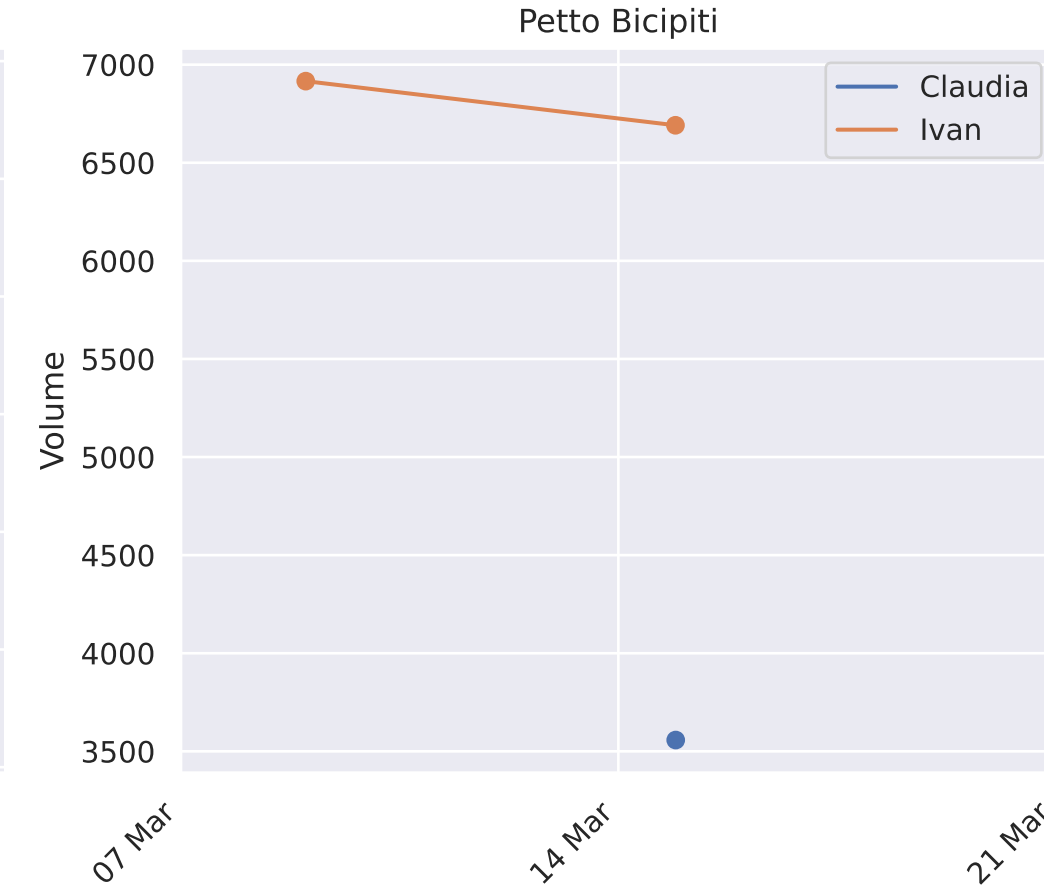
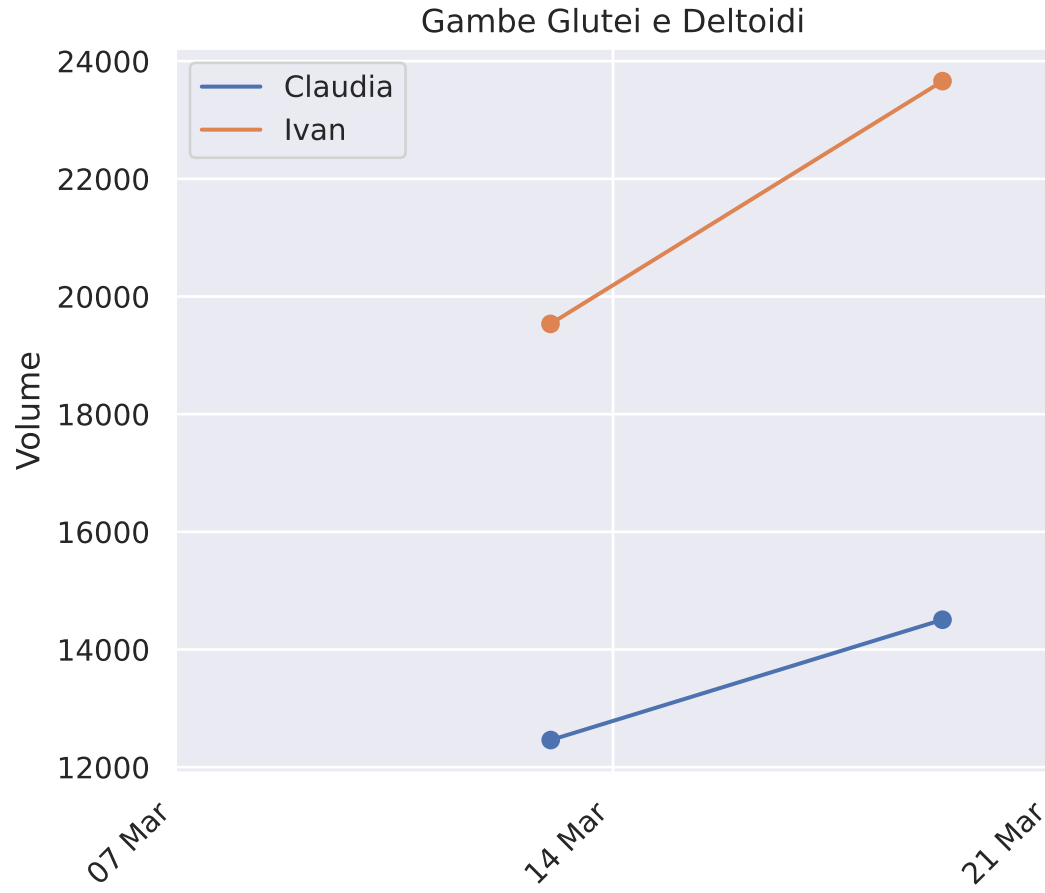
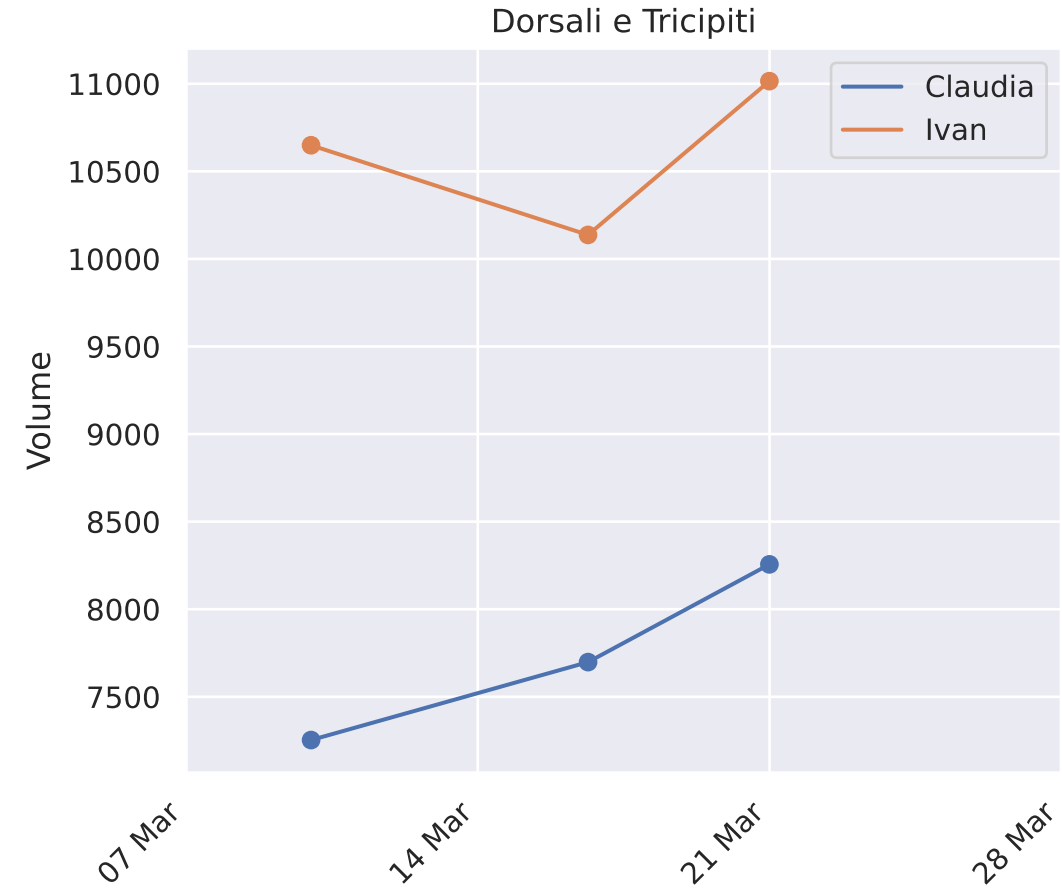
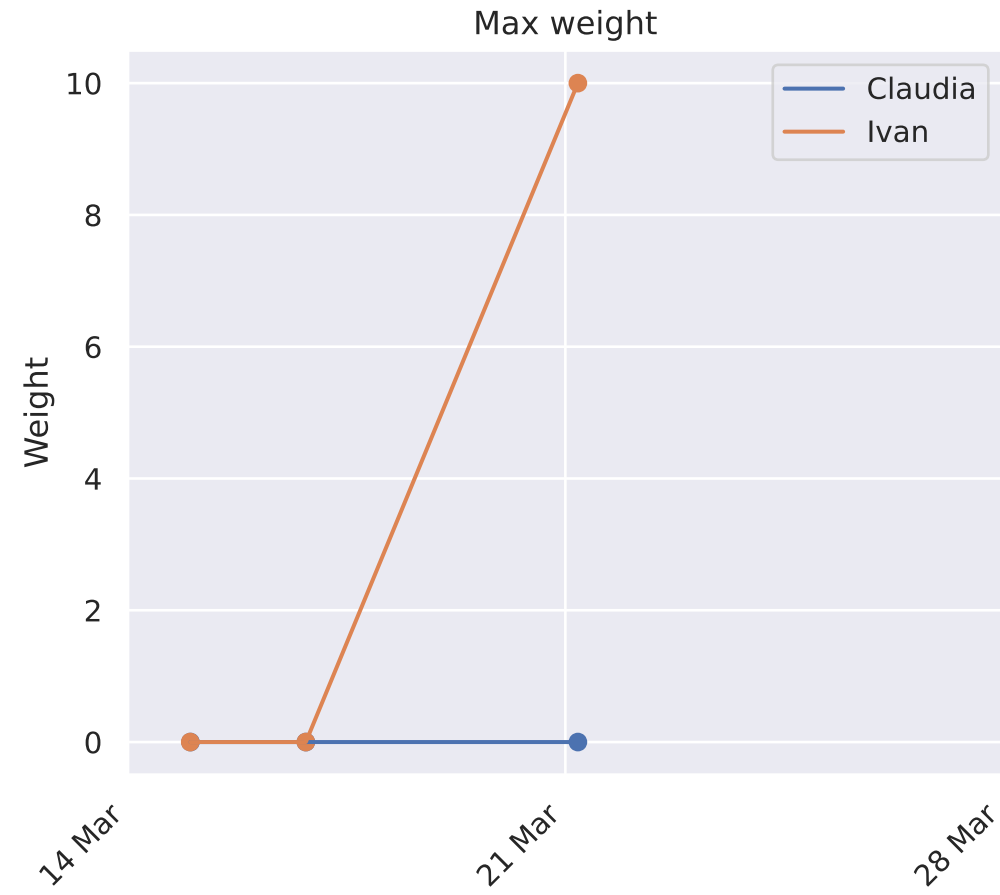
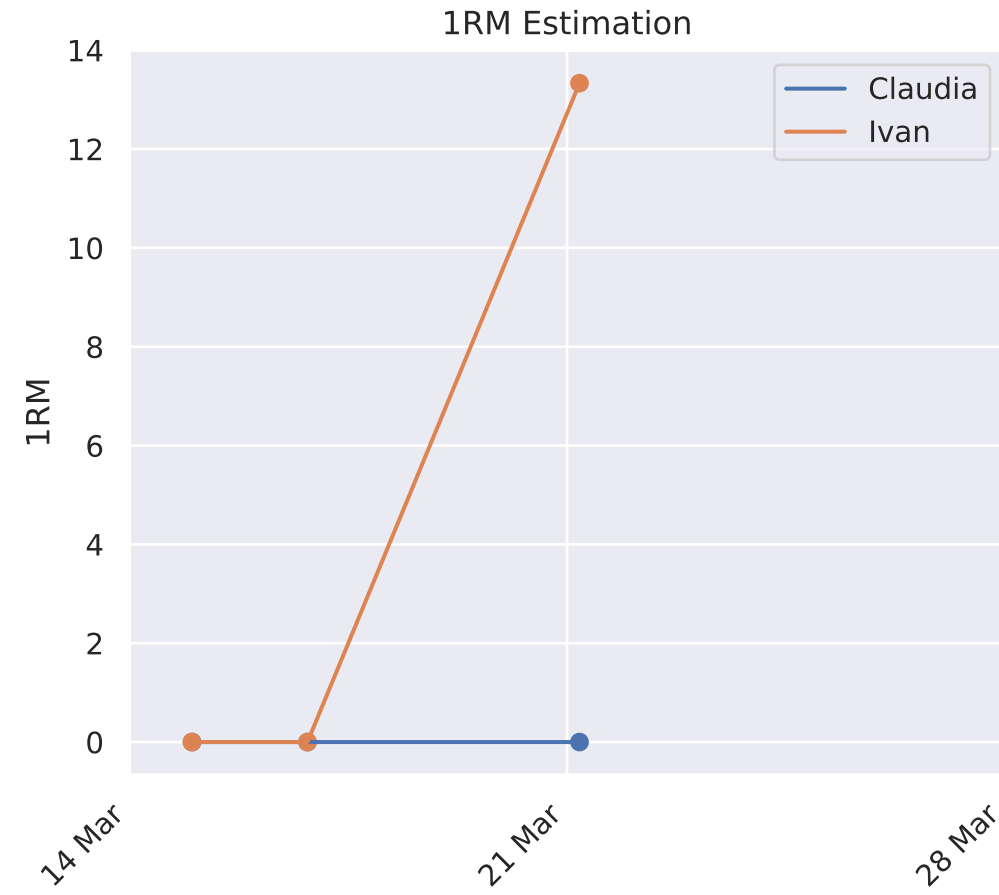
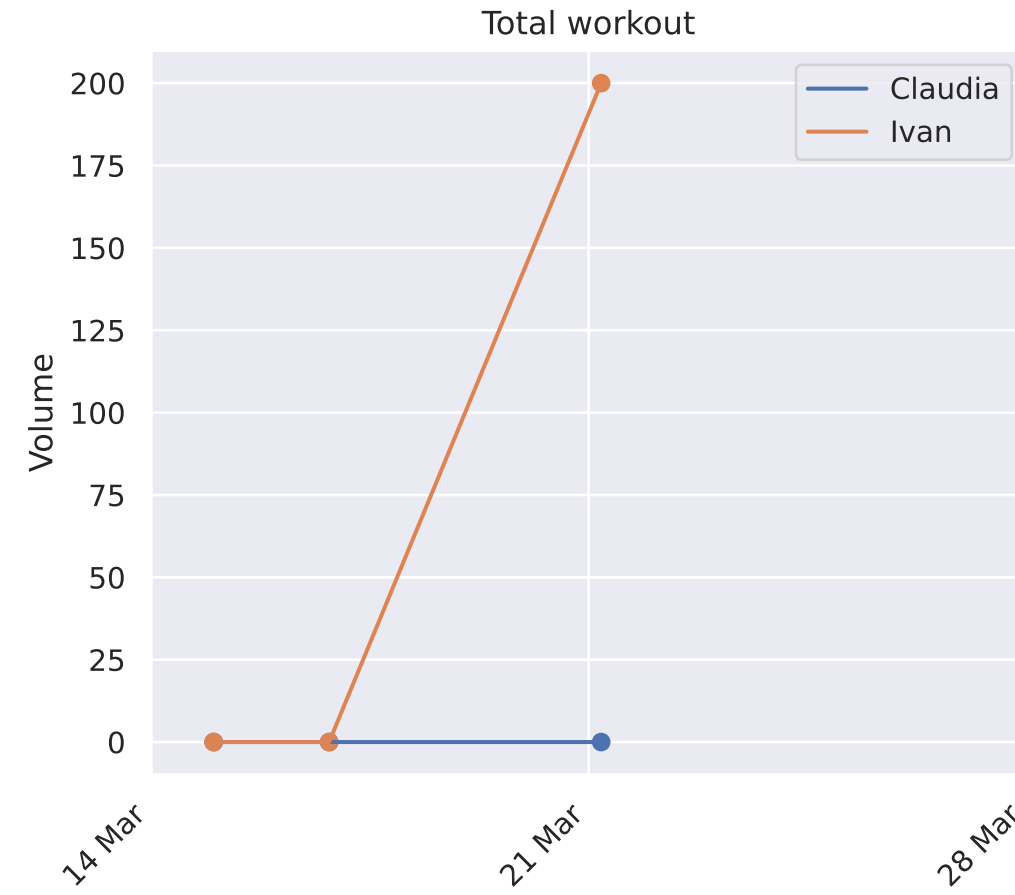


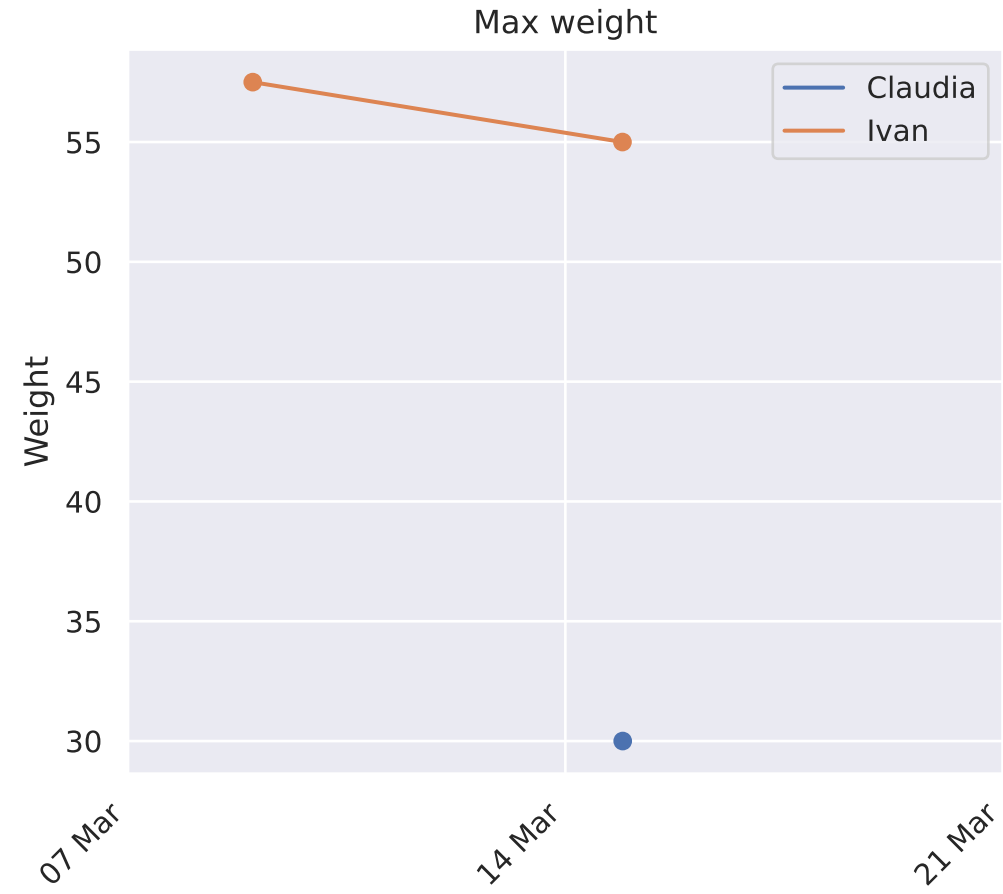
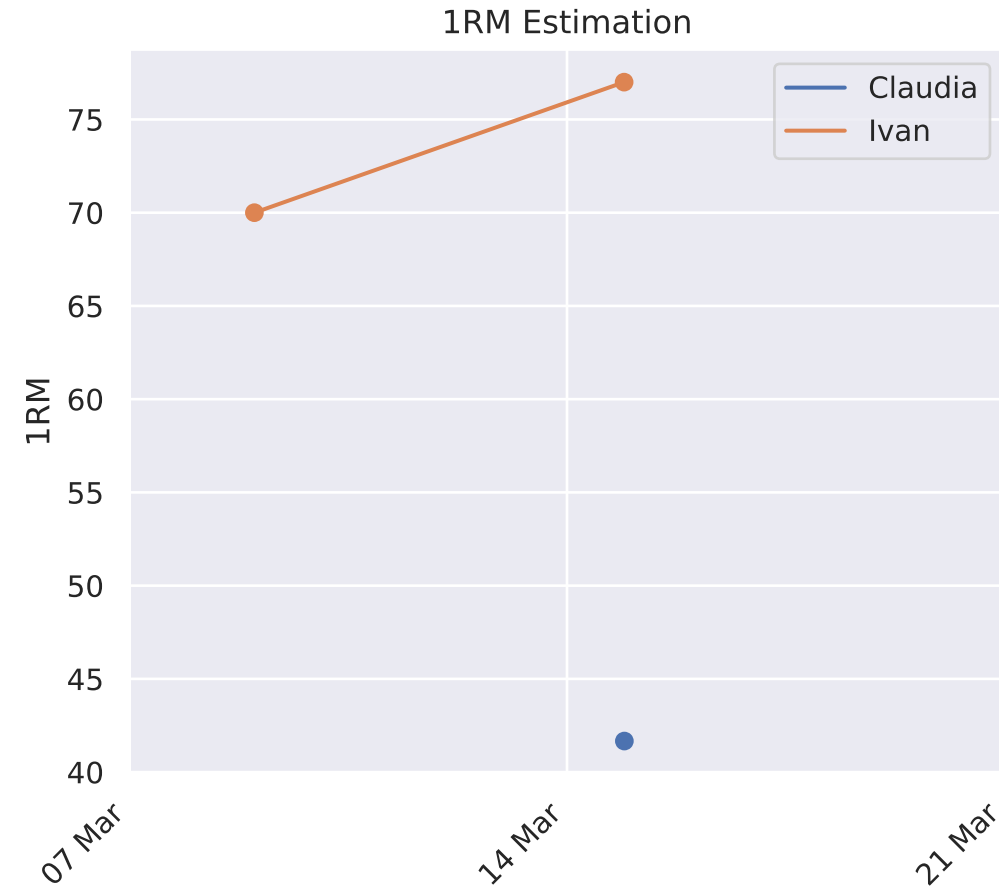
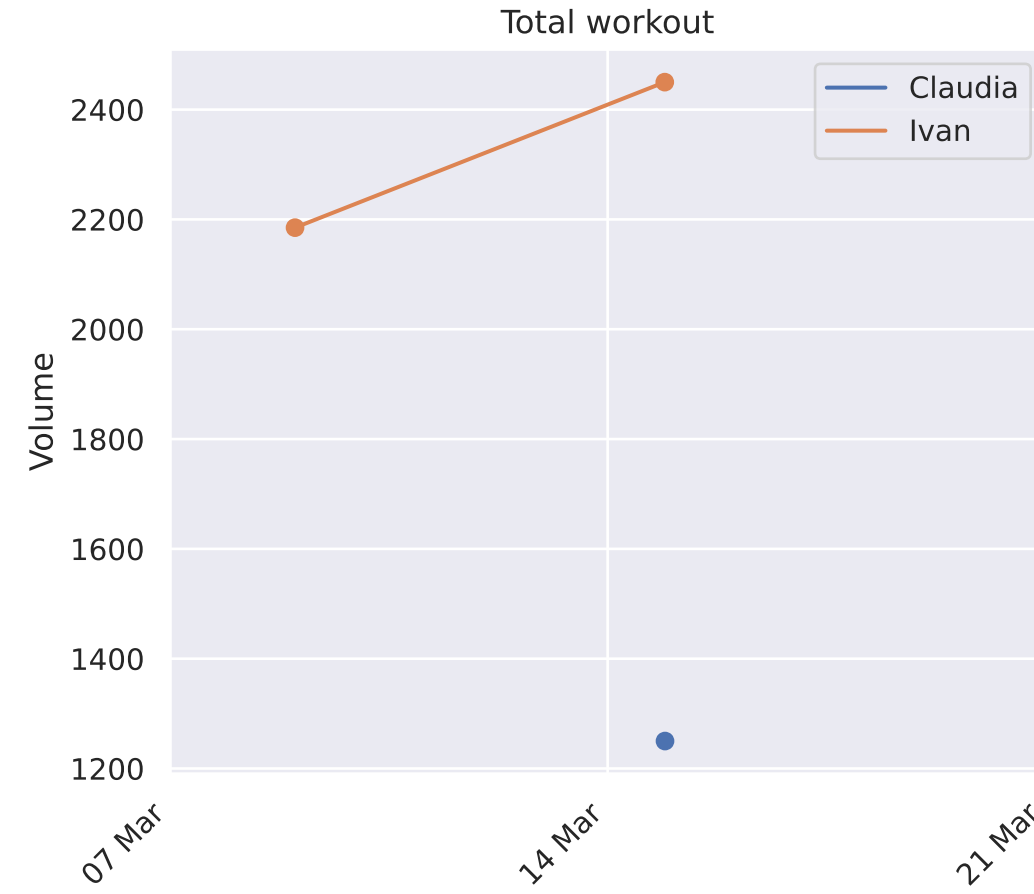
# Workouts (Volume x Day)



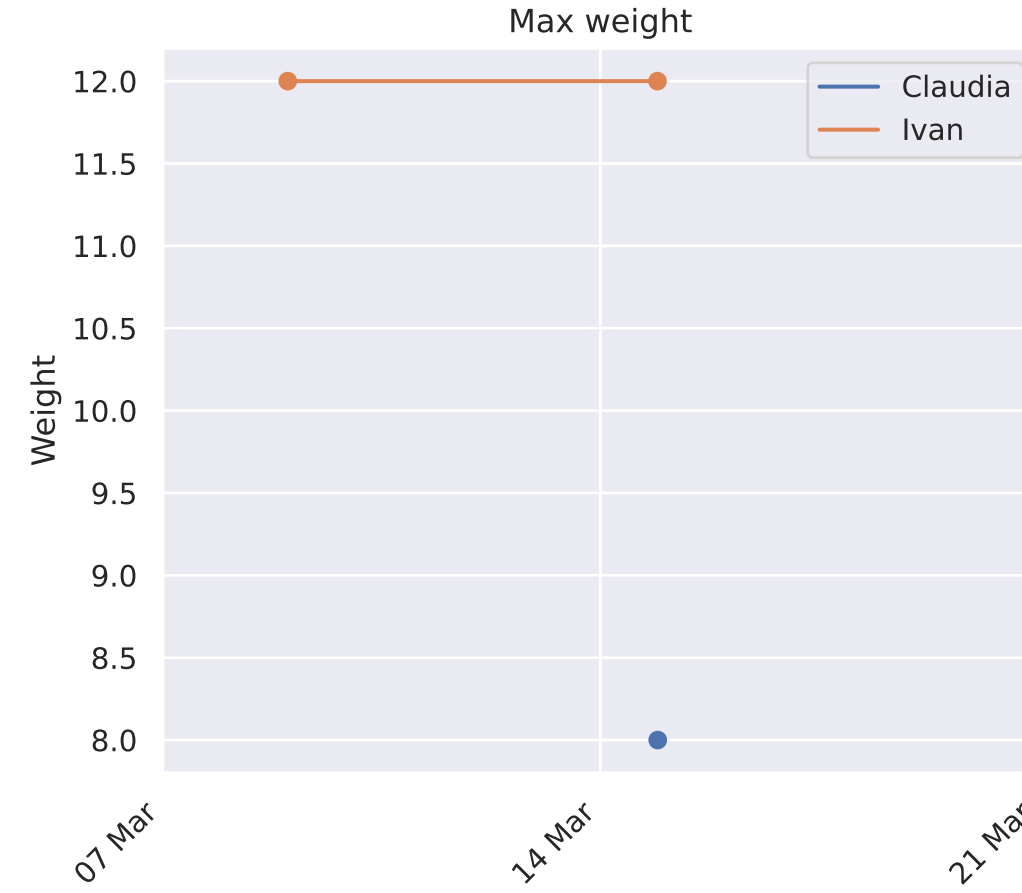
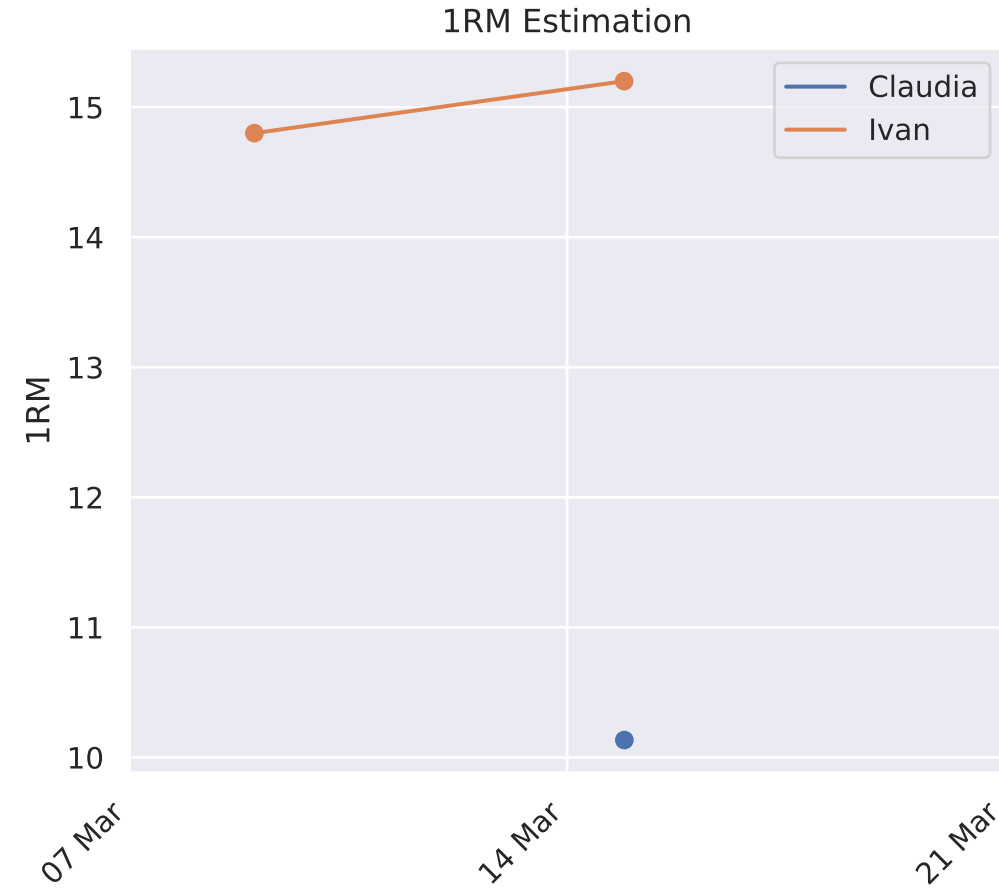
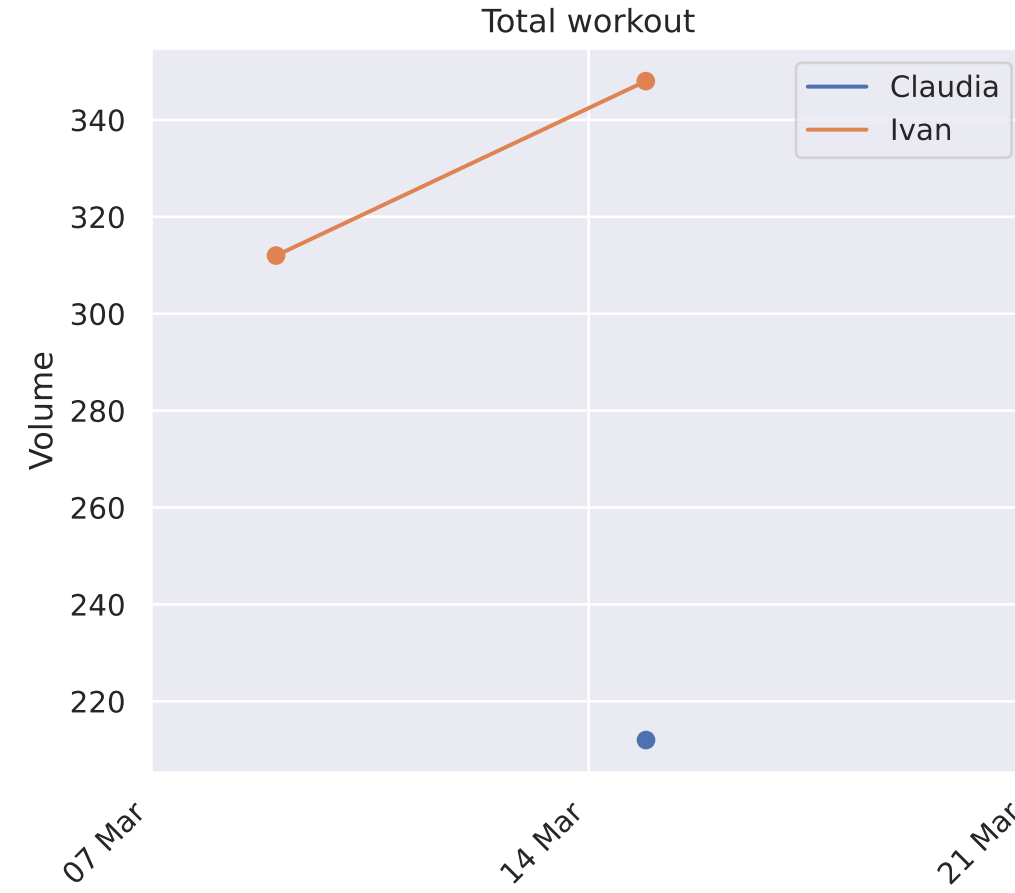
# Back Extension



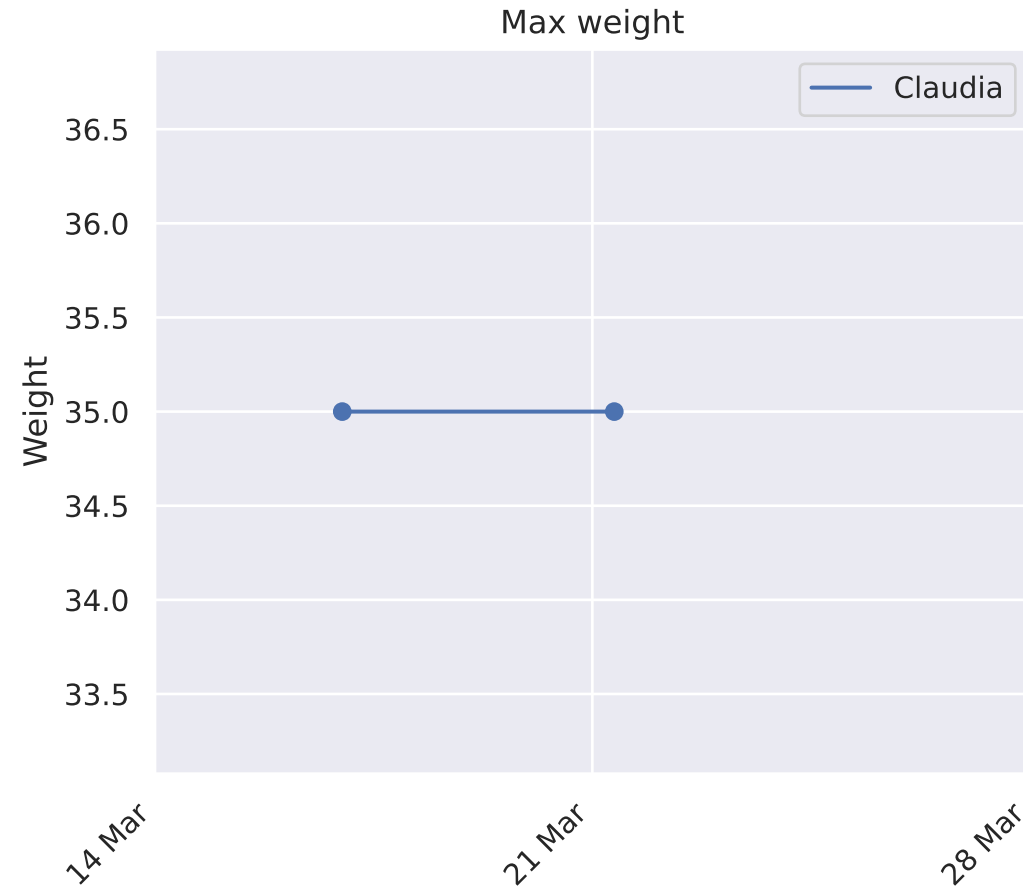
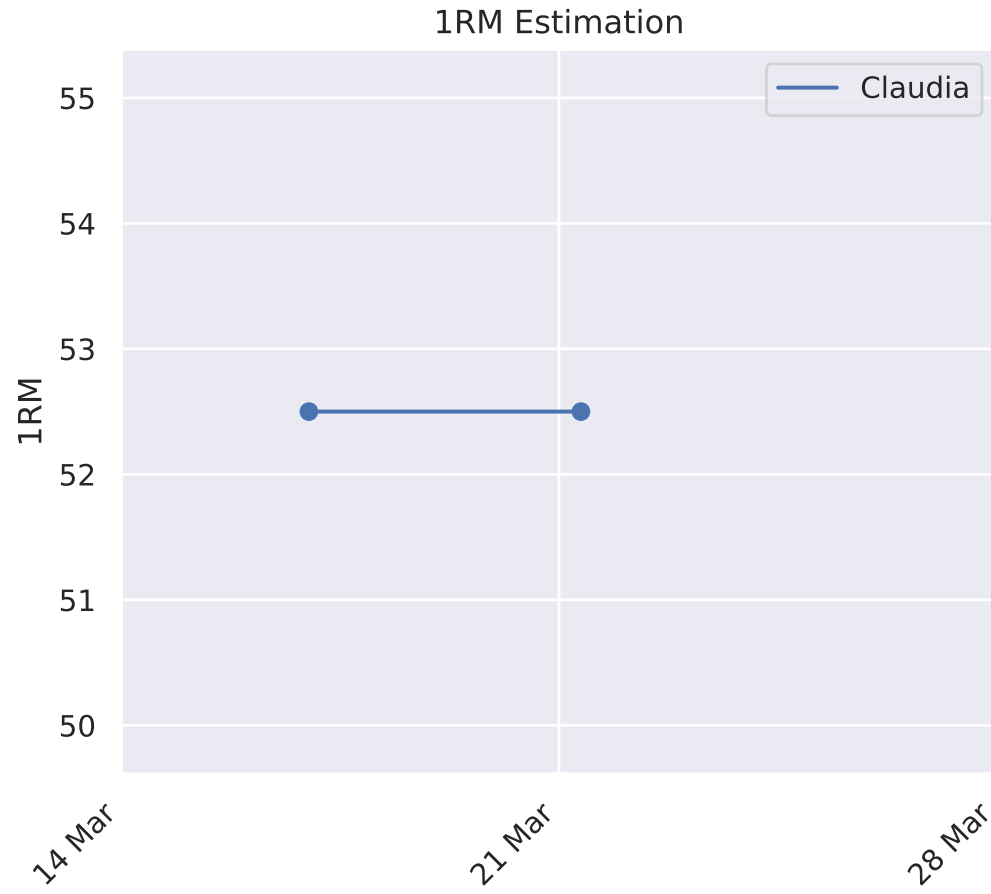
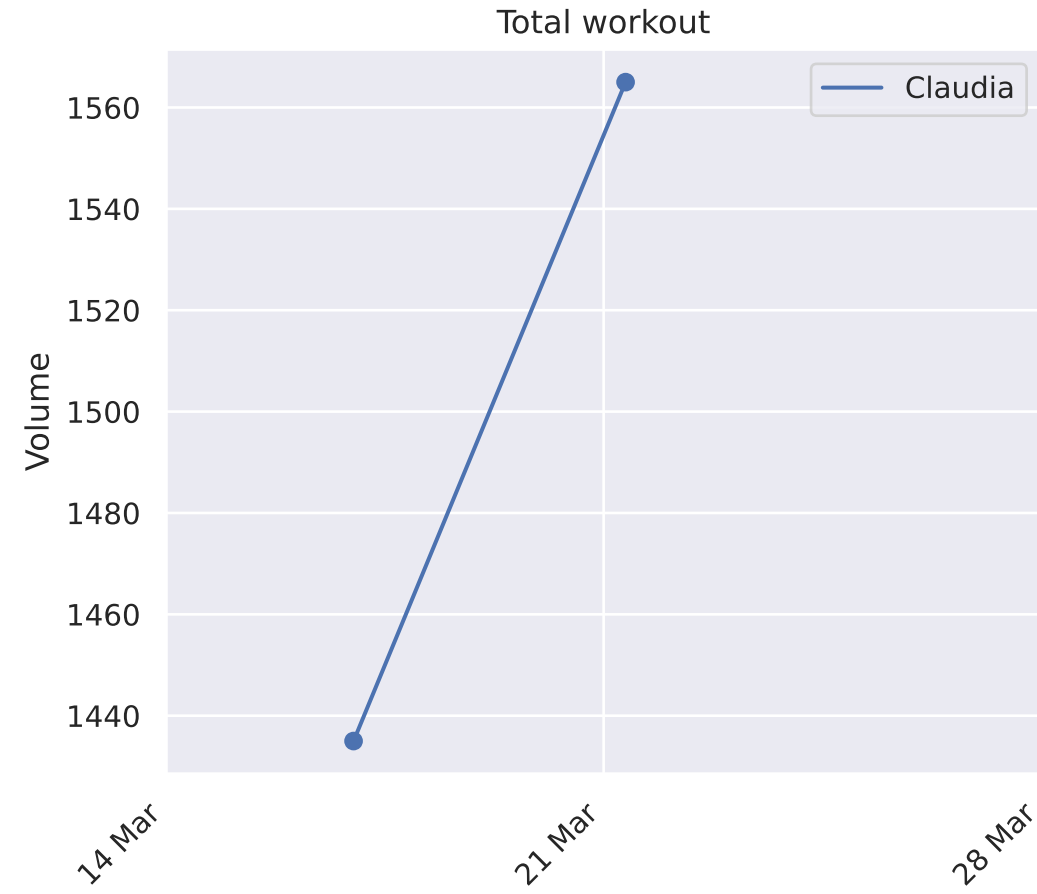
# Bench Press (Barbell)



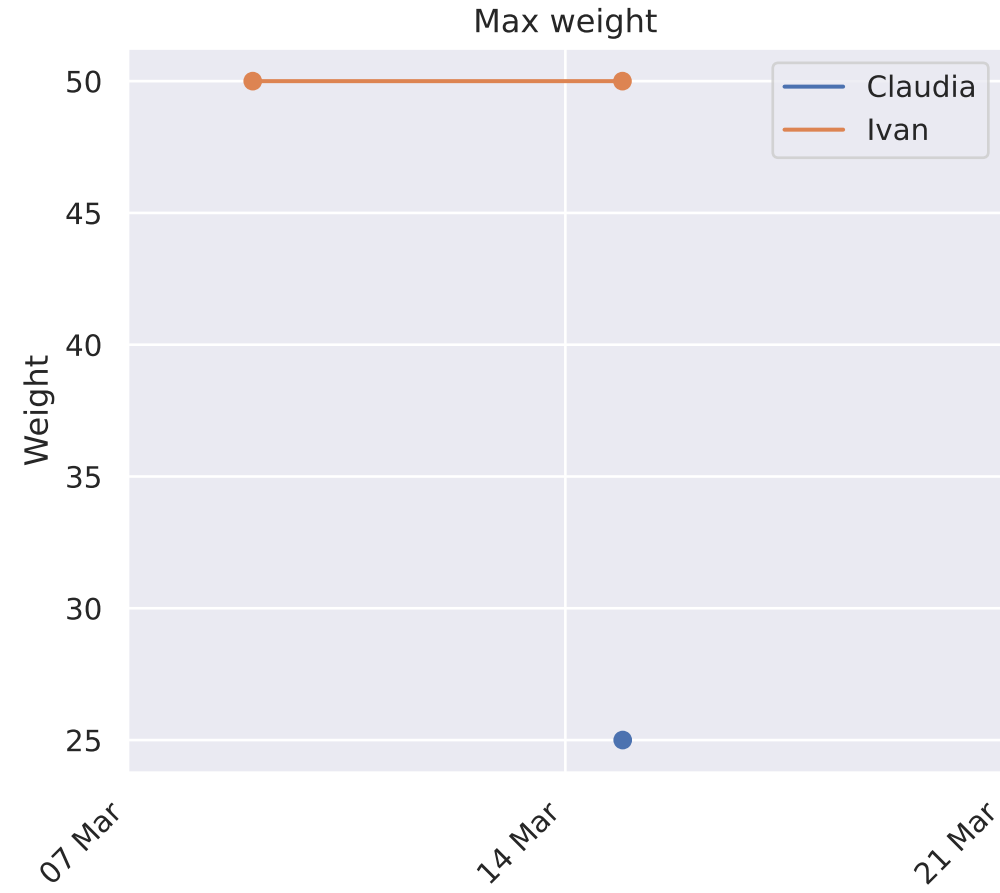
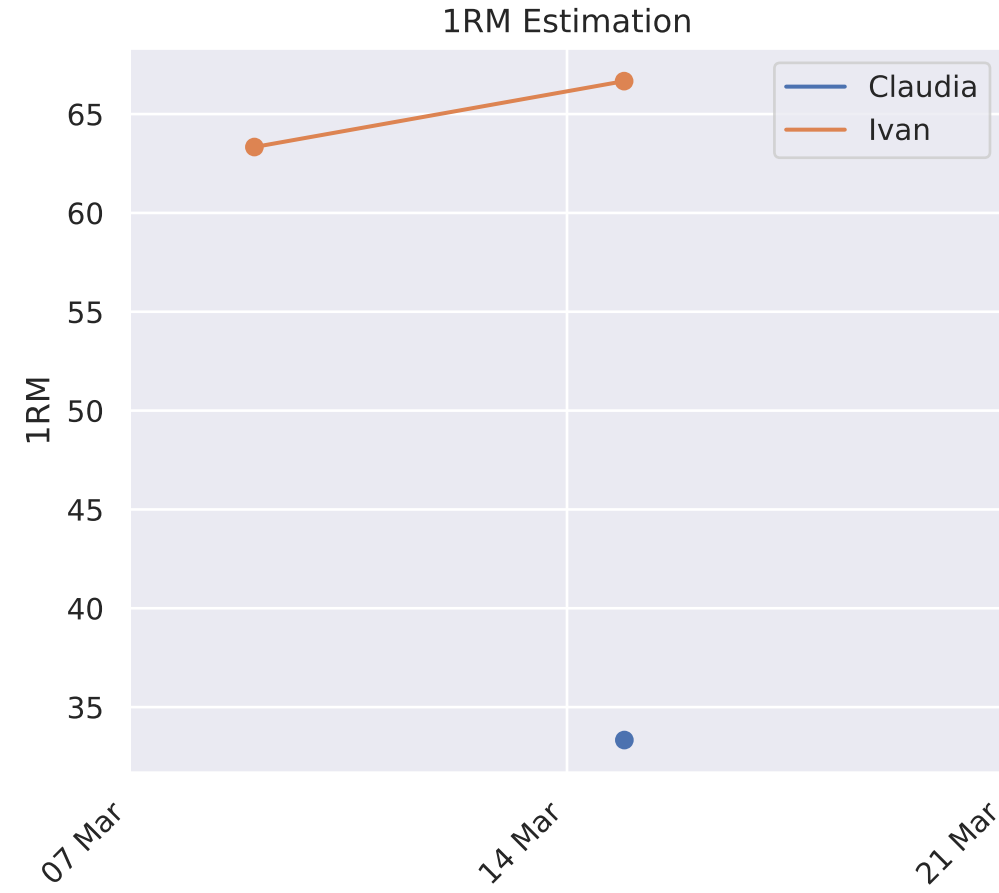
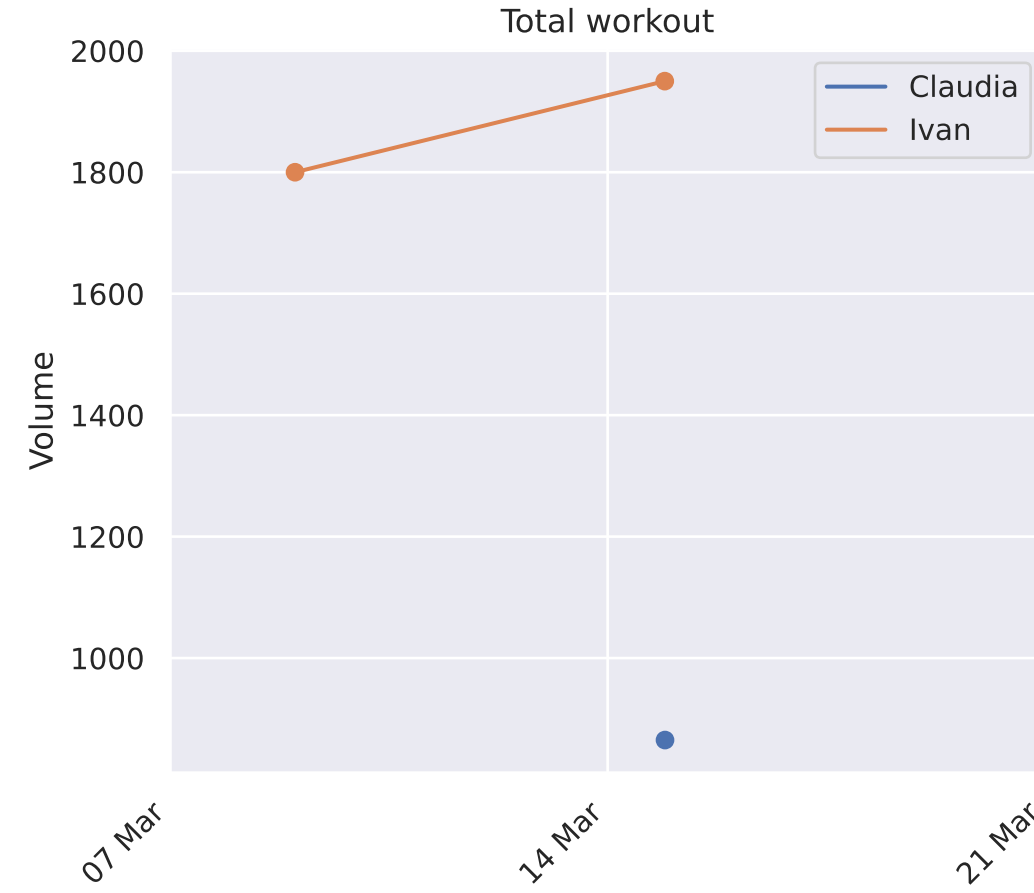
# Bicep Curl (Dumbbell)



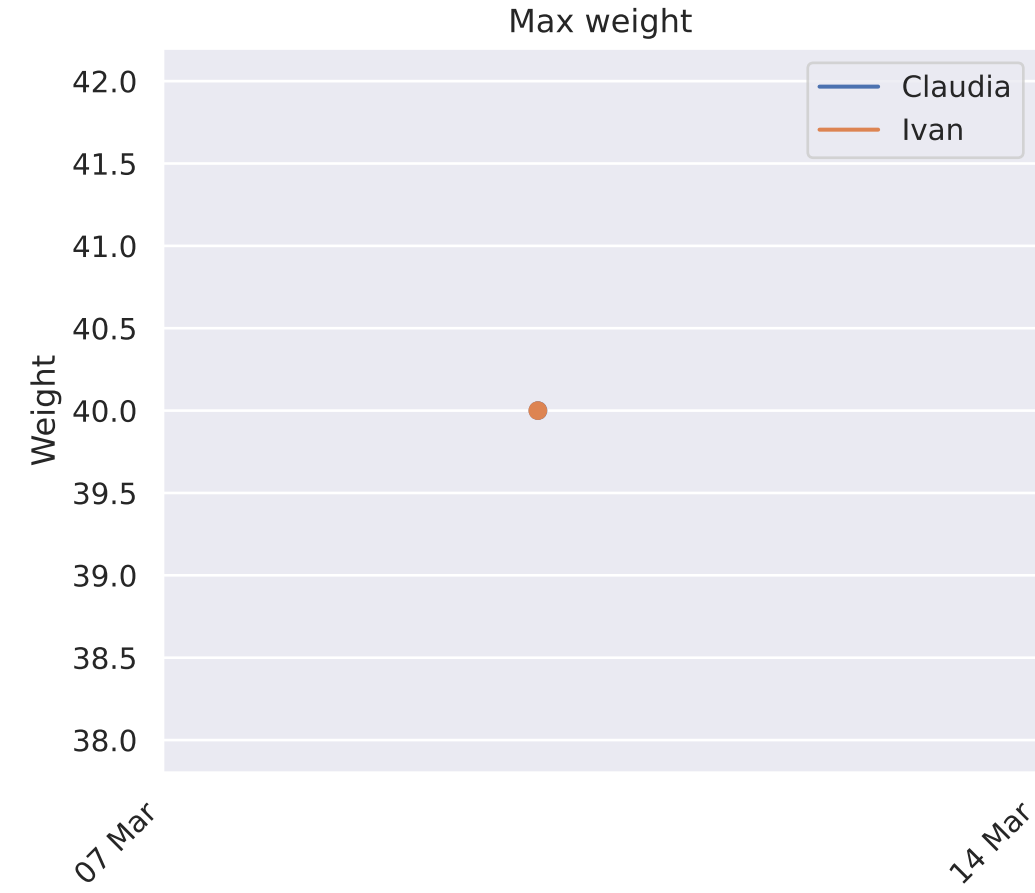
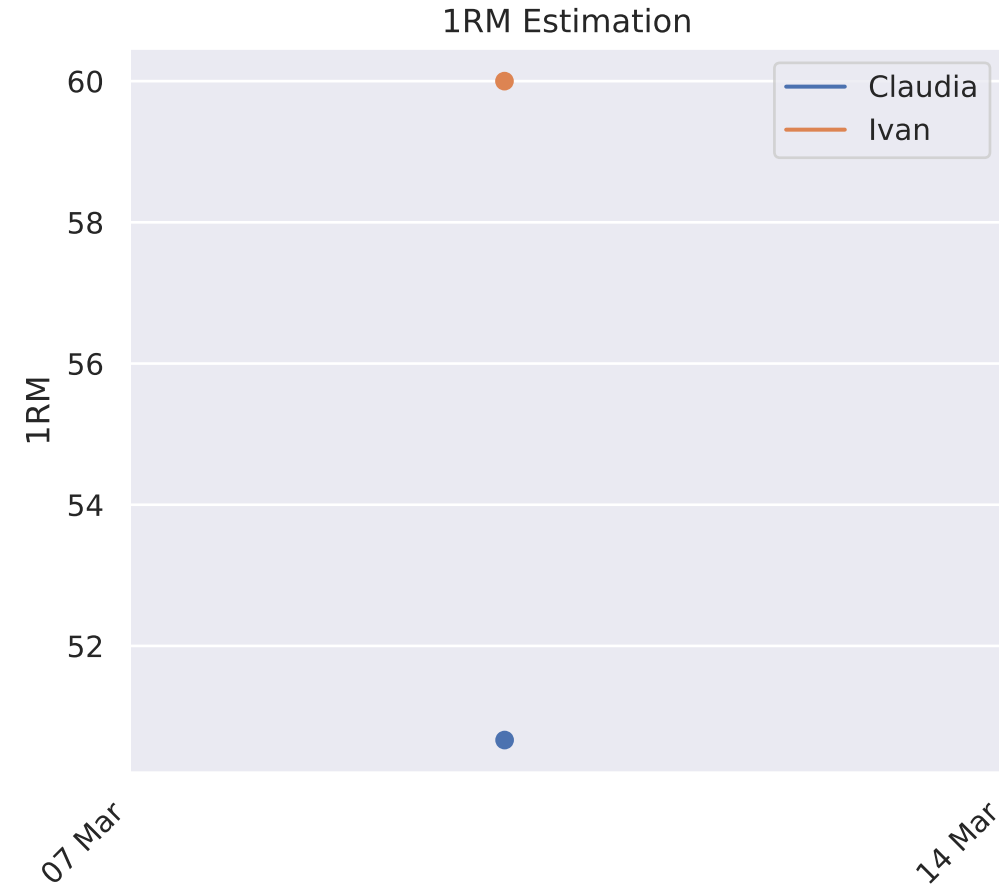
# Chest Dip (Assisted)



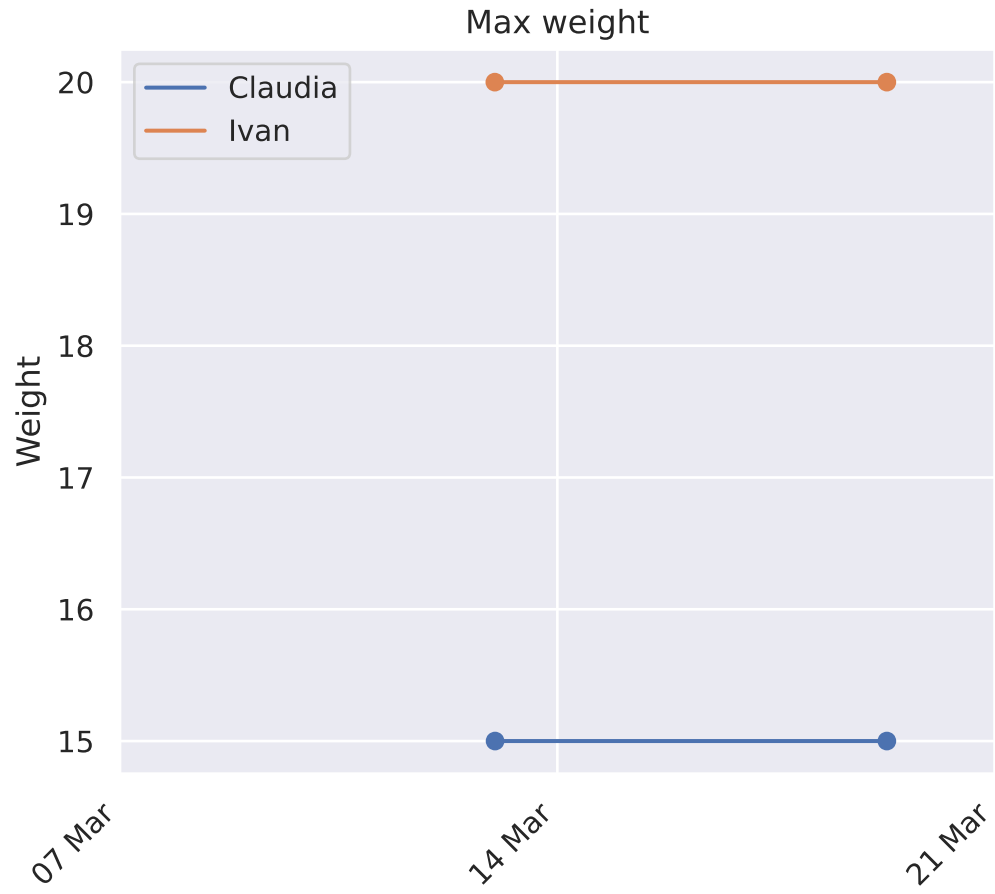
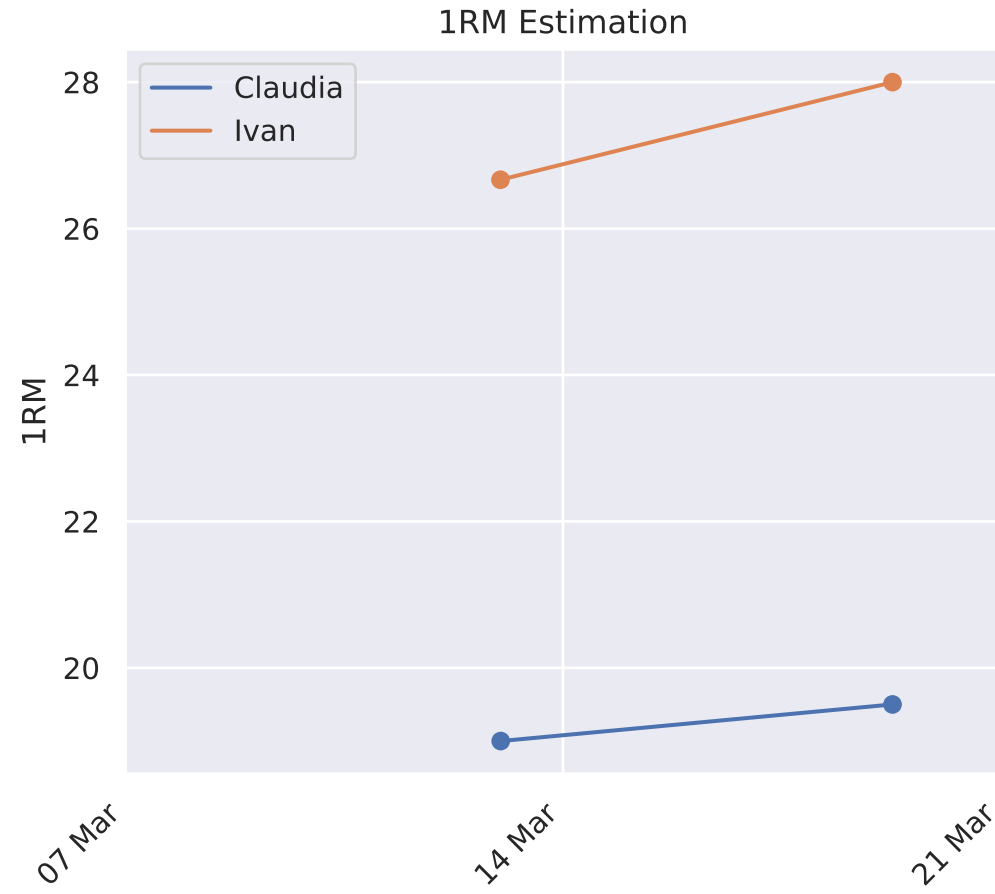
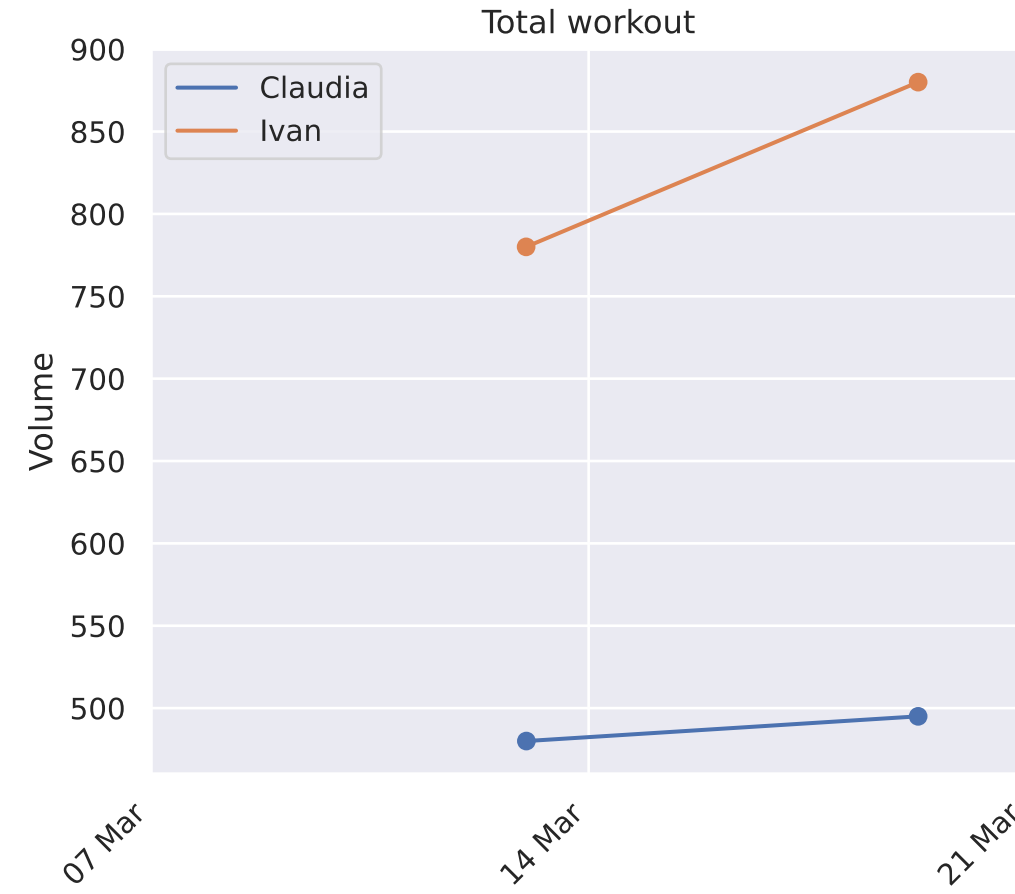
# Chest Fly



# Crunch (Machine)

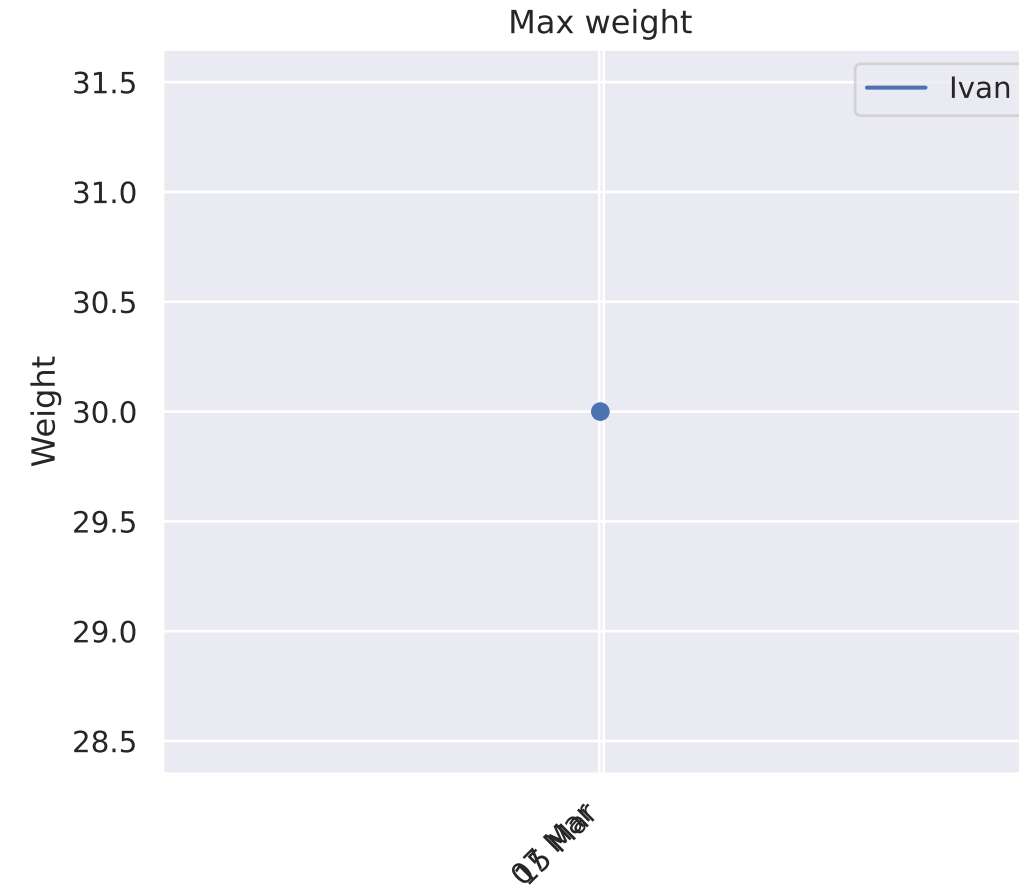
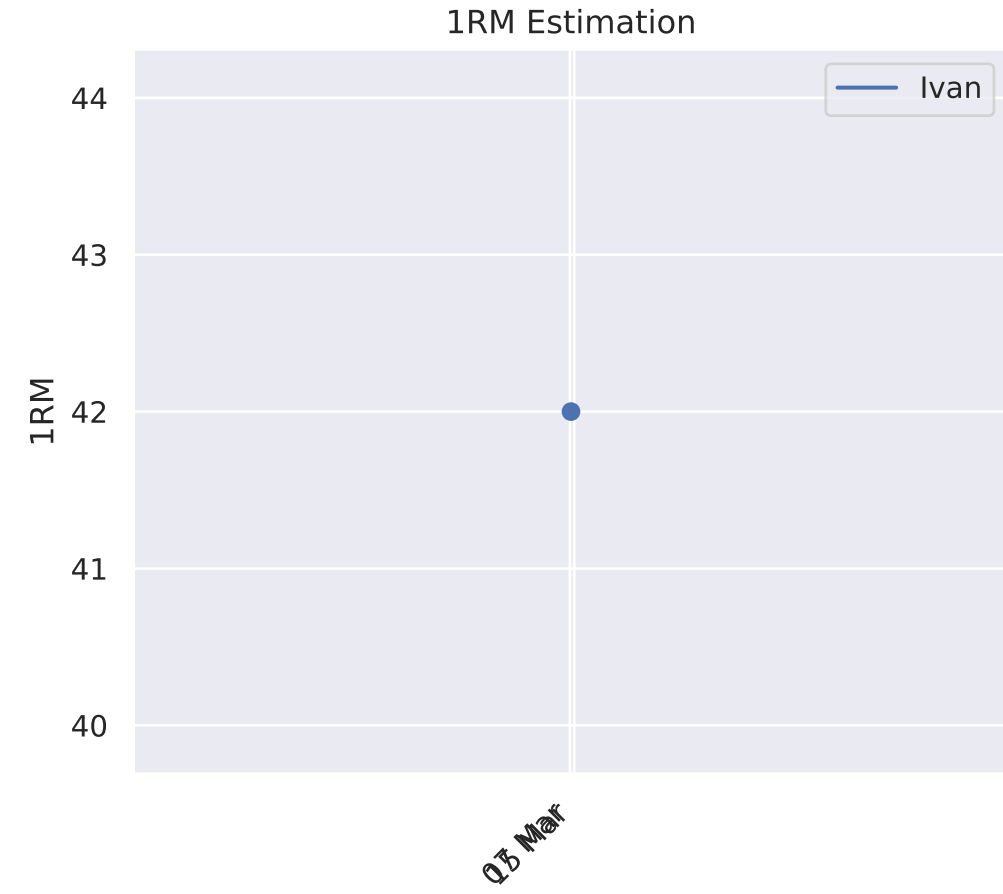
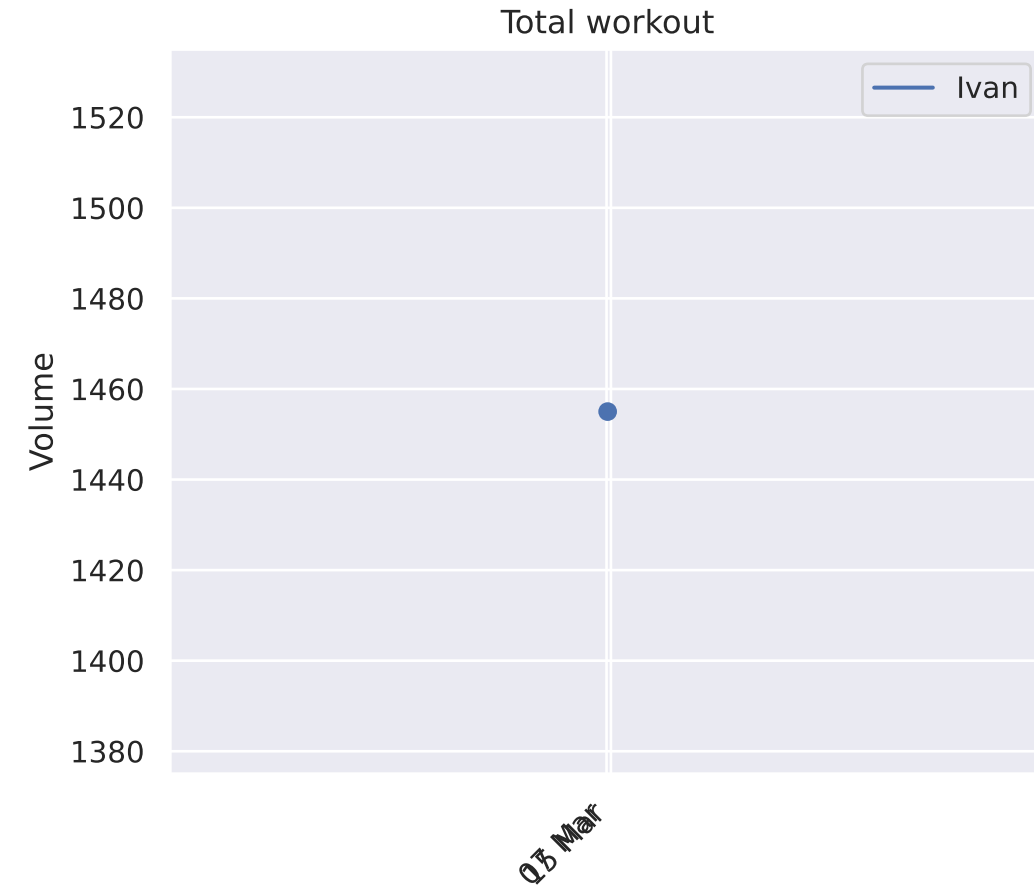


# Front Raise (Cable)

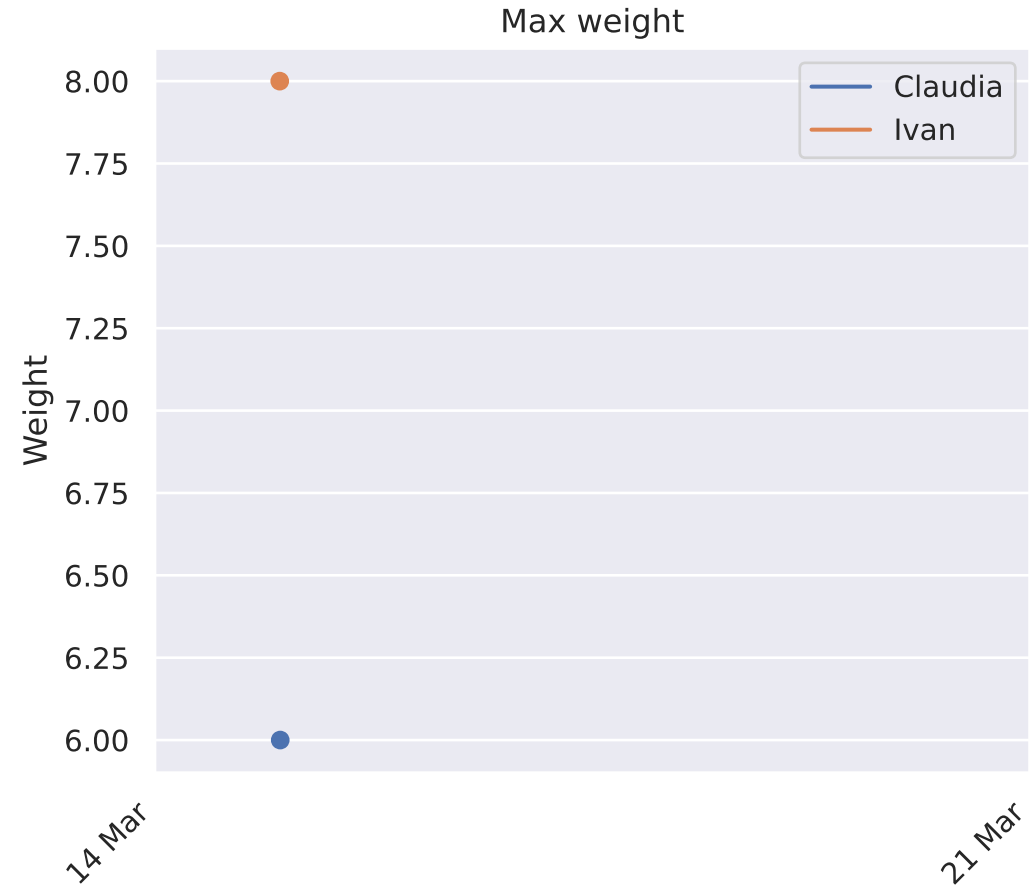
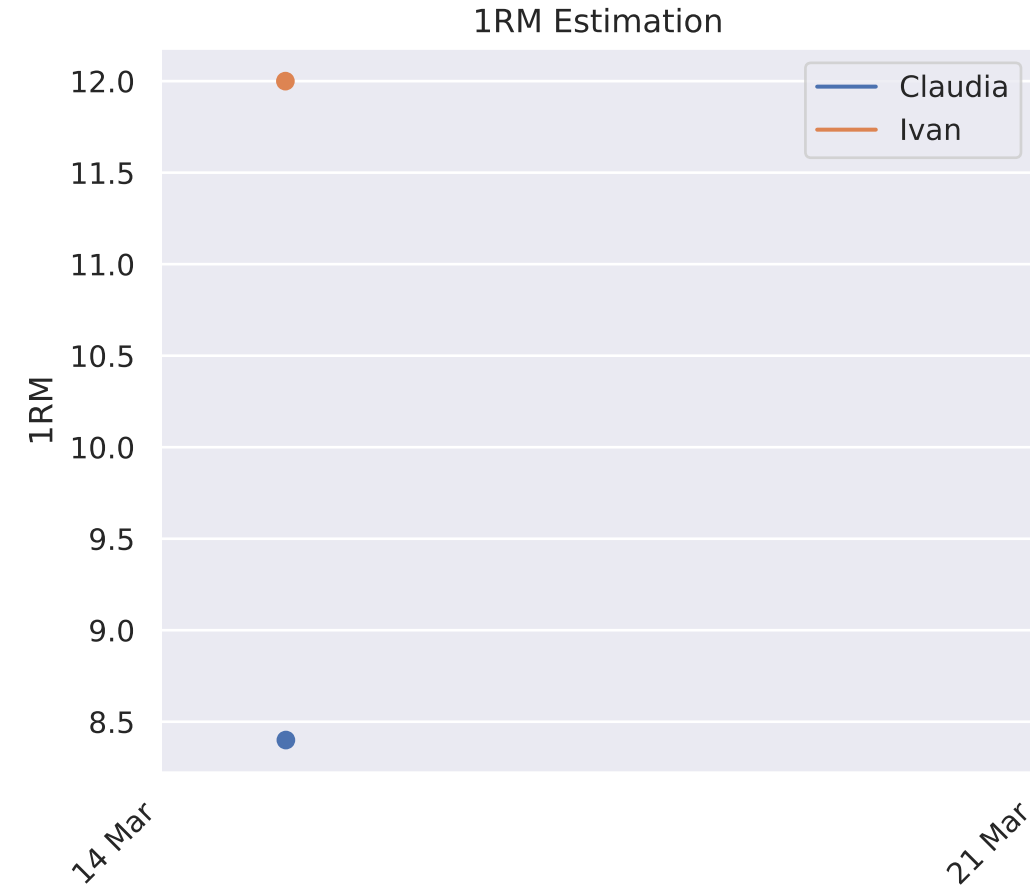
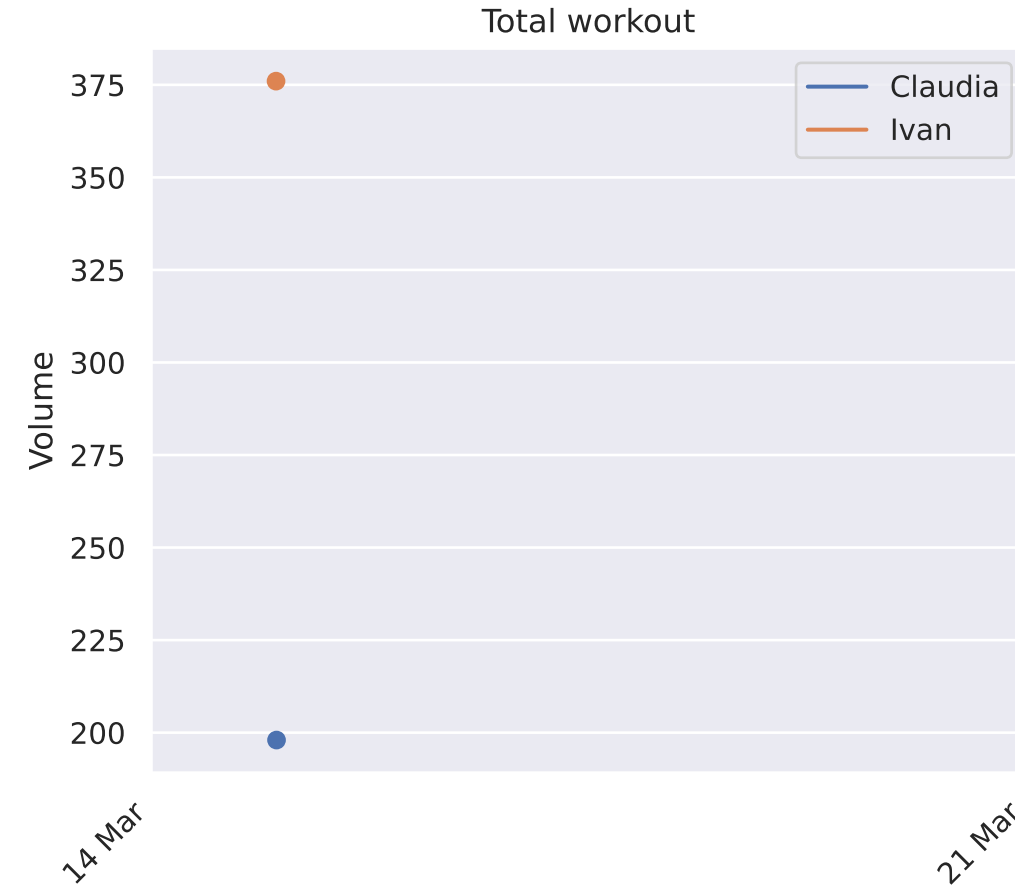




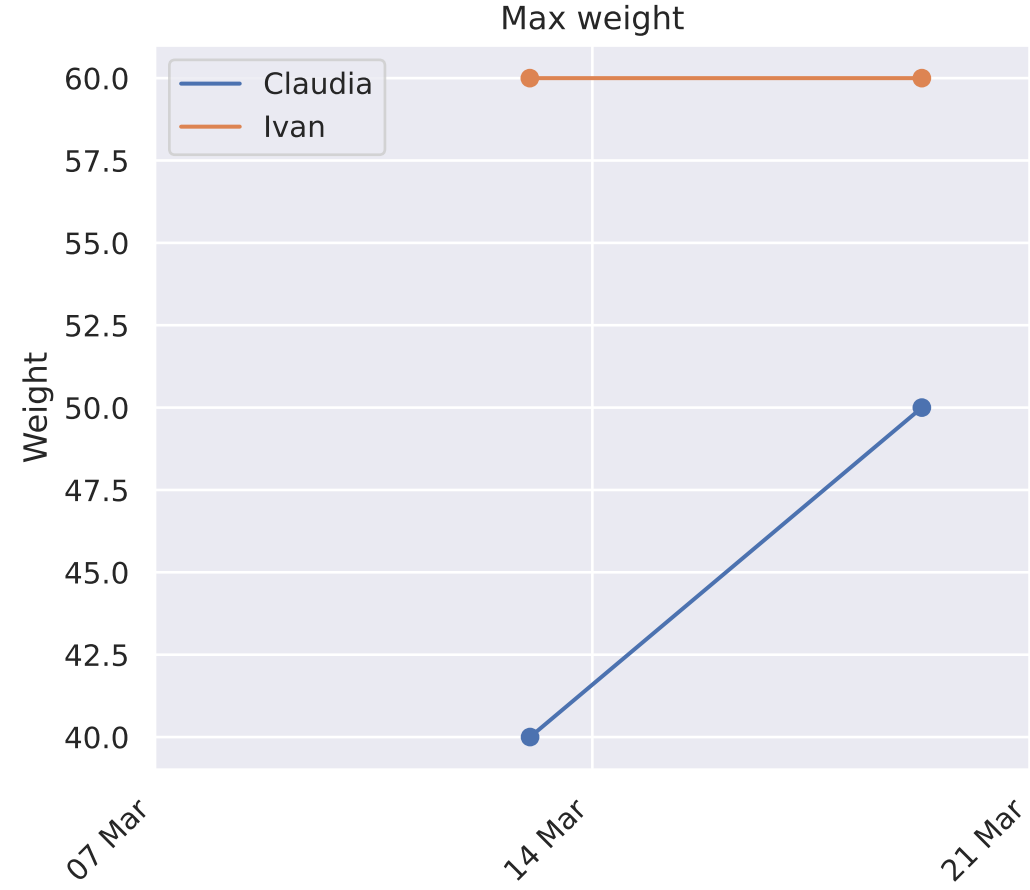
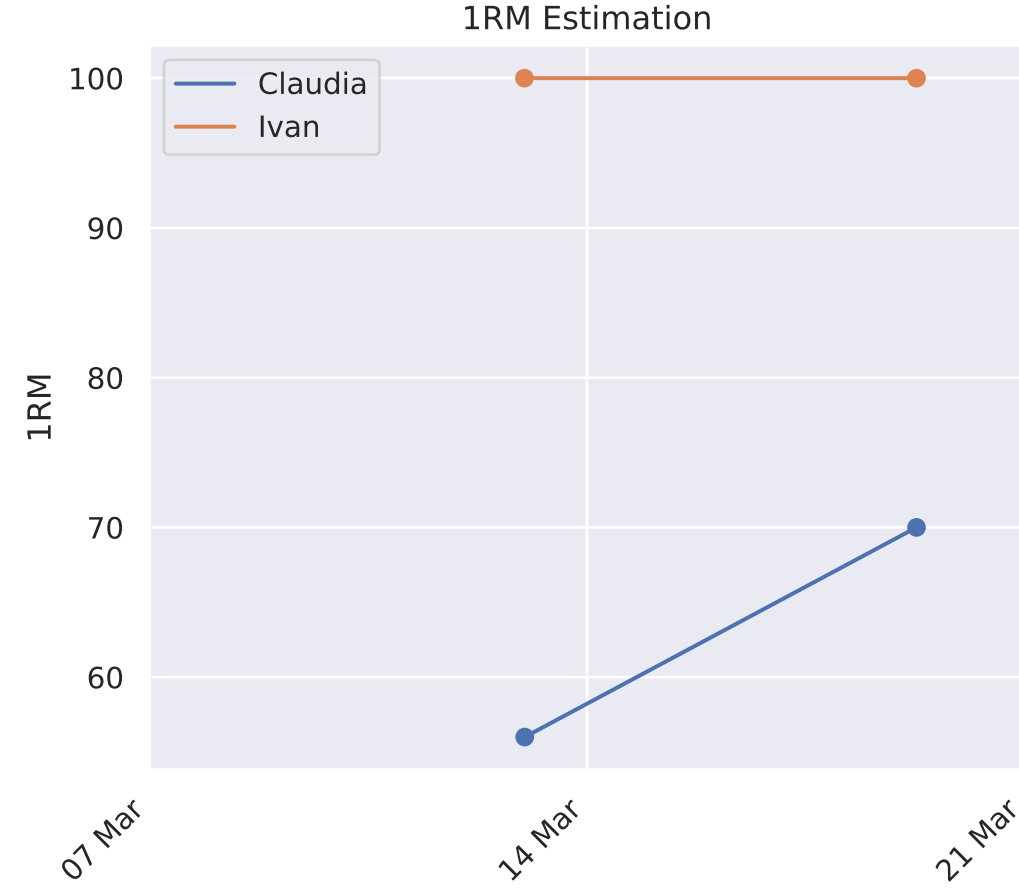
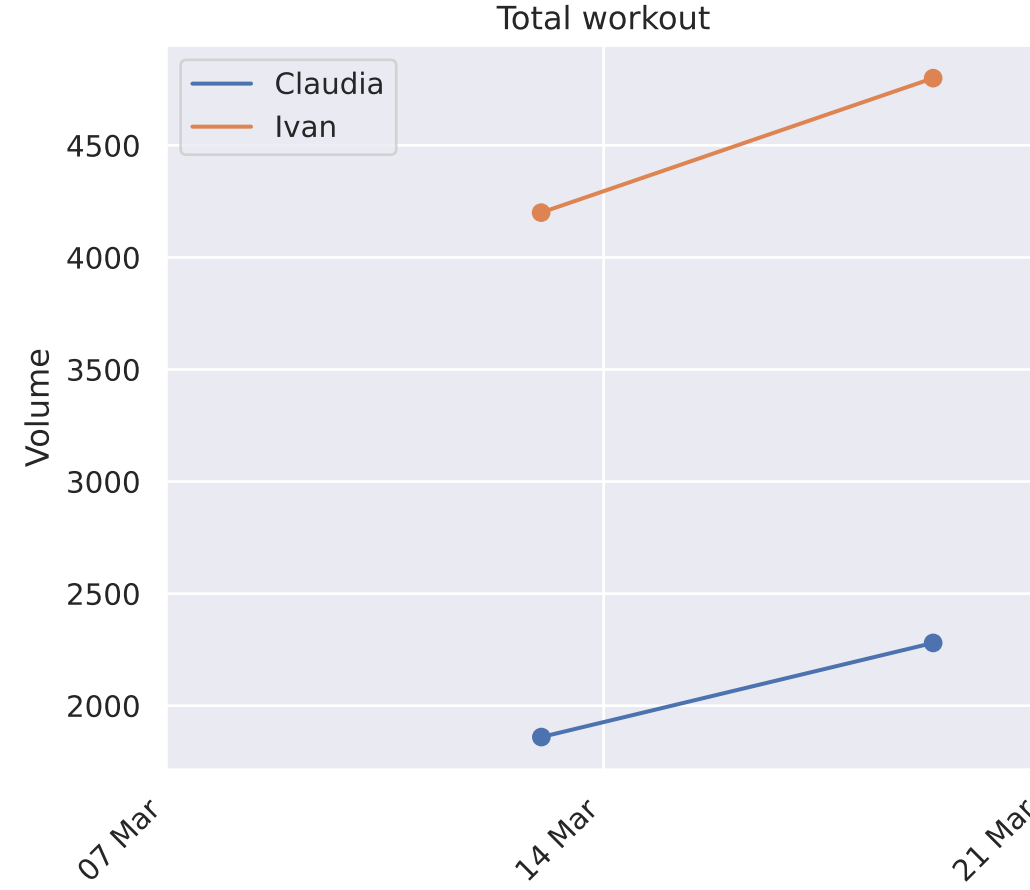
# Hammer Curl (Cable)



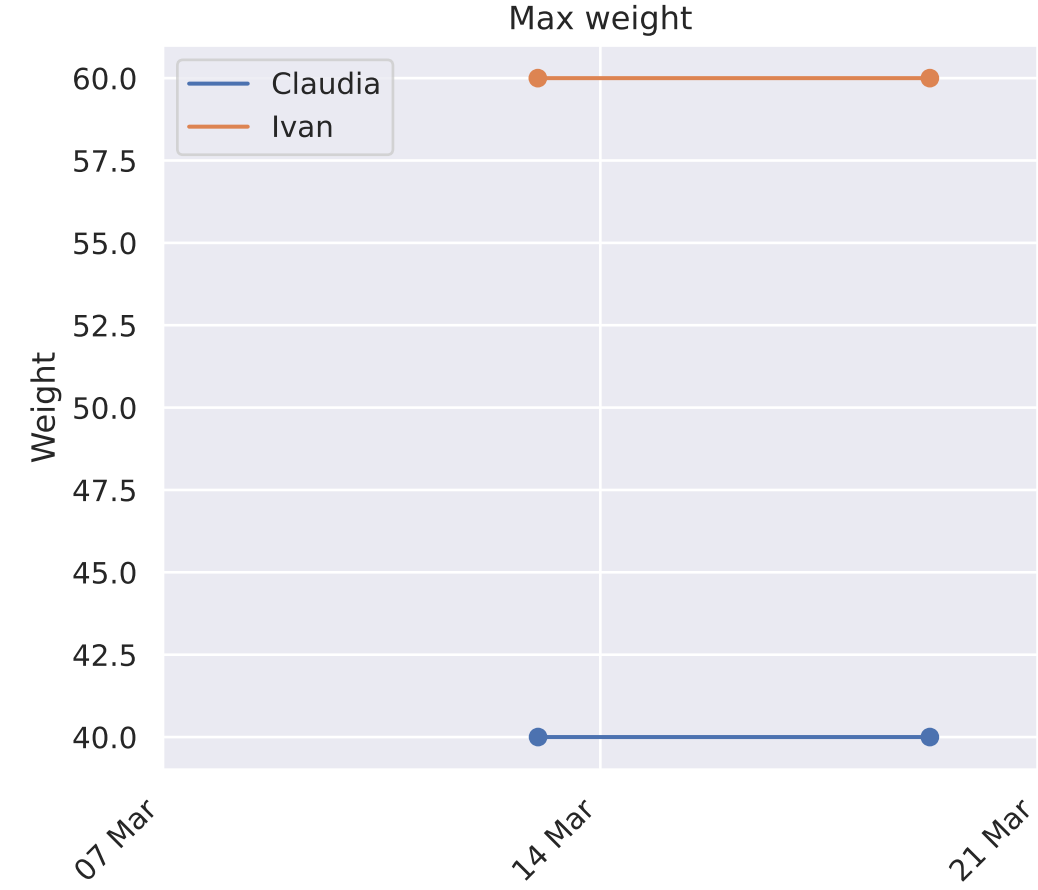
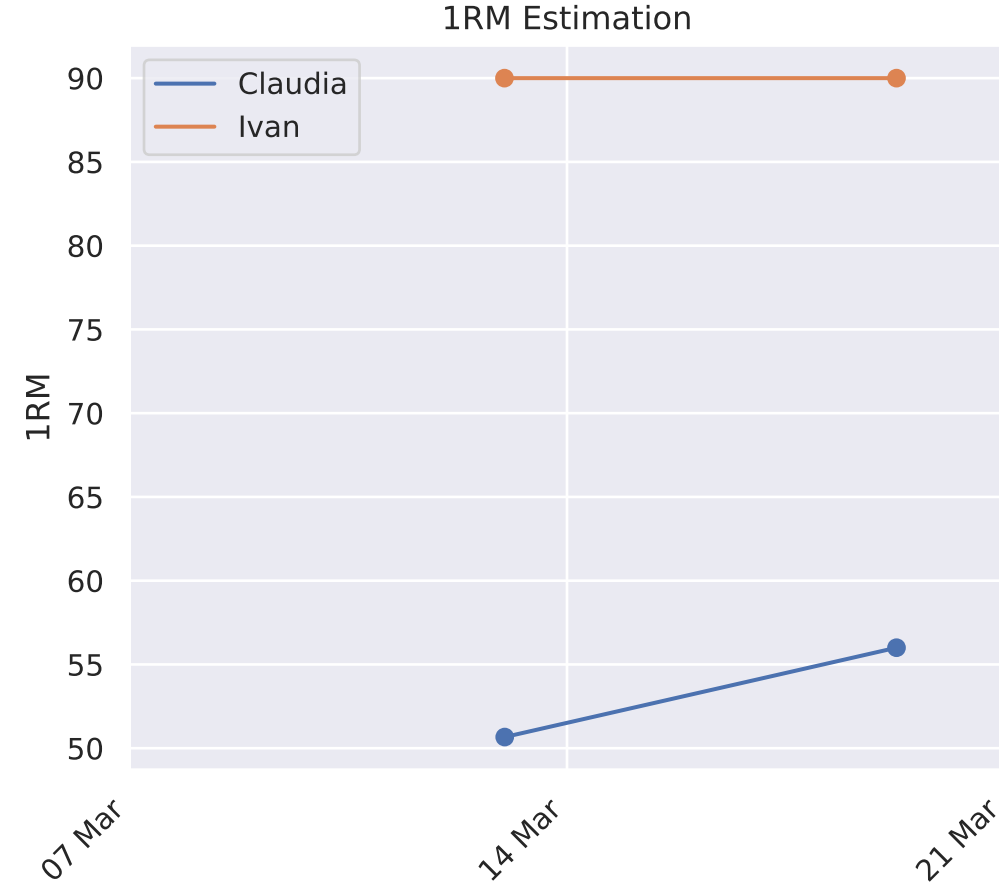
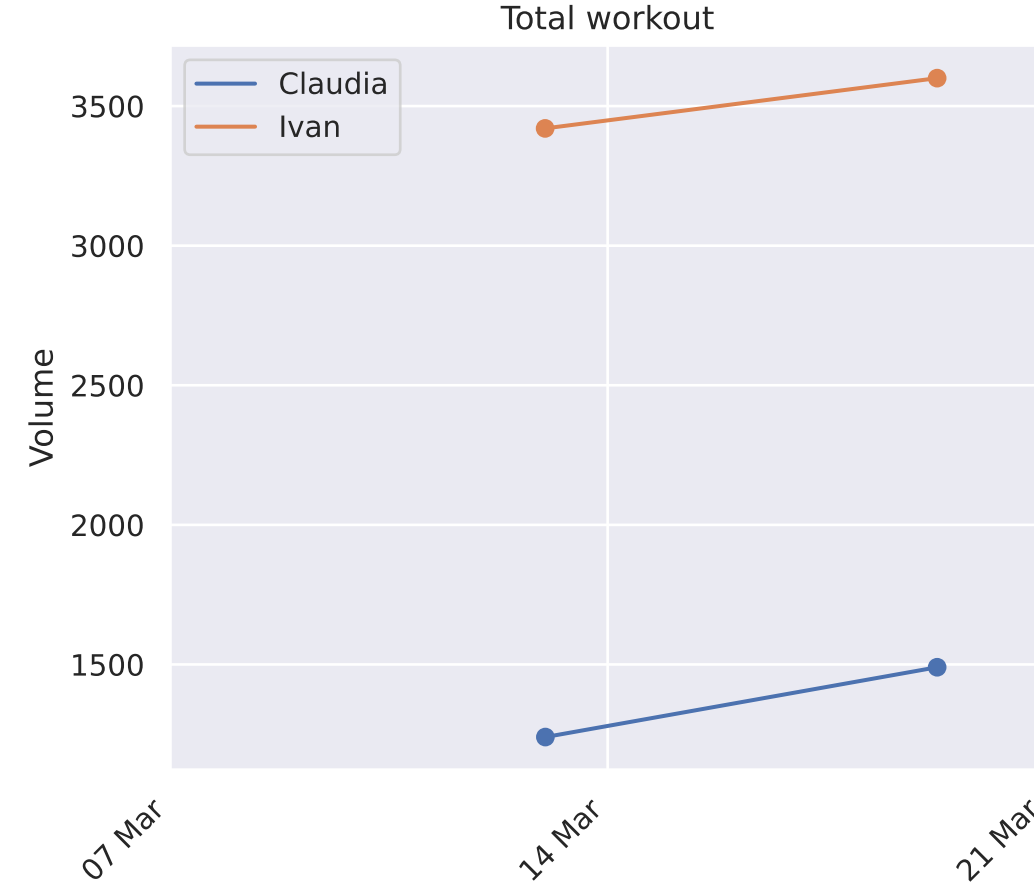
# Hammer Curl (Dumbbell)



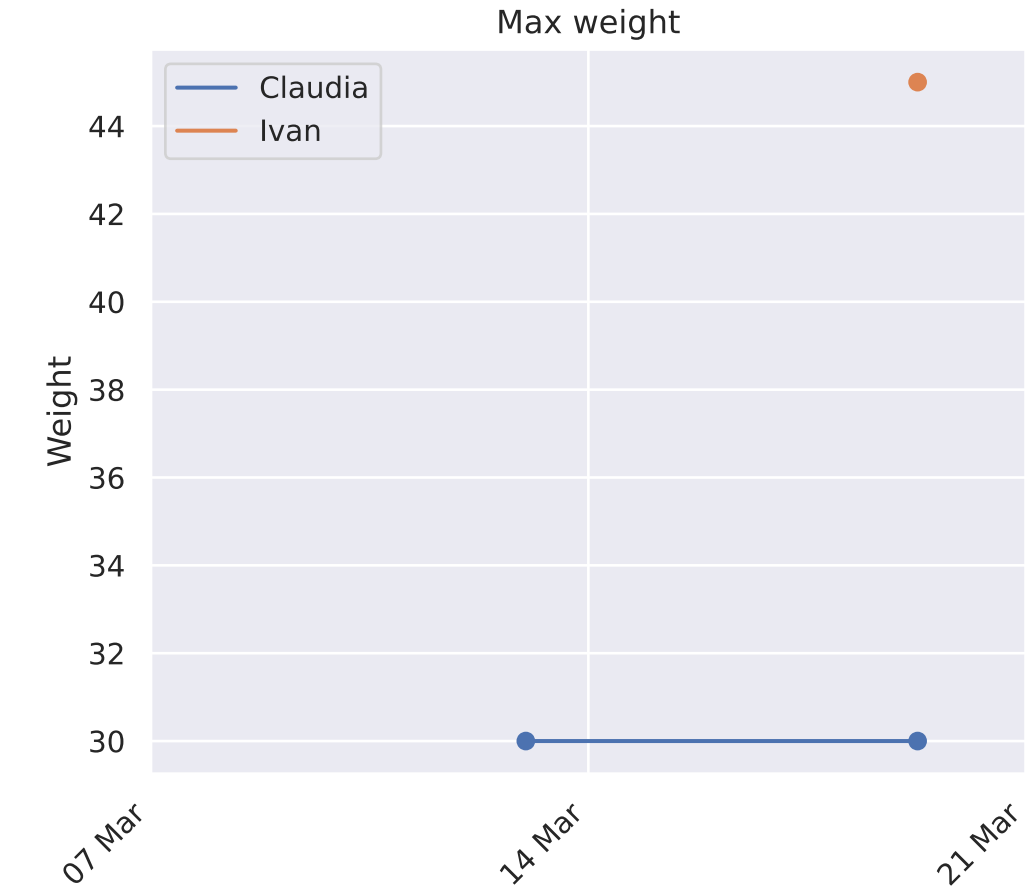
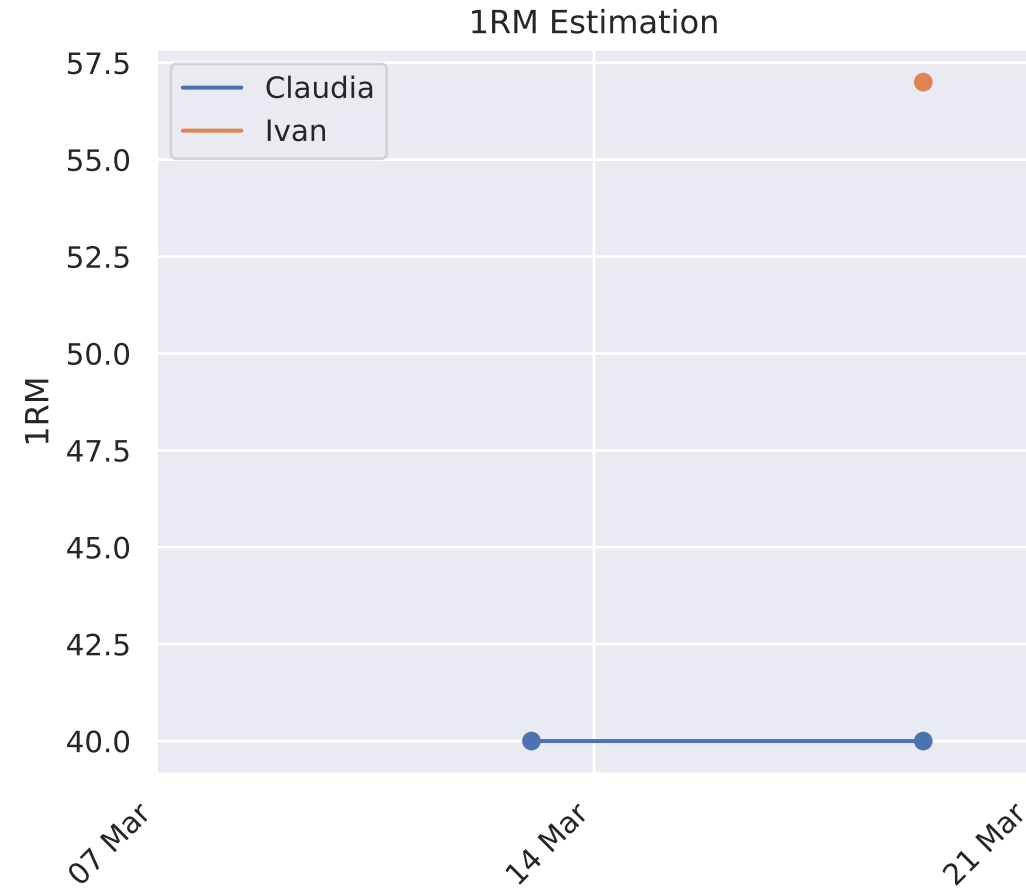
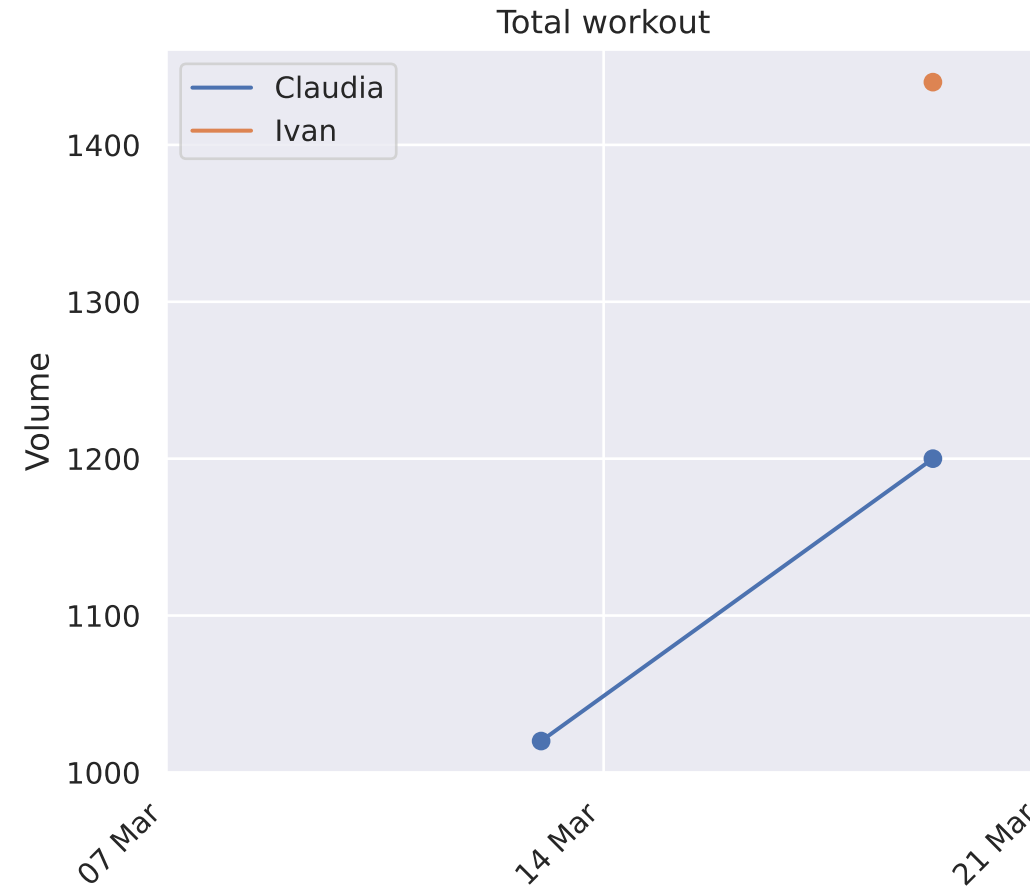
# Hip Abductor (Machine)



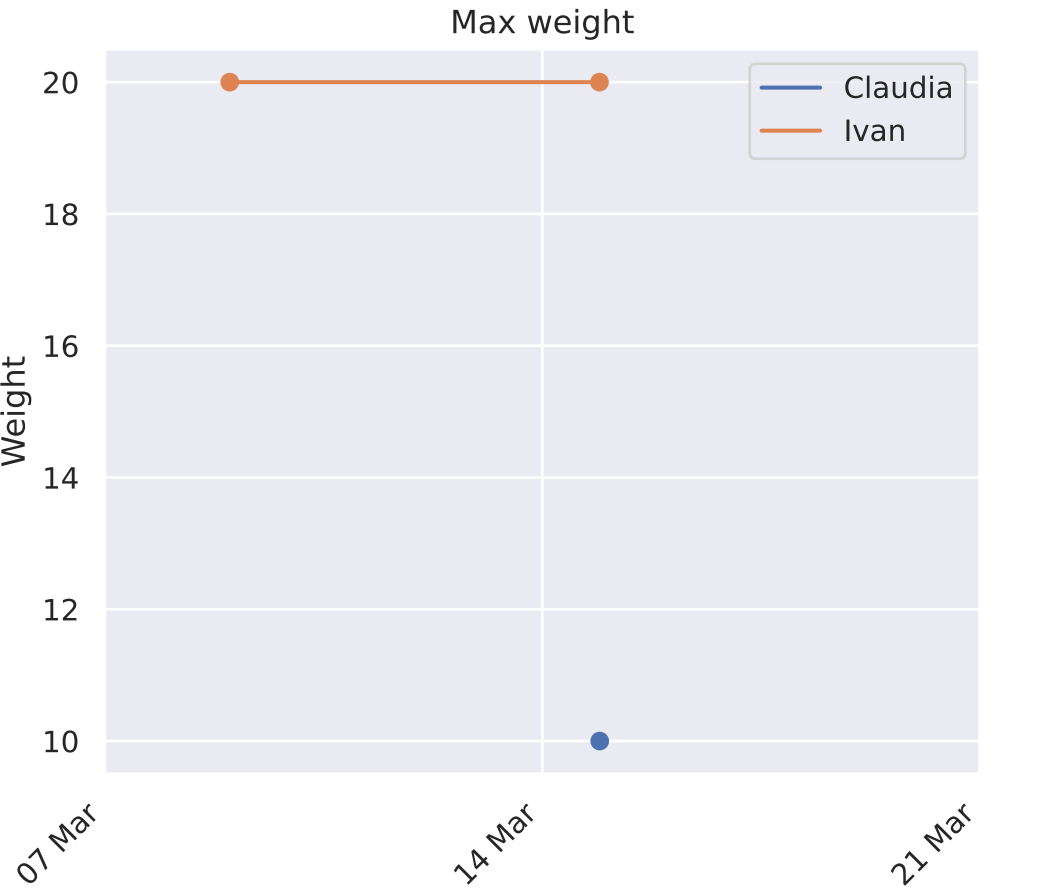
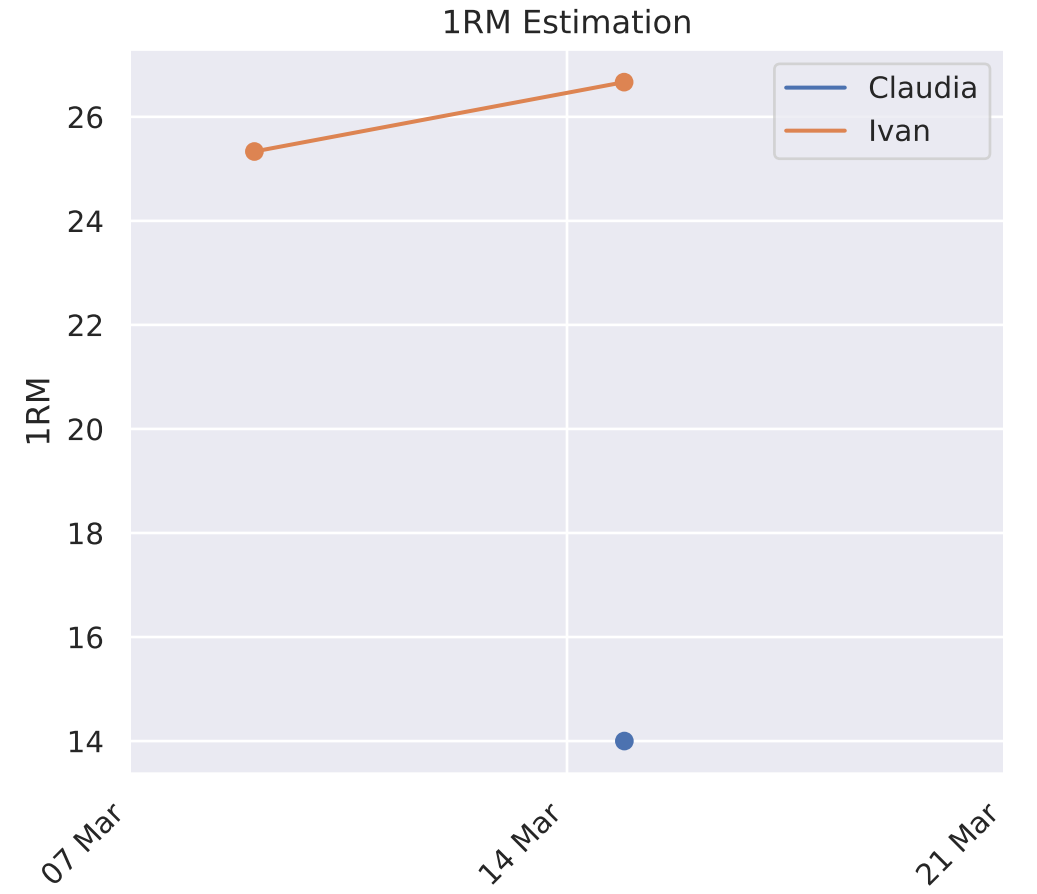
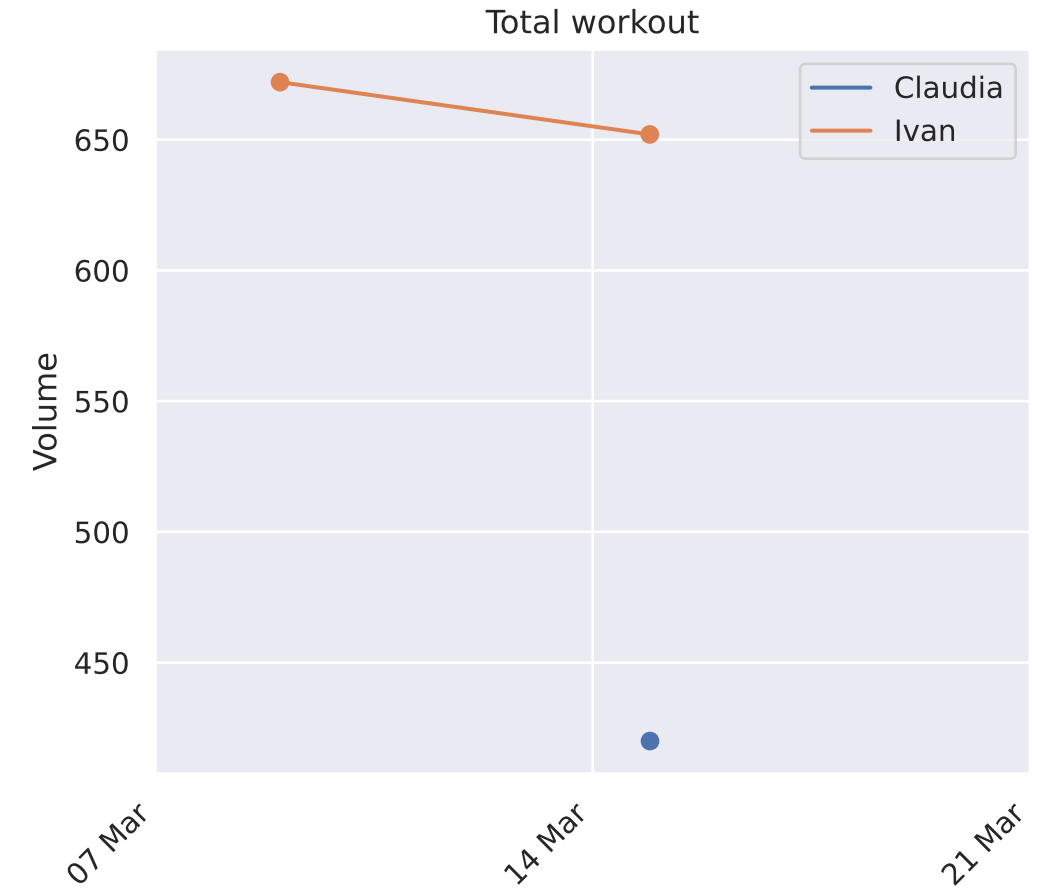
# Hip Adductor (Machine)



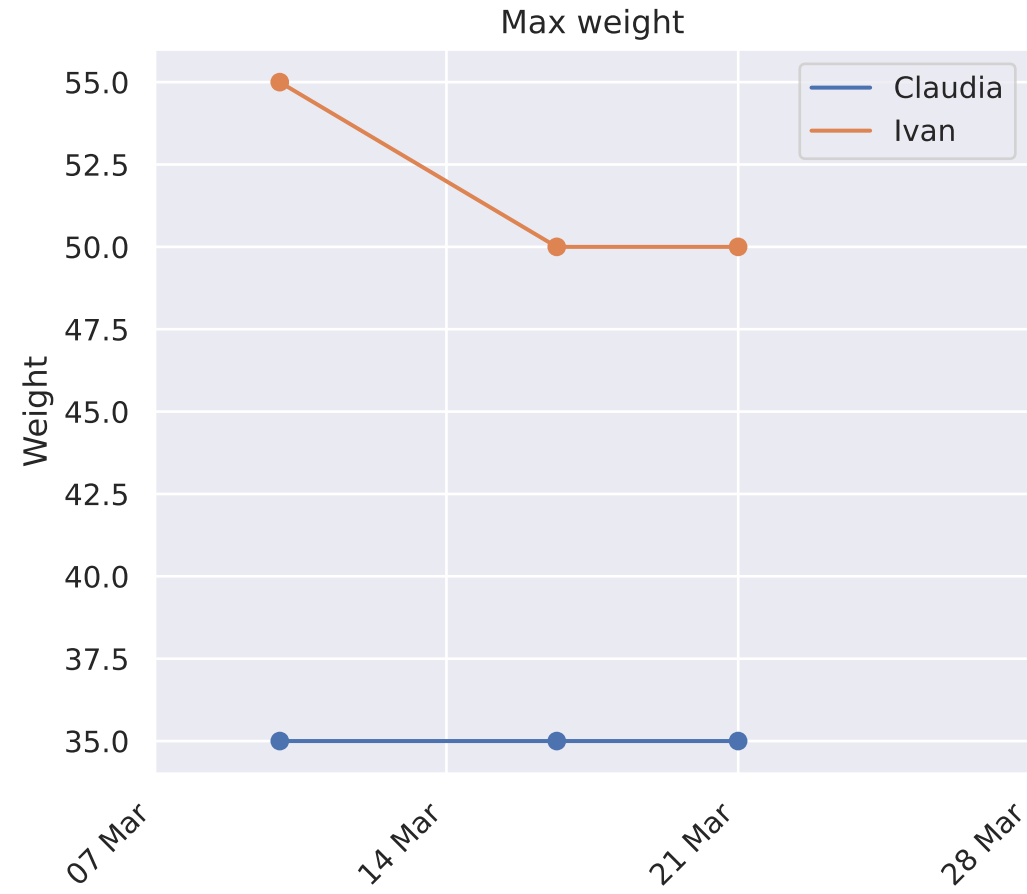
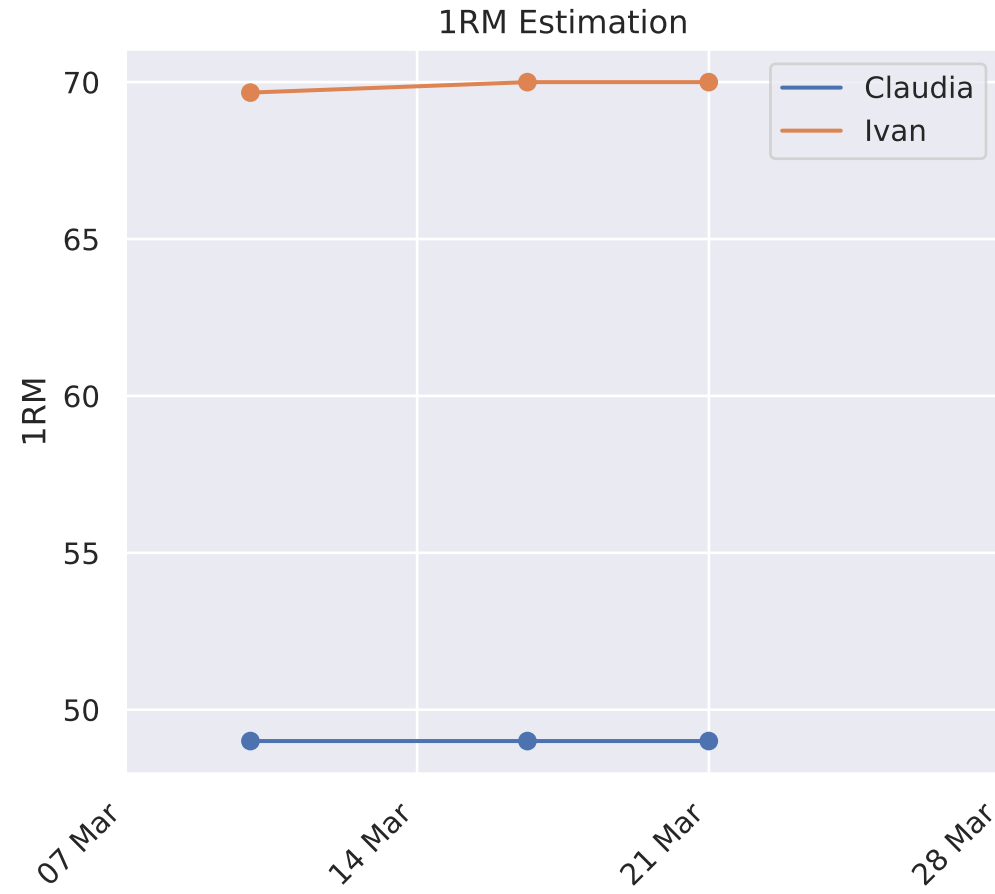
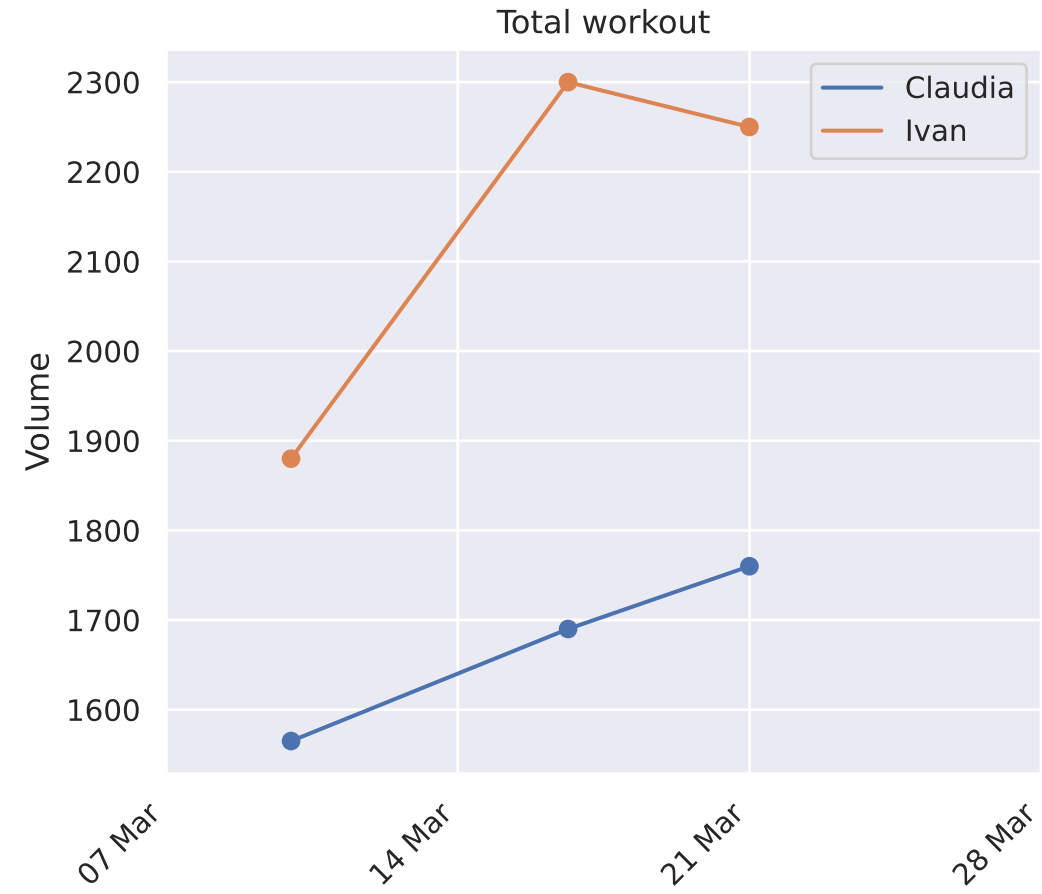
# Hip Thrust (Barbell)



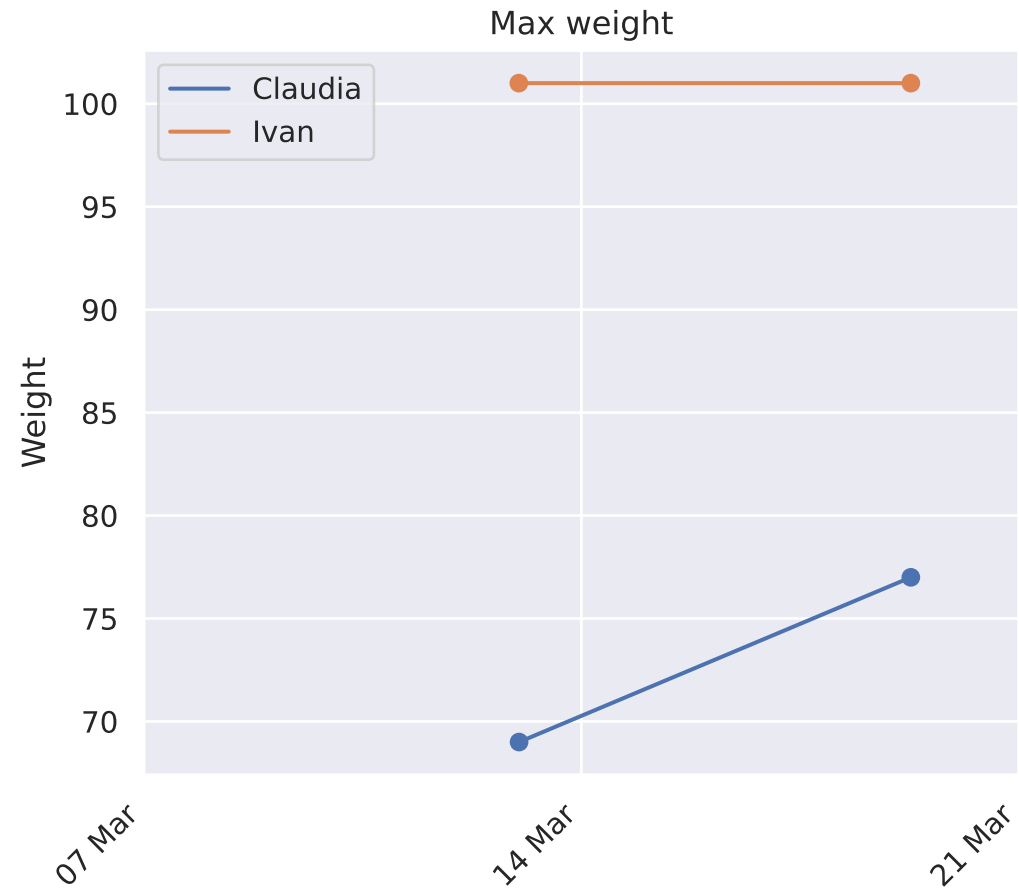
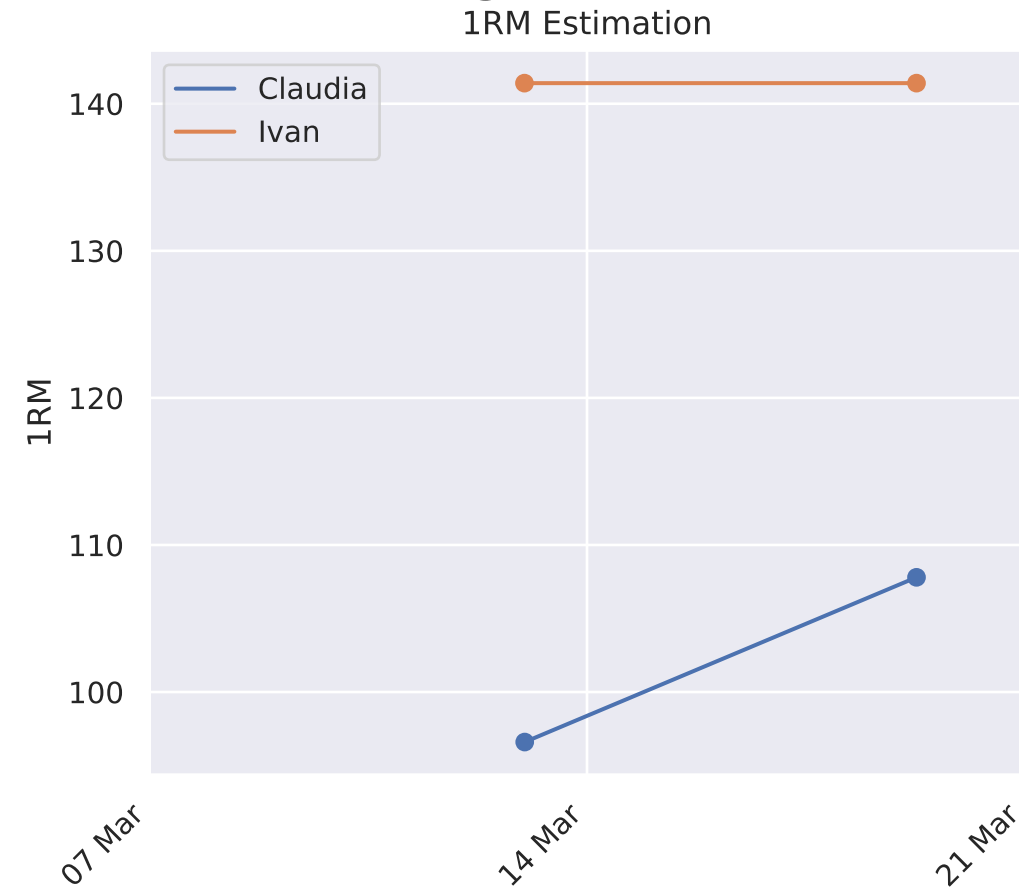
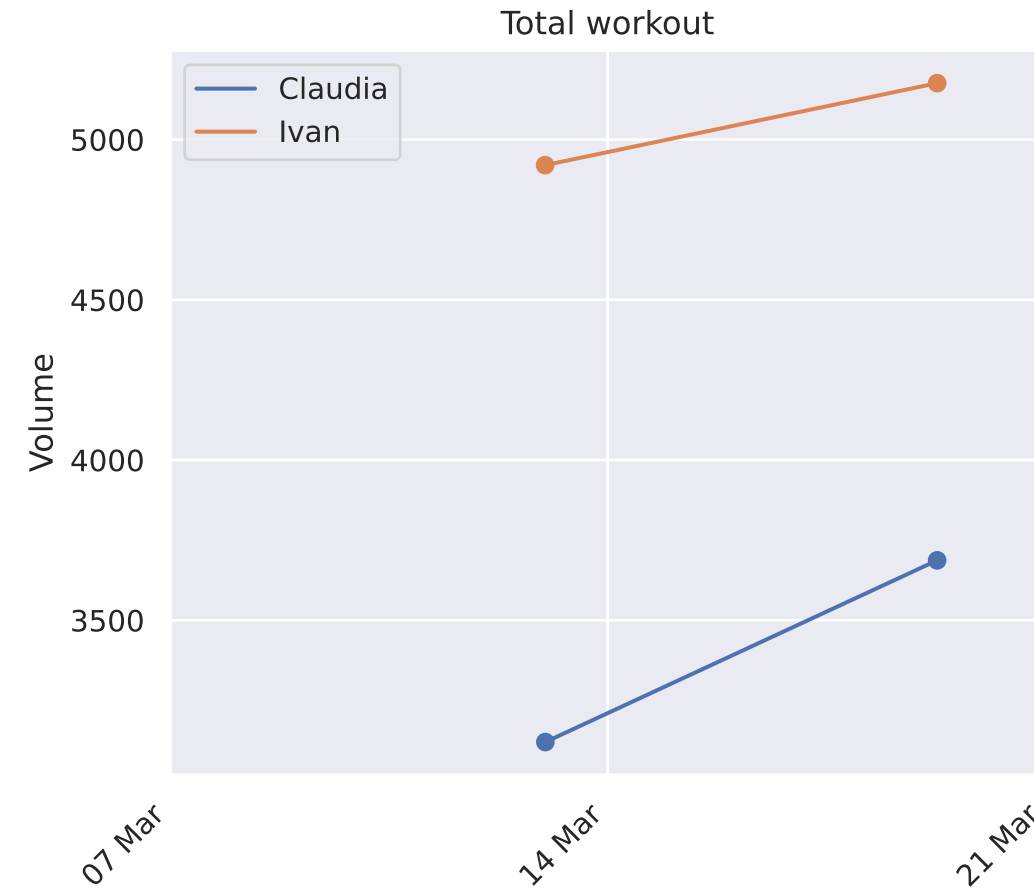
# Incline Bench Press (Dumbbell)



# Lat Pulldown (Cable)

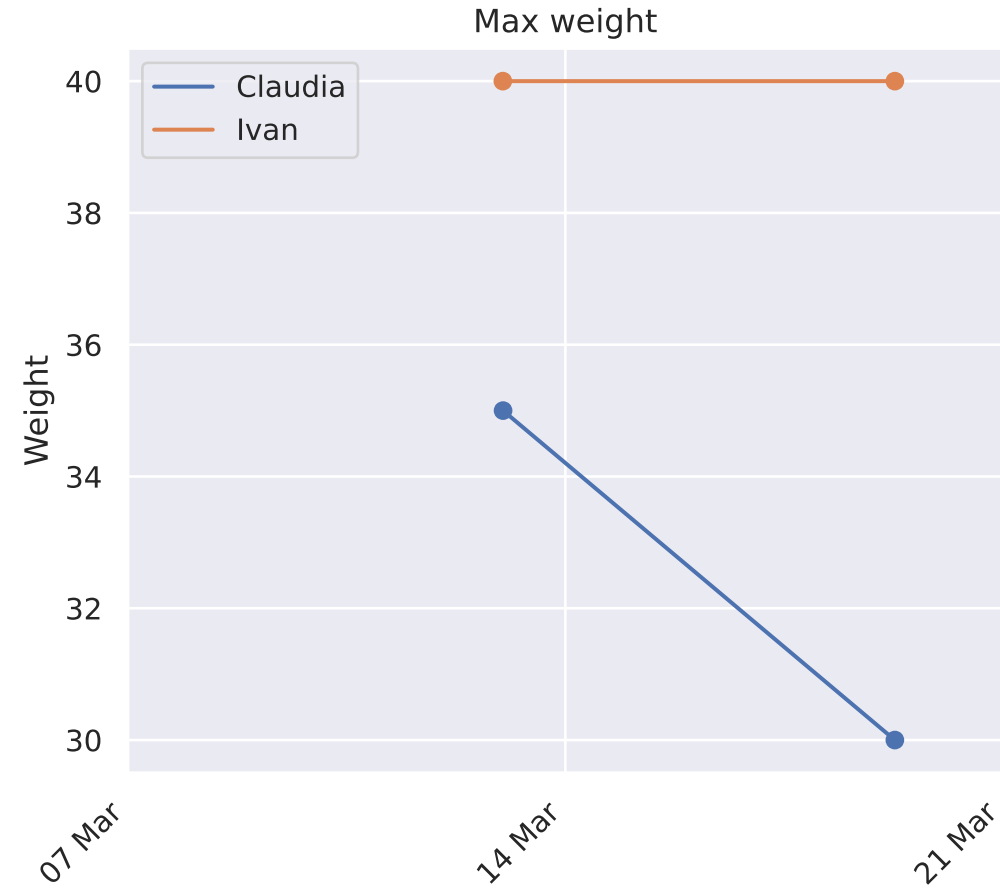
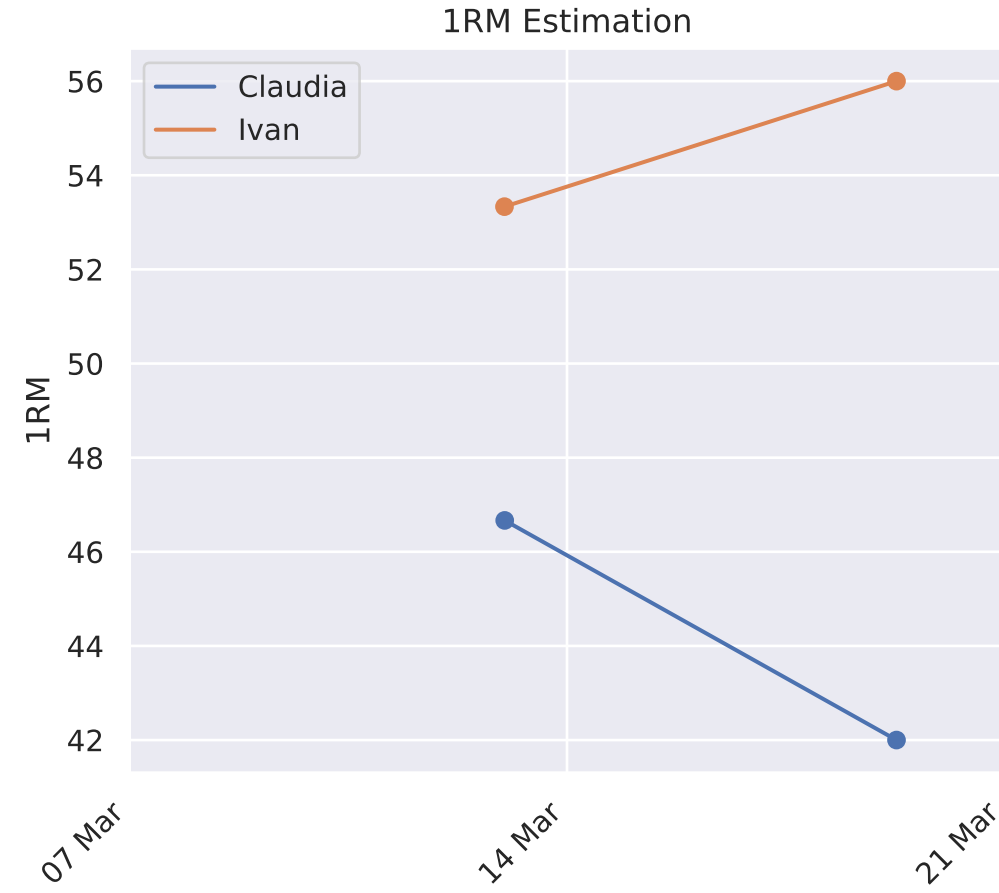
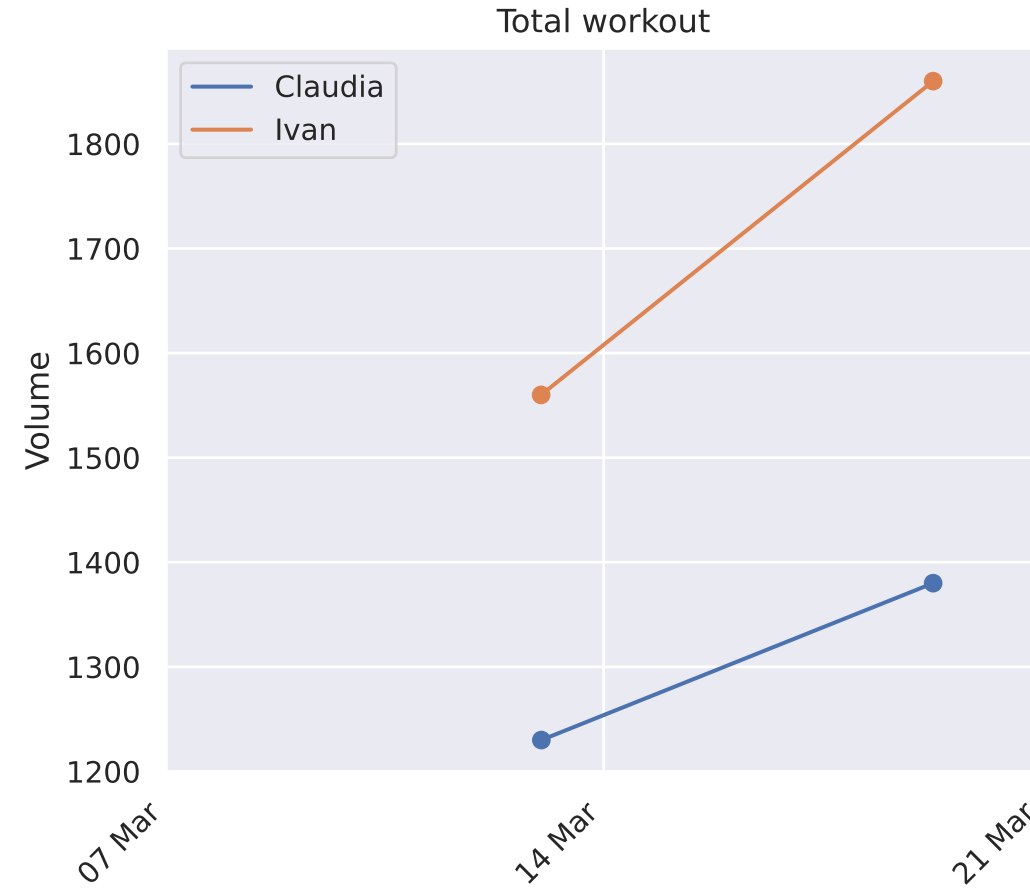


# Leg Press

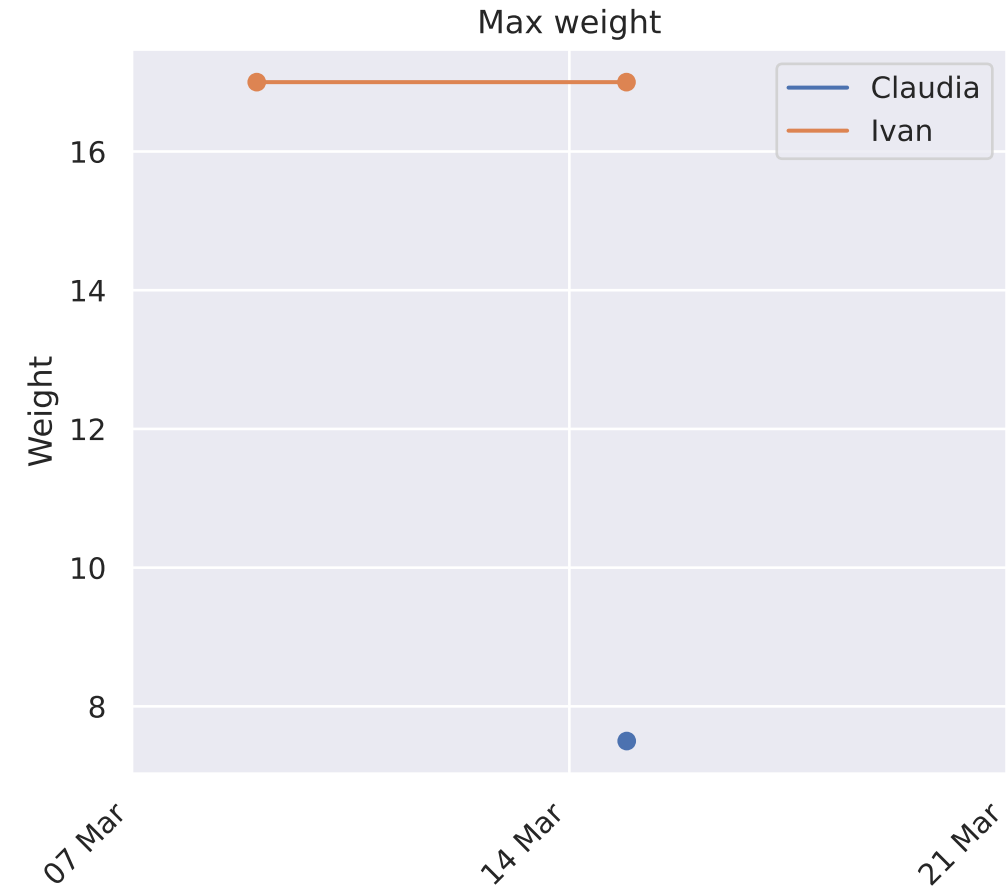
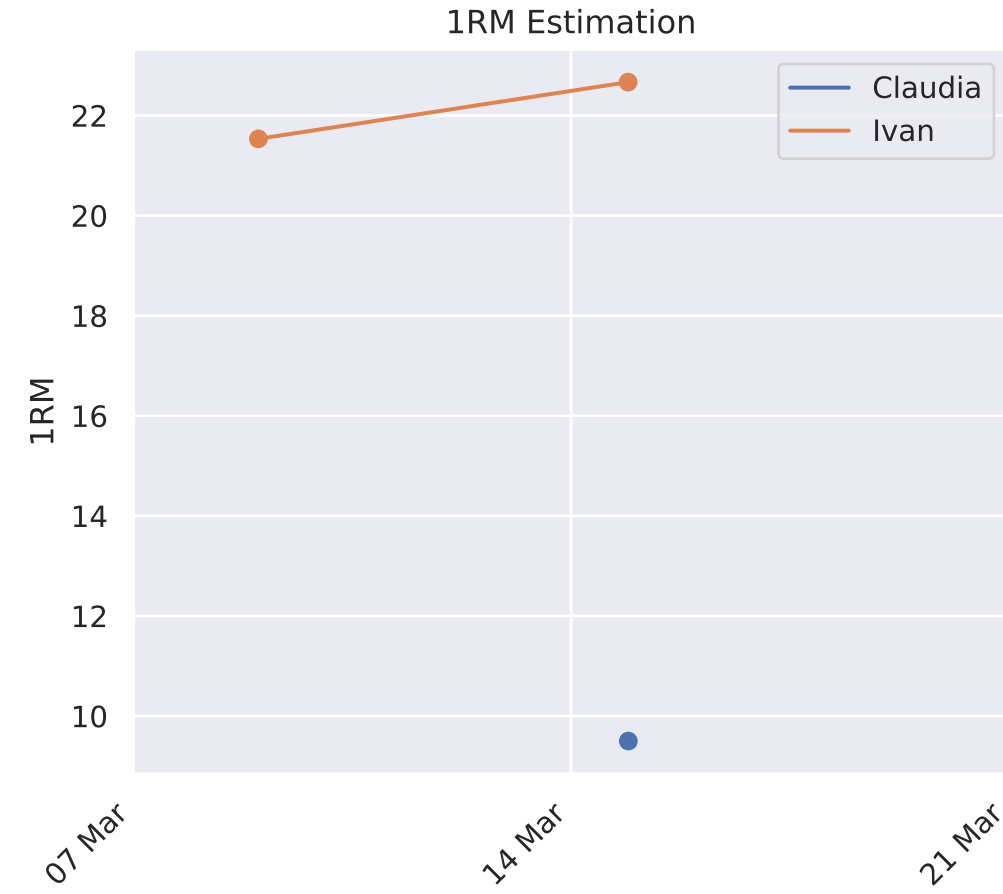
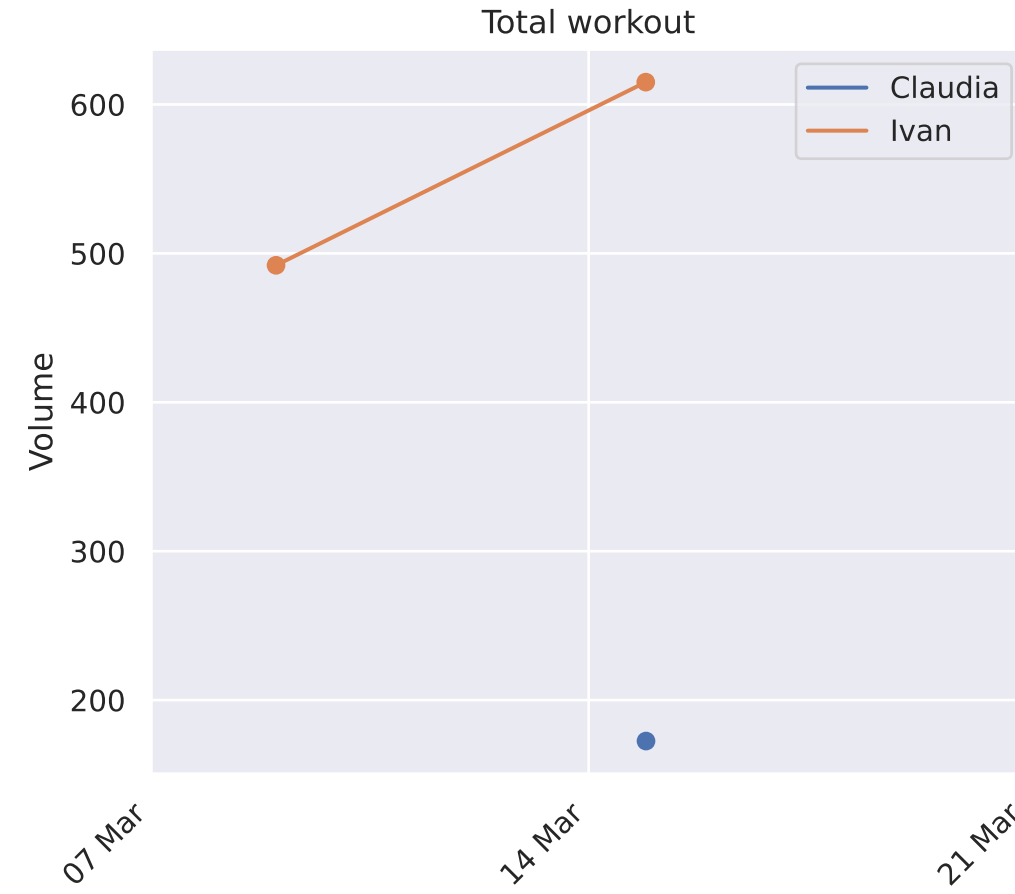




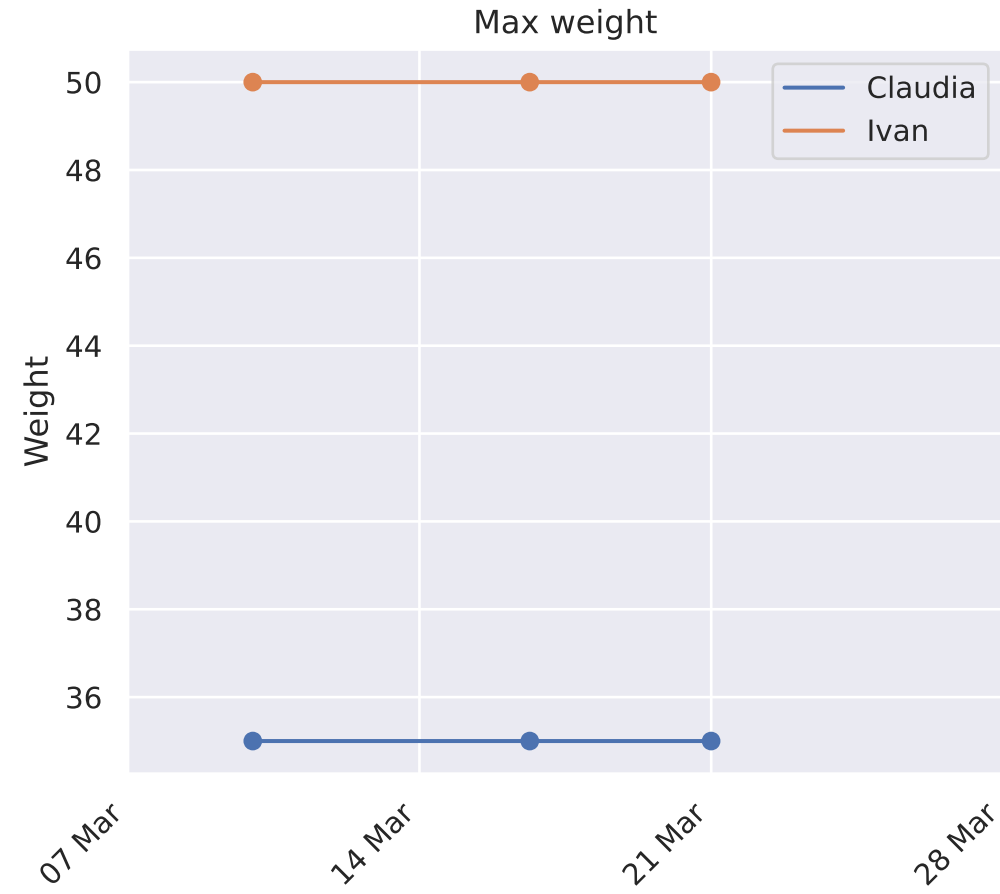
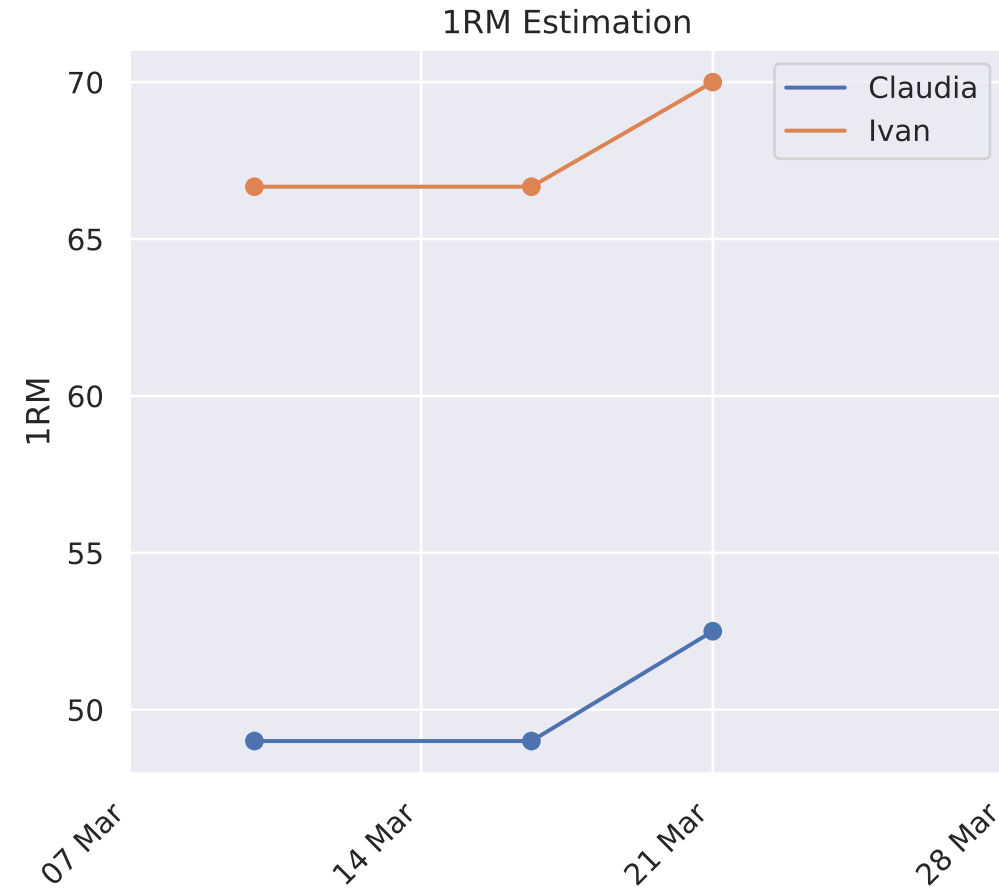
# Lying Leg Curl (Machine)



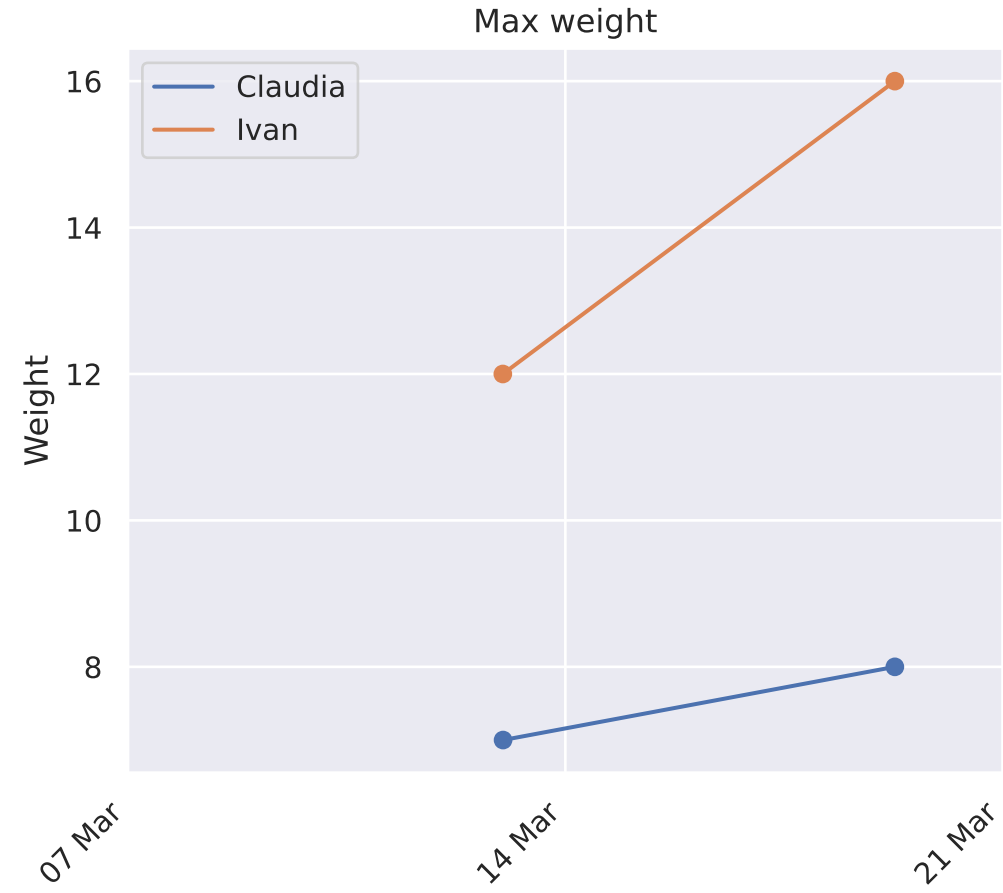
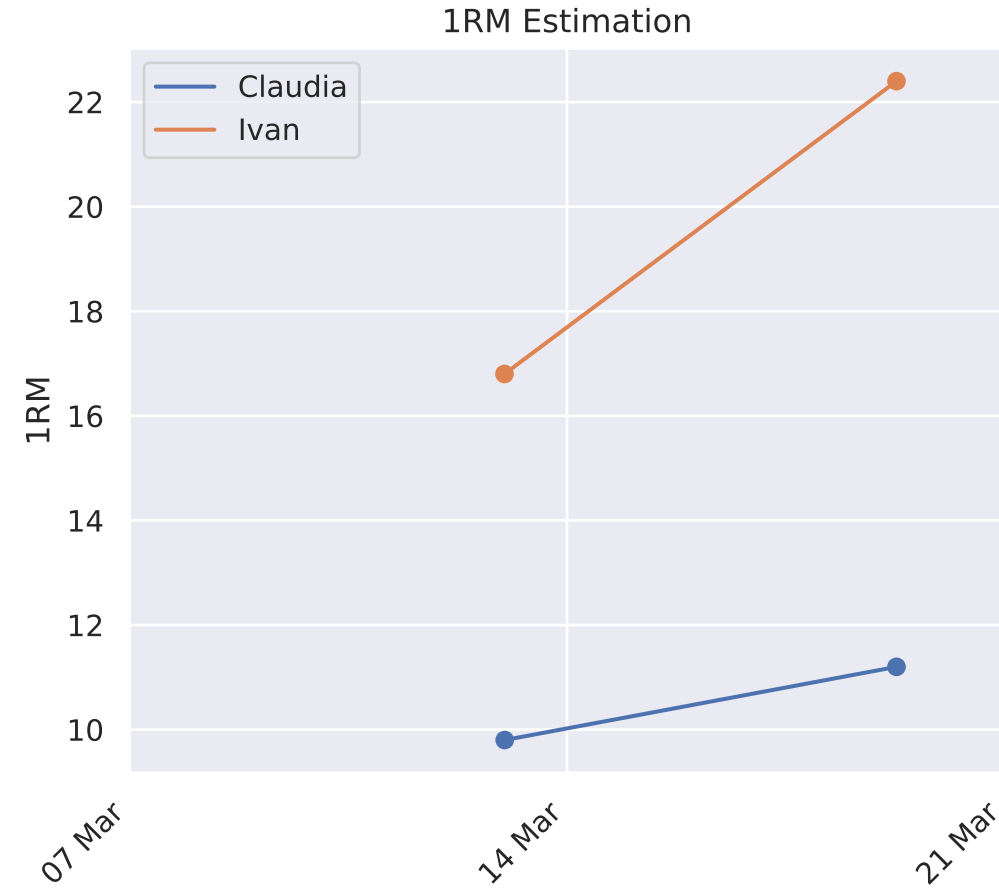
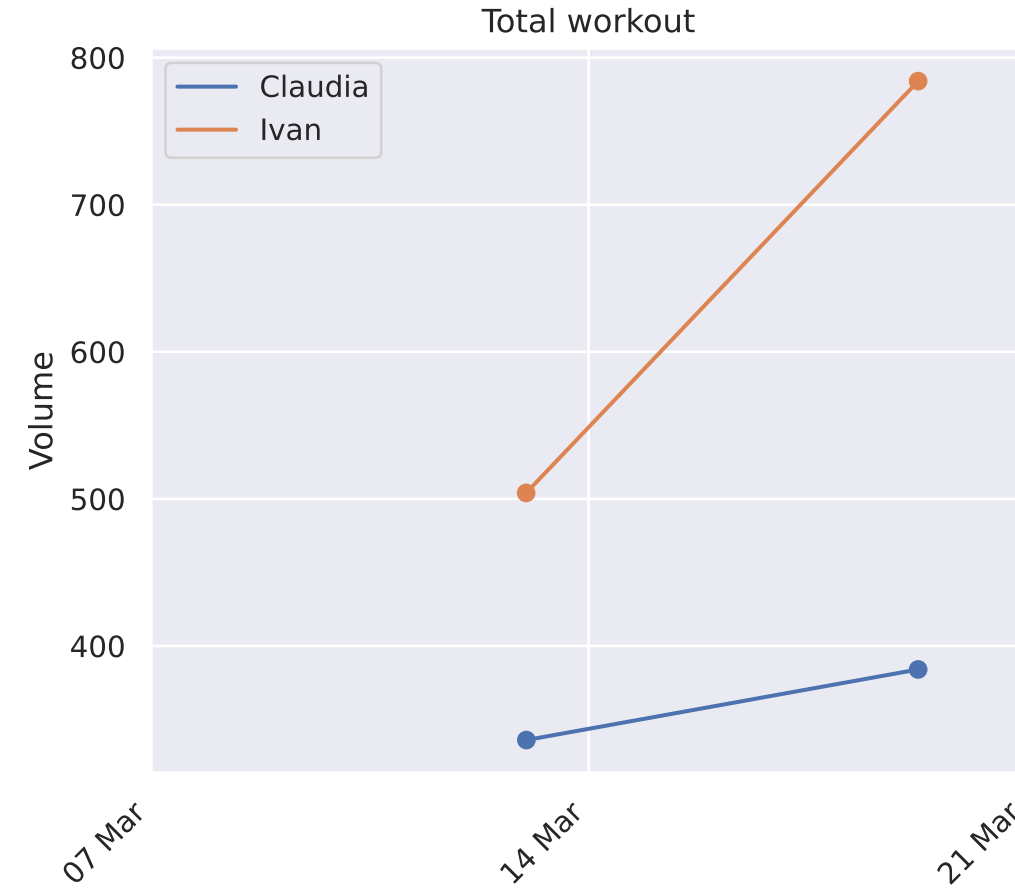
# Preacher Curl (Barbell)



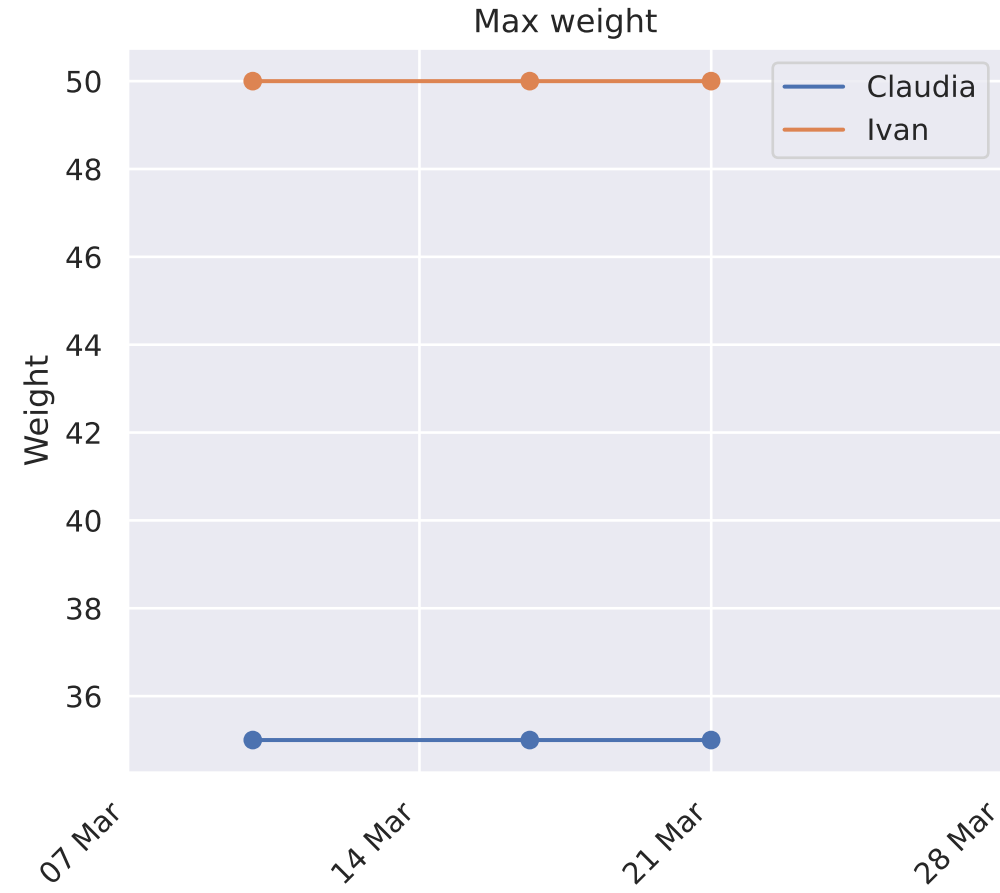
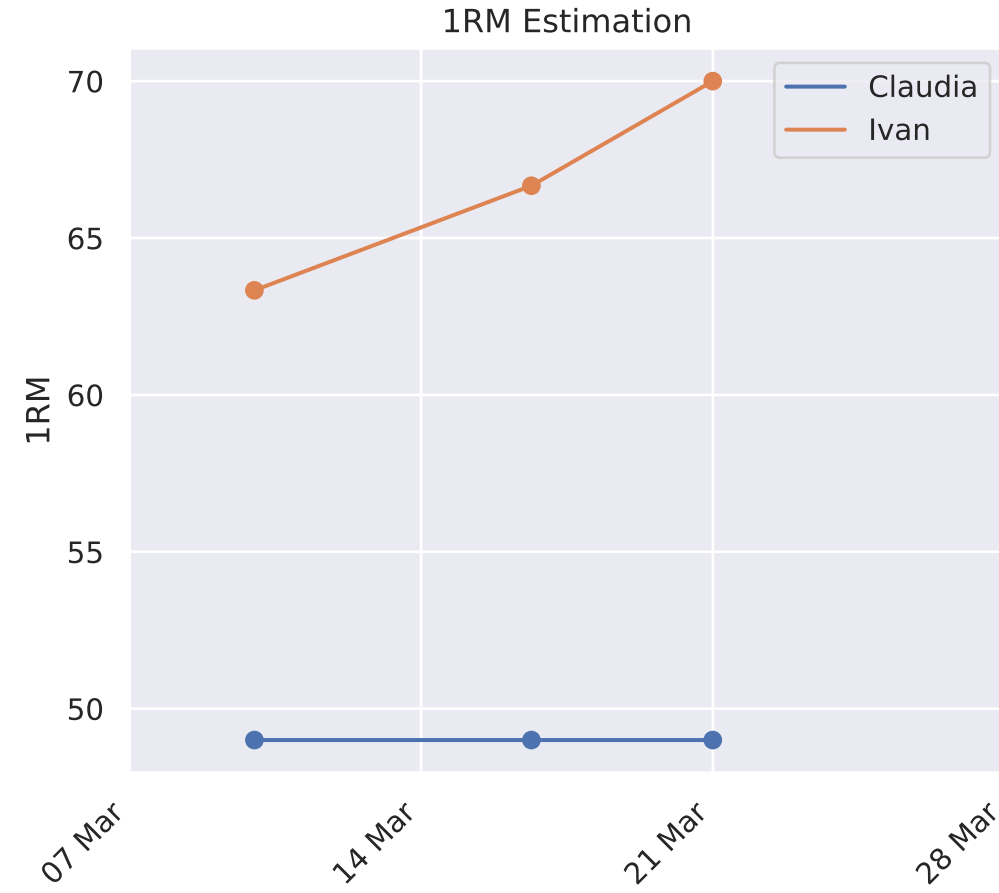
# Pull Up (Assisted)



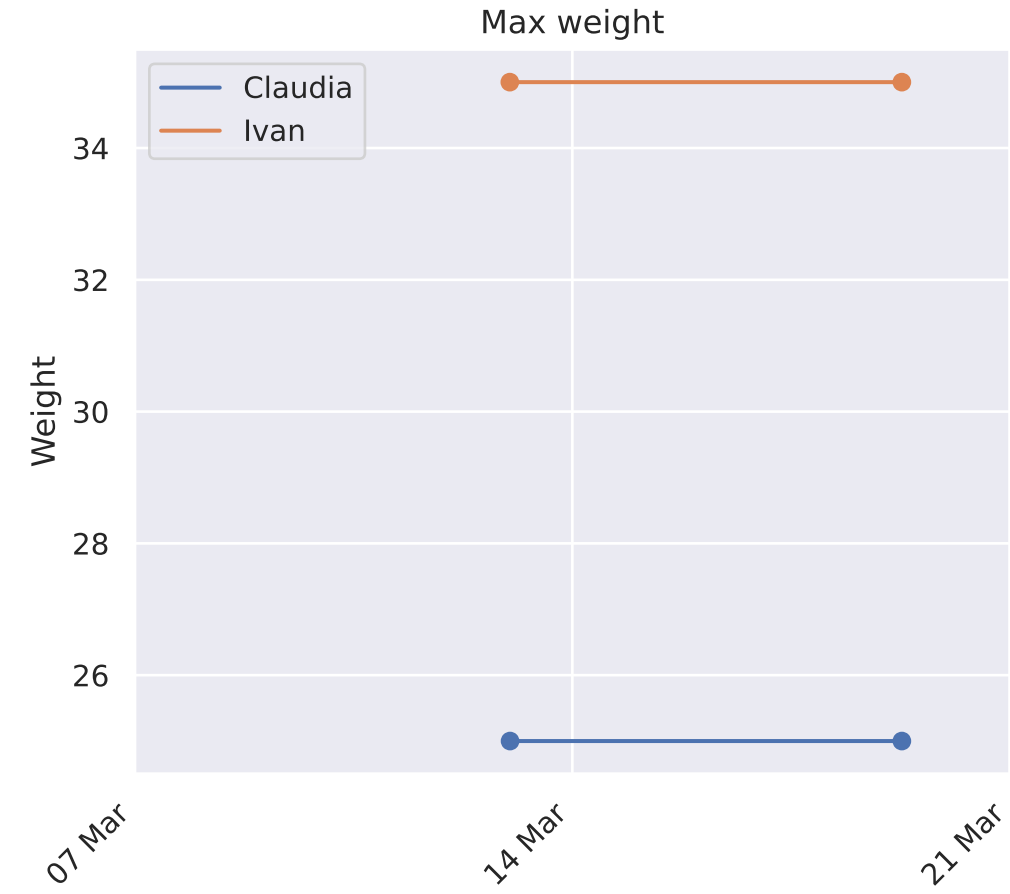
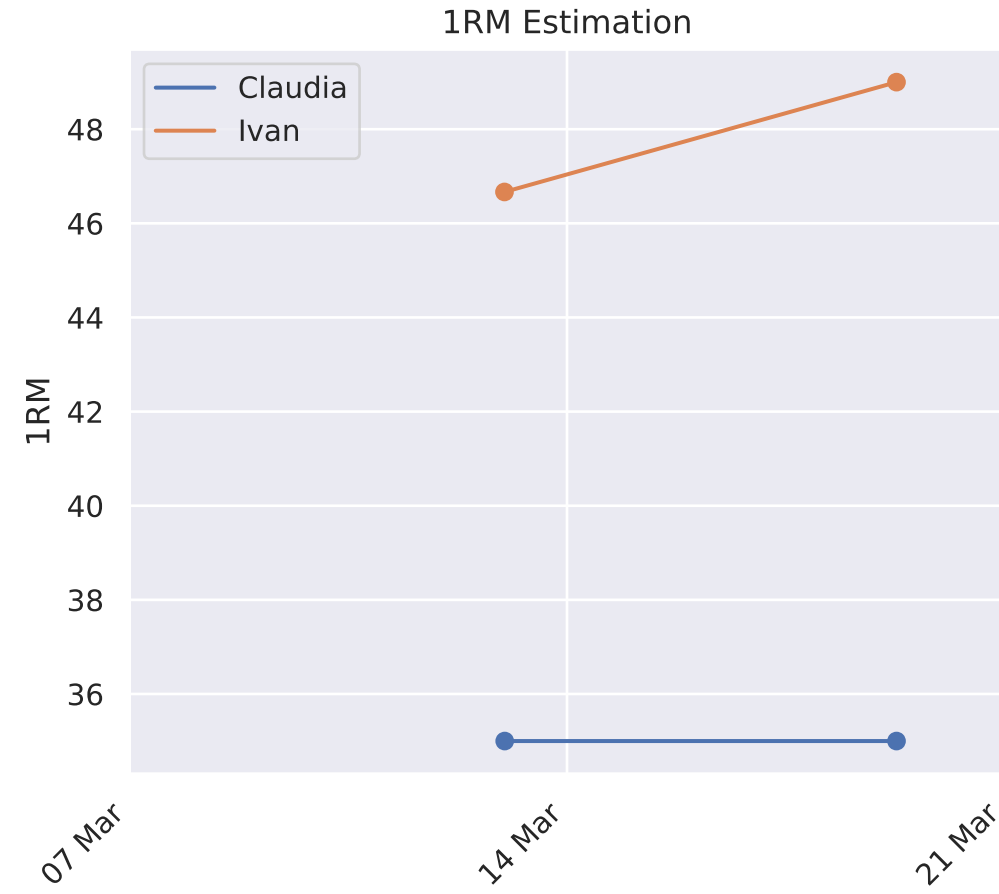
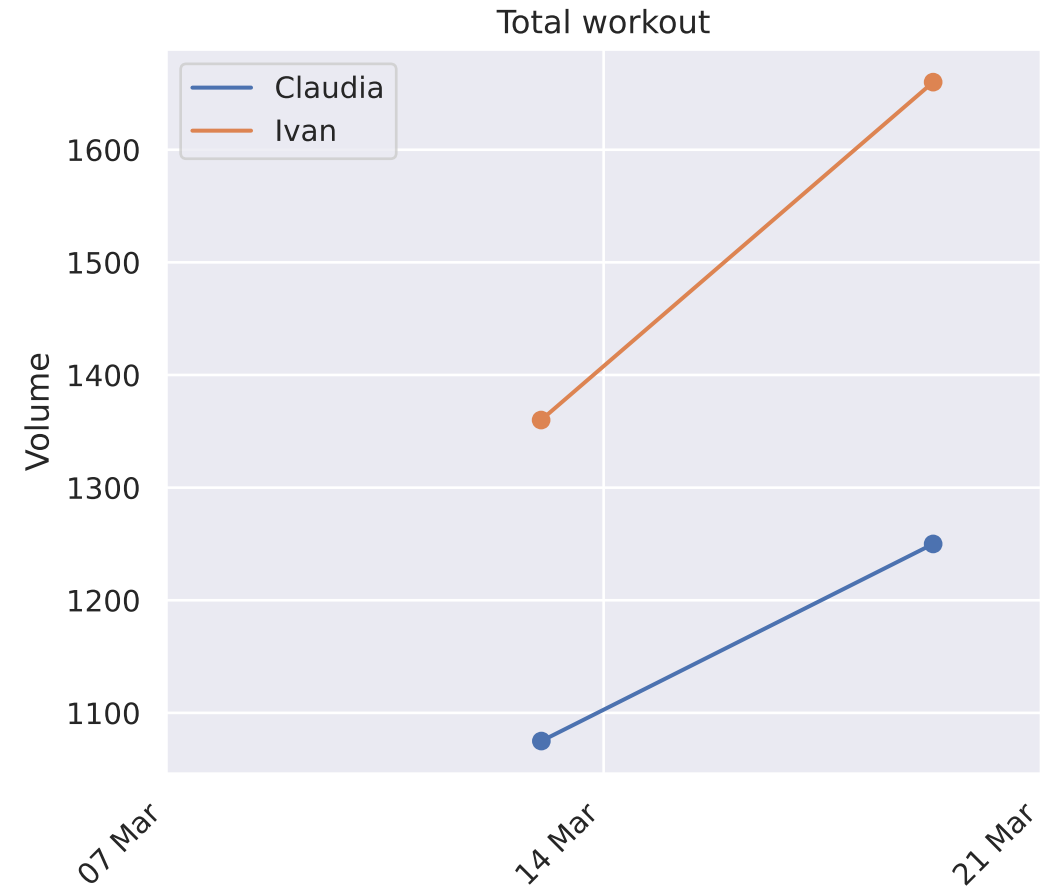
# Seated Overhead Press (Dumbbell)



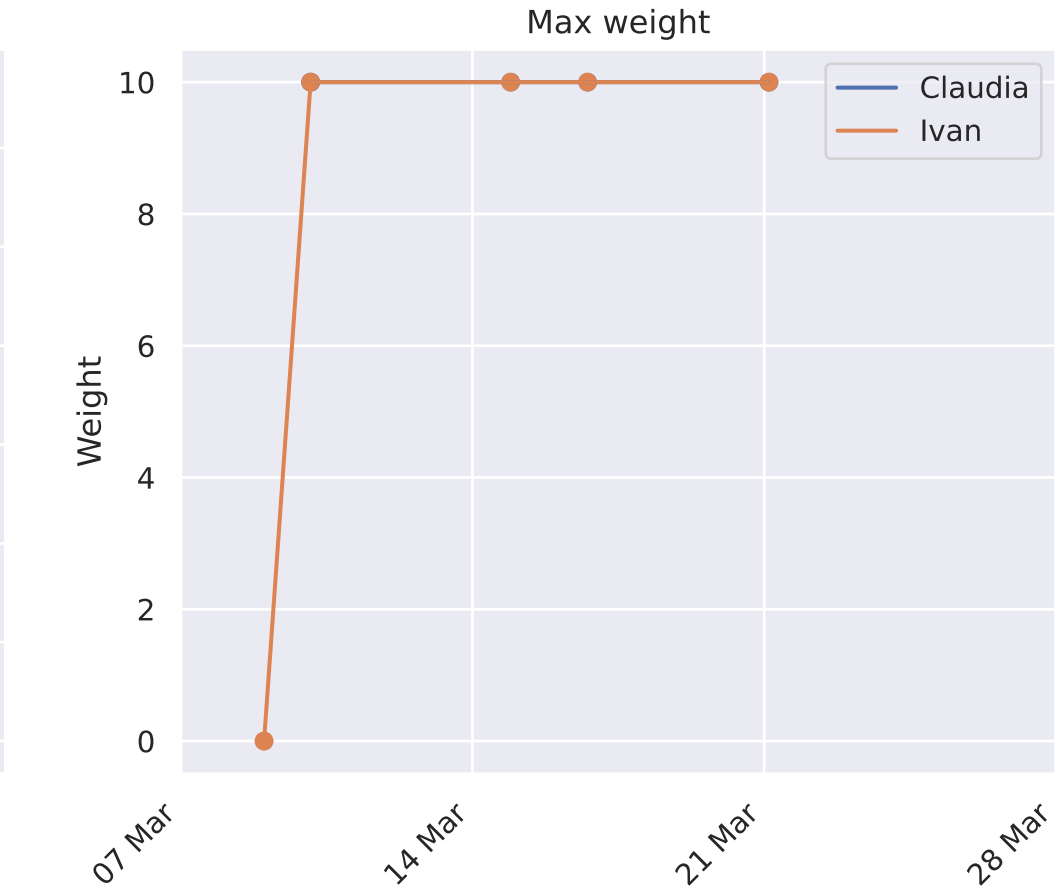
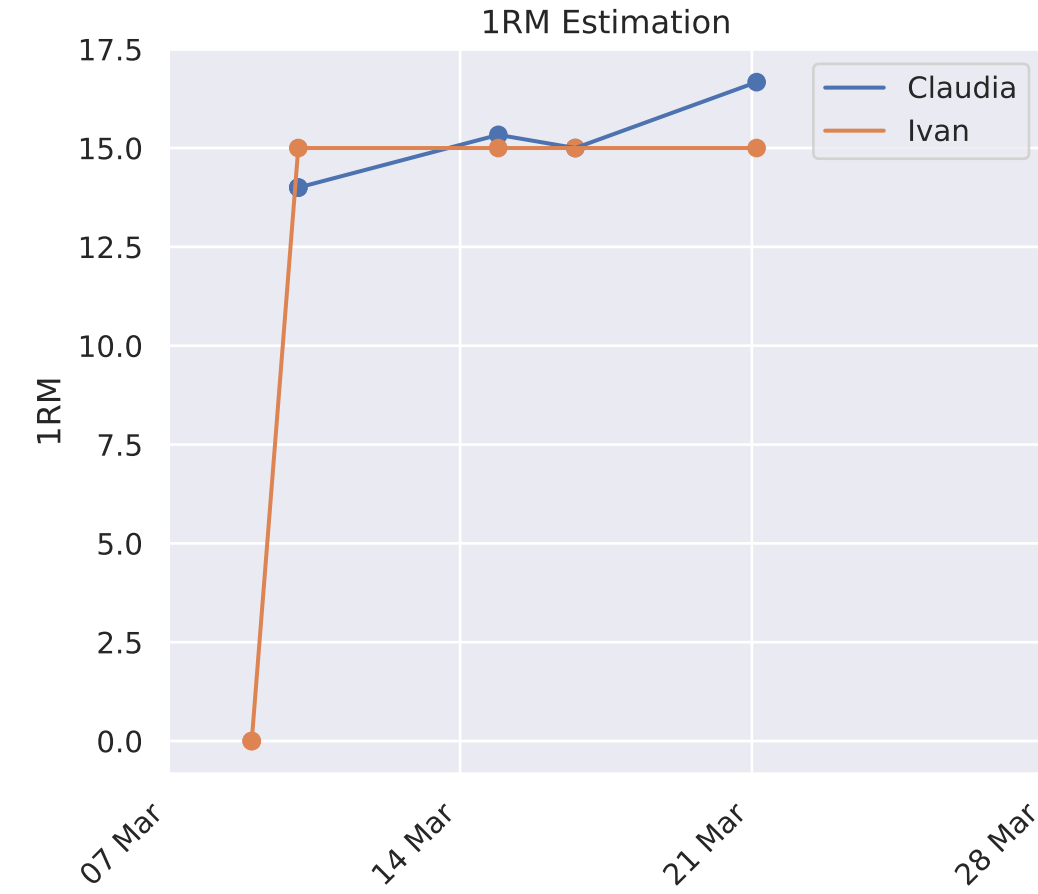
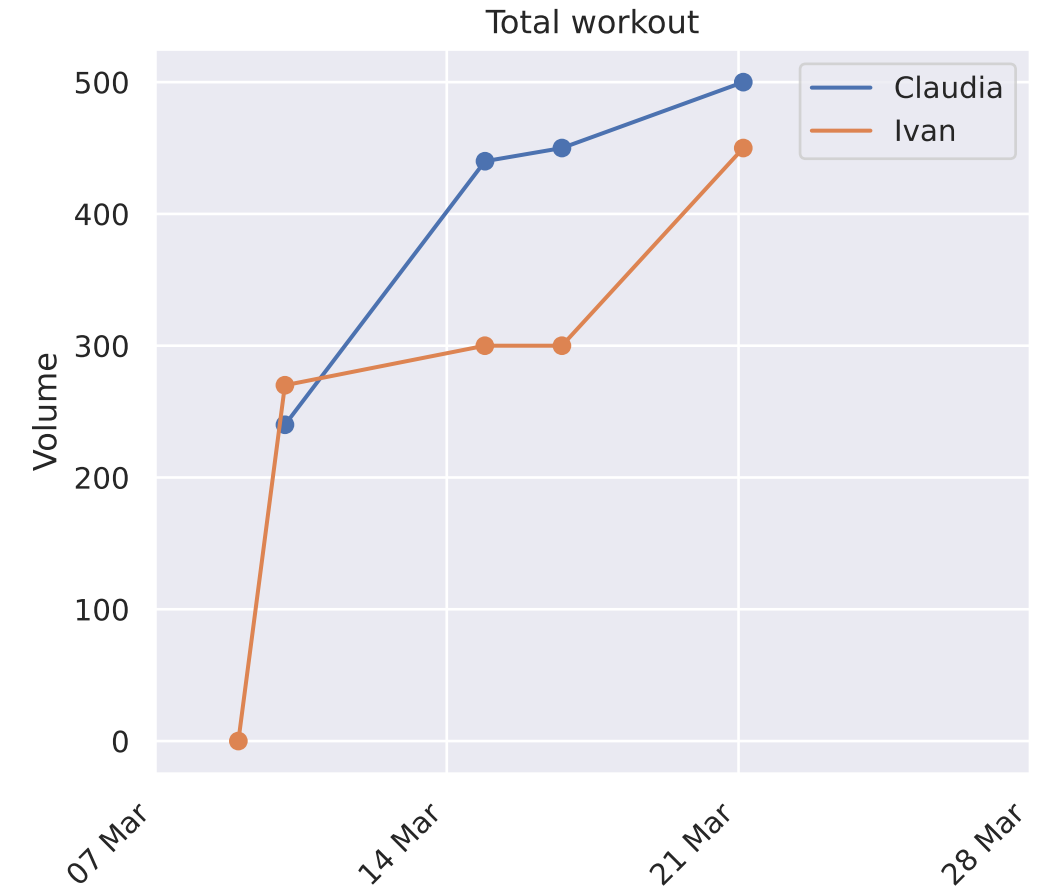
# Seated Row (Cable)



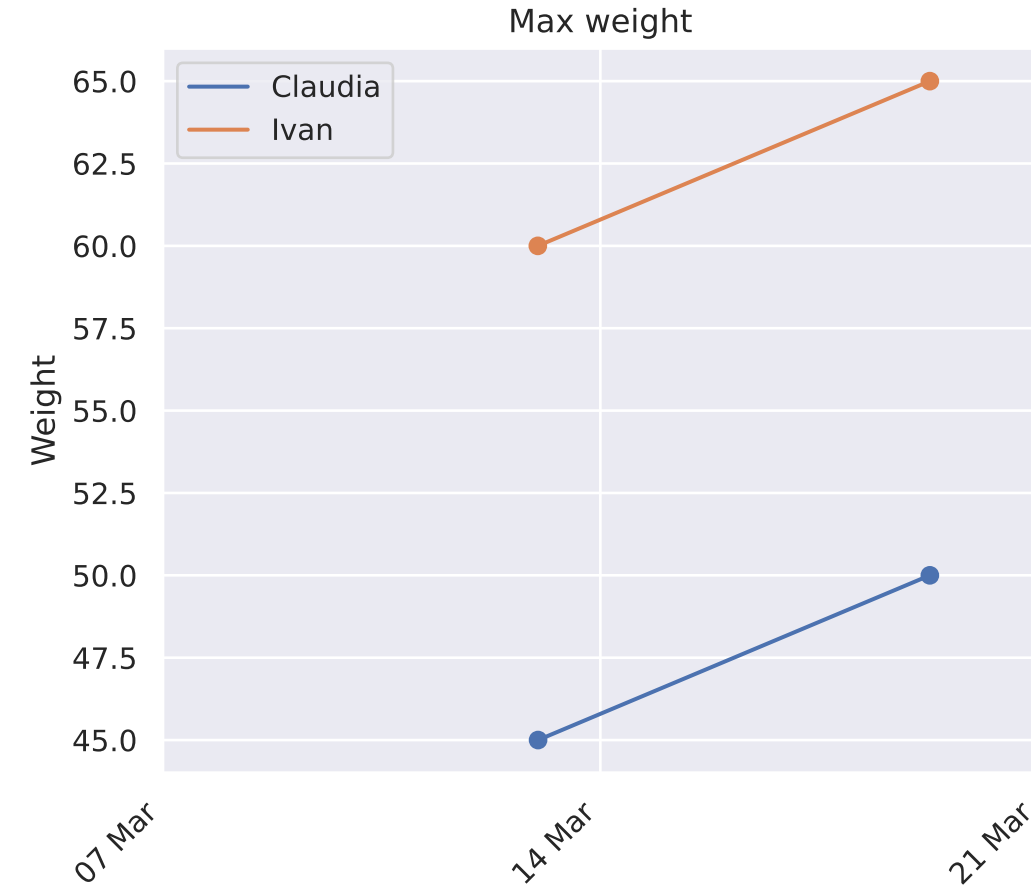
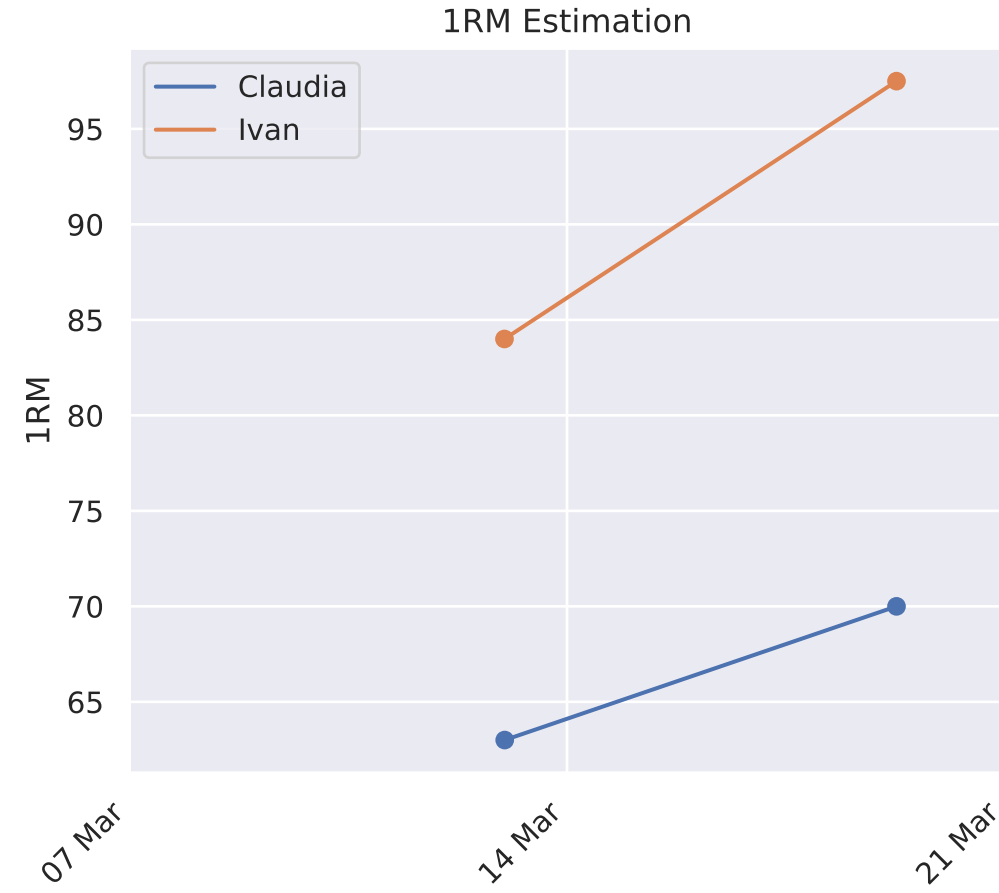
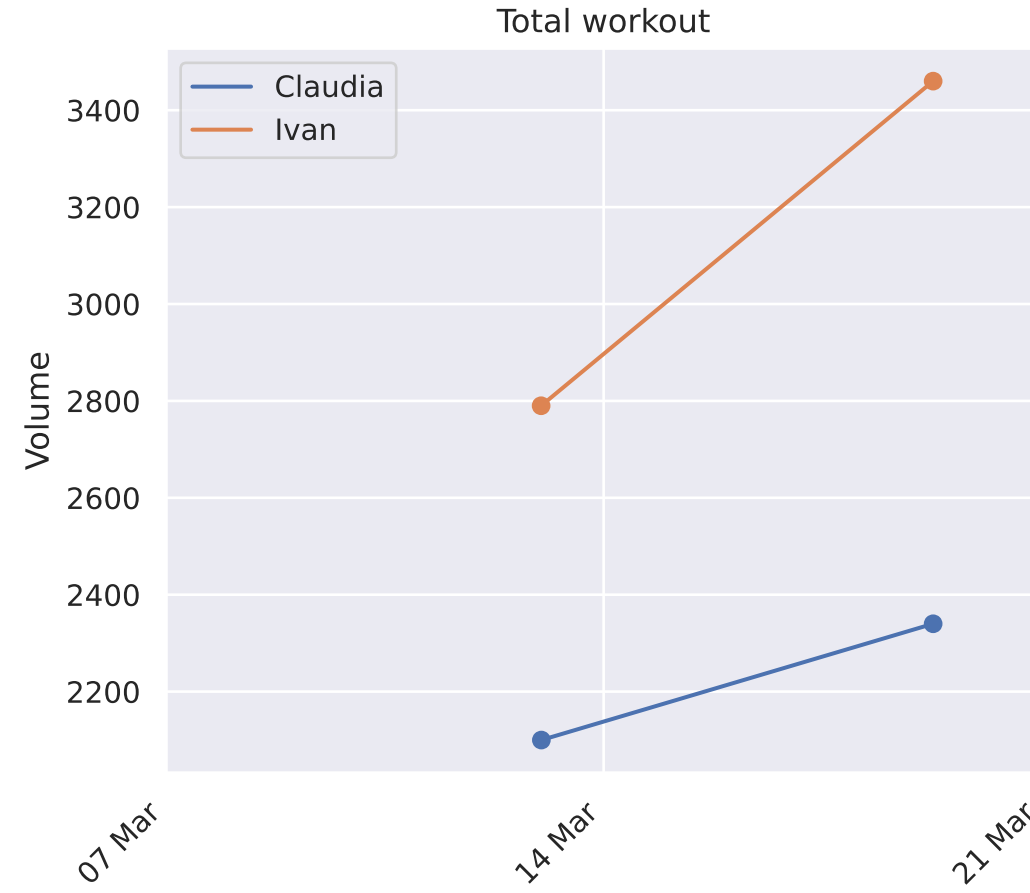
# Shoulder Press (Machine)



# Sit Up

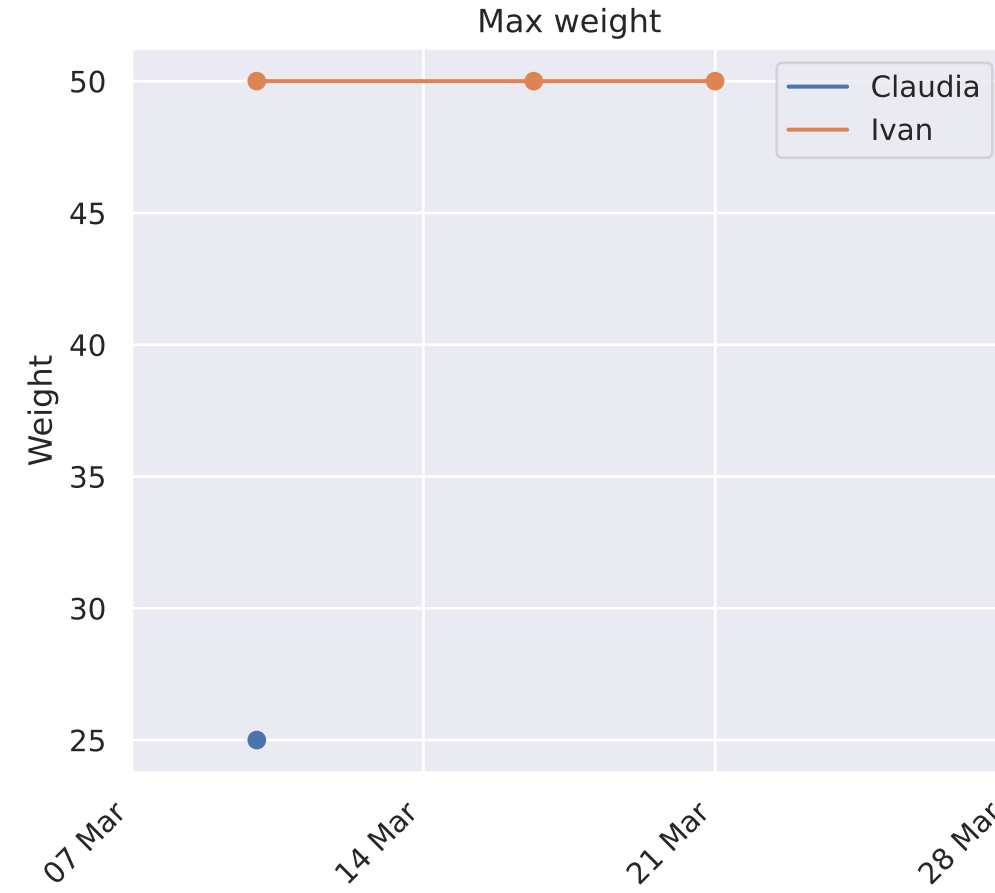
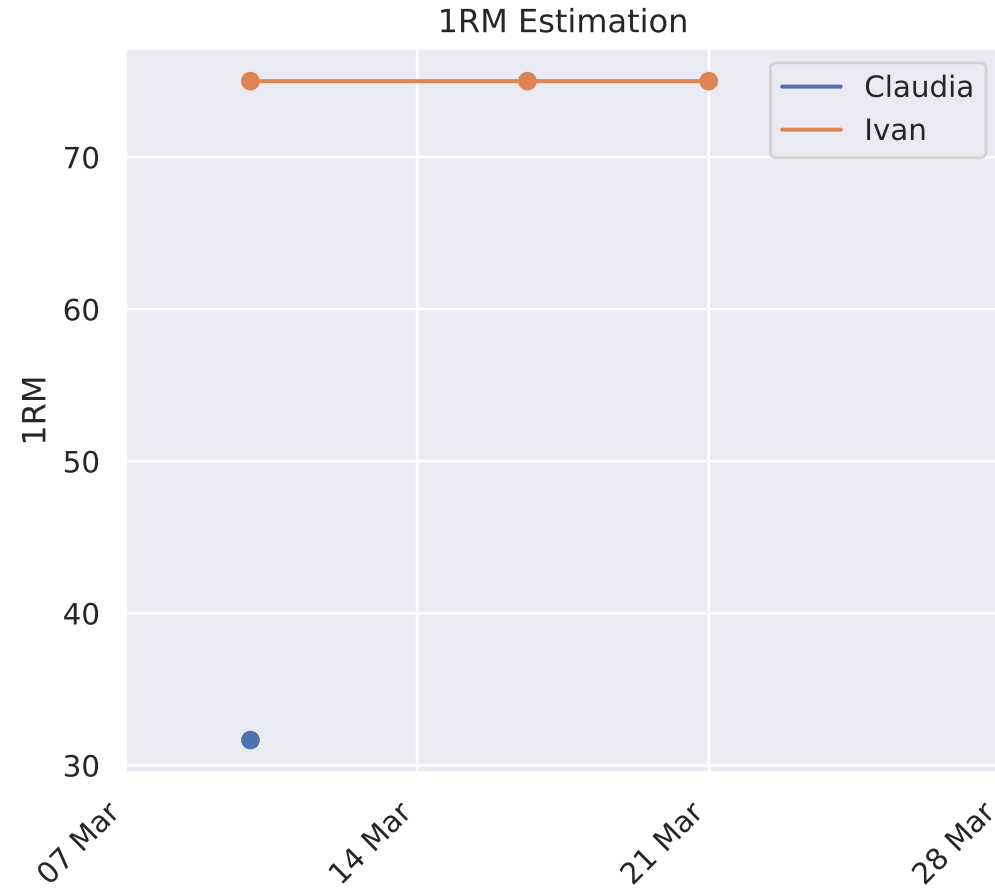
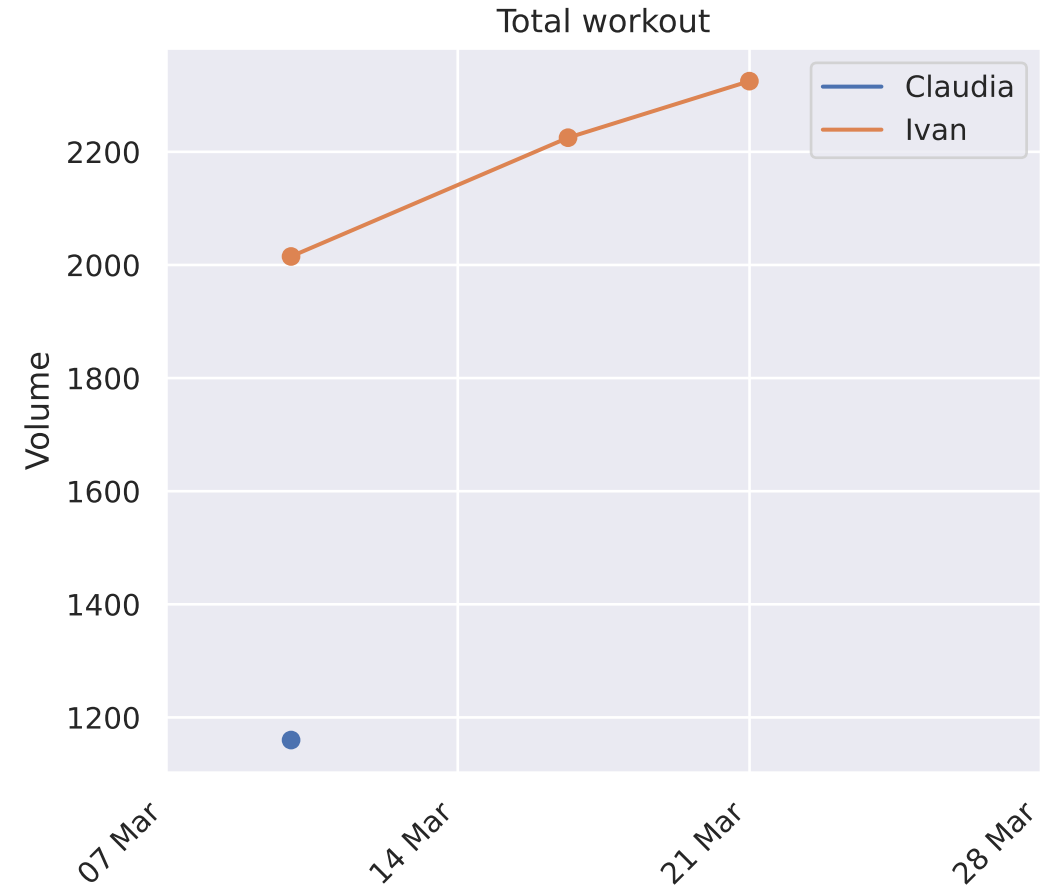


# Standing Calf Raise (Machine)

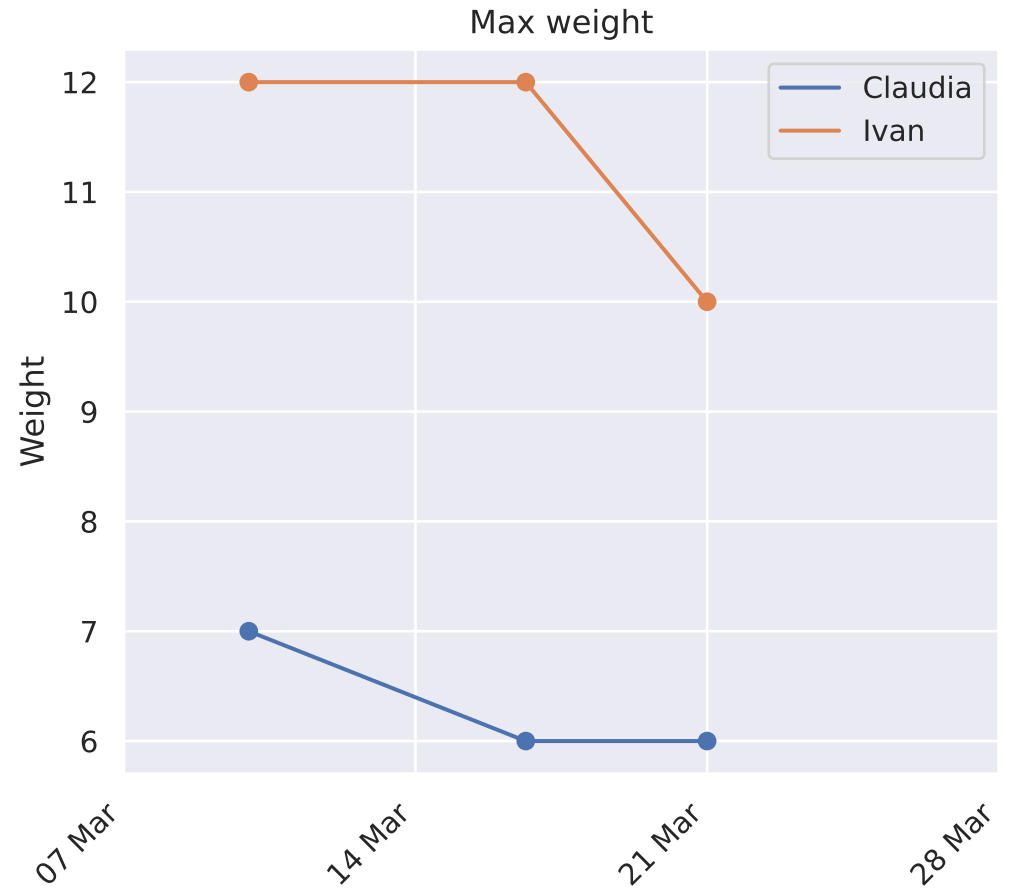
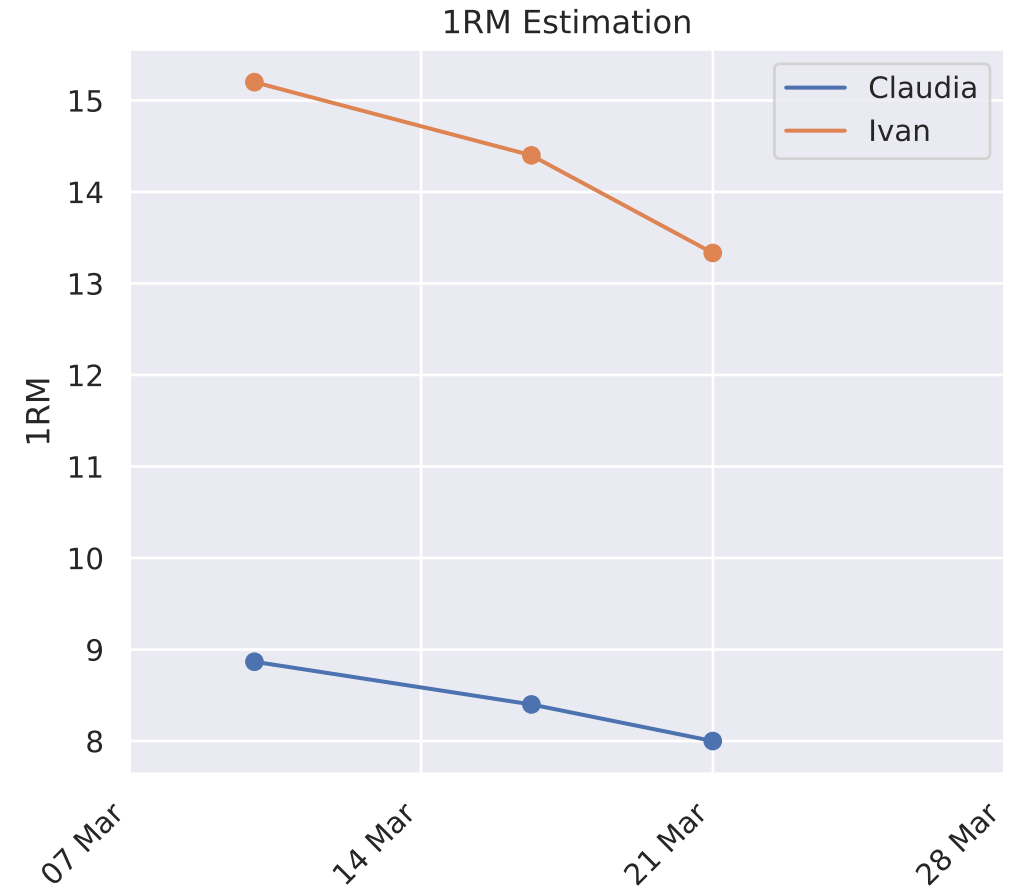
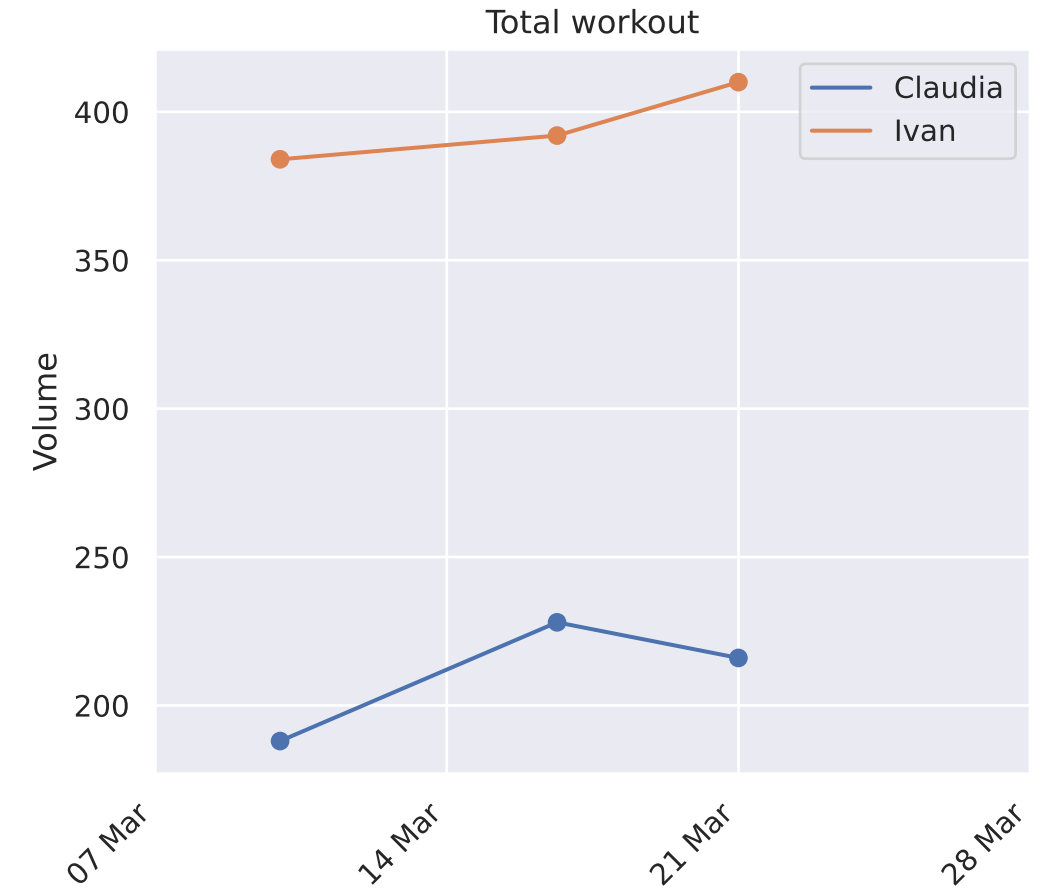




# Triceps Dip (Assisted)



# Triceps Extension (Dumbbell)



# Triceps Pushdown (Cable - Straight Bar)

