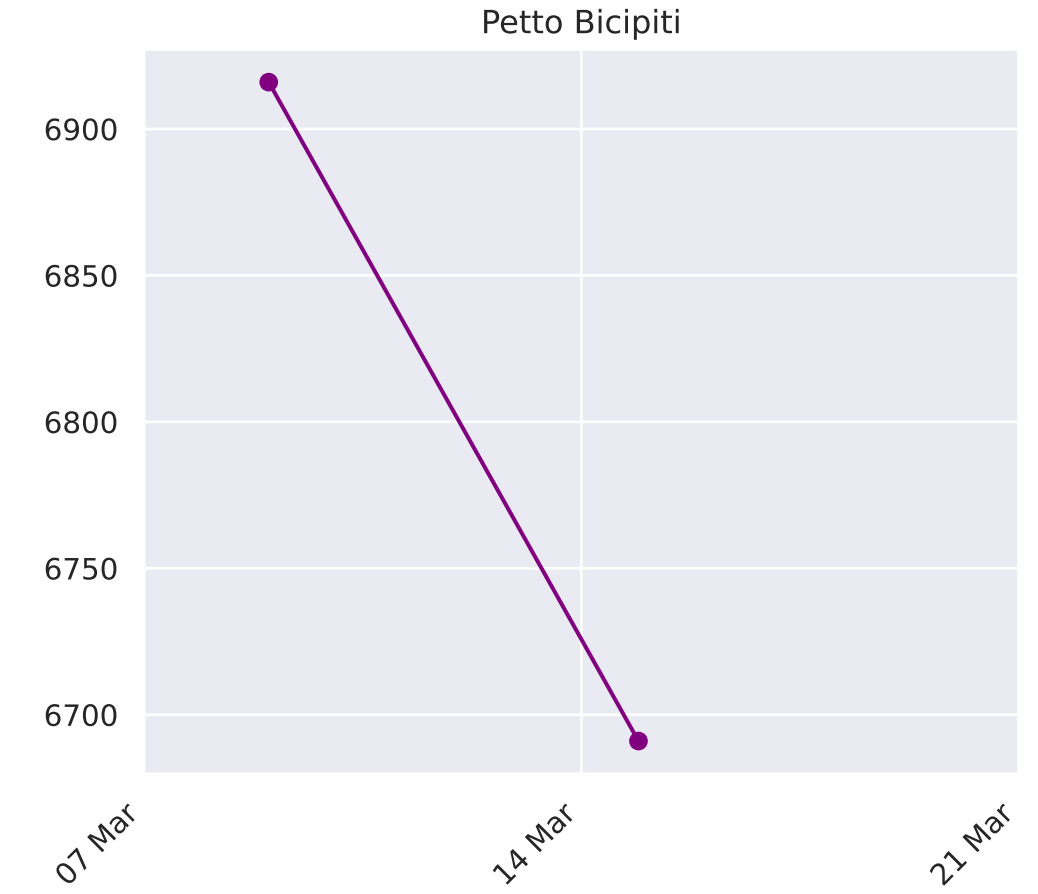
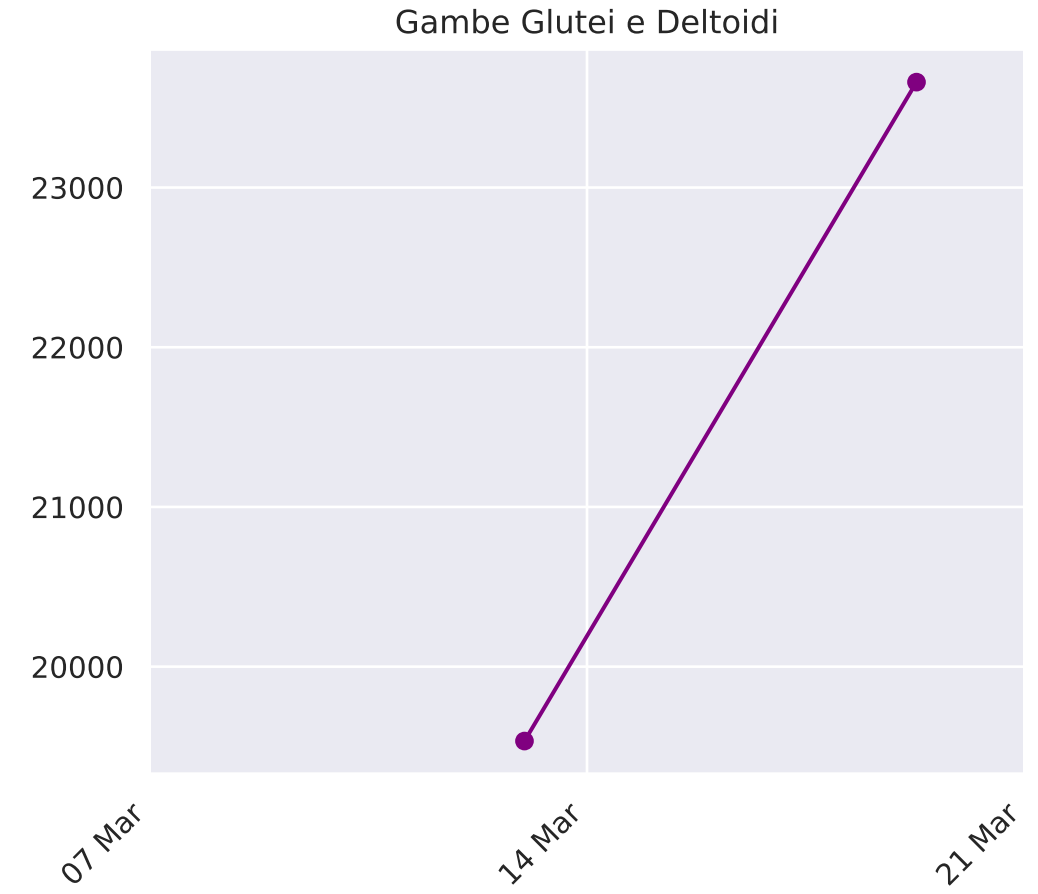
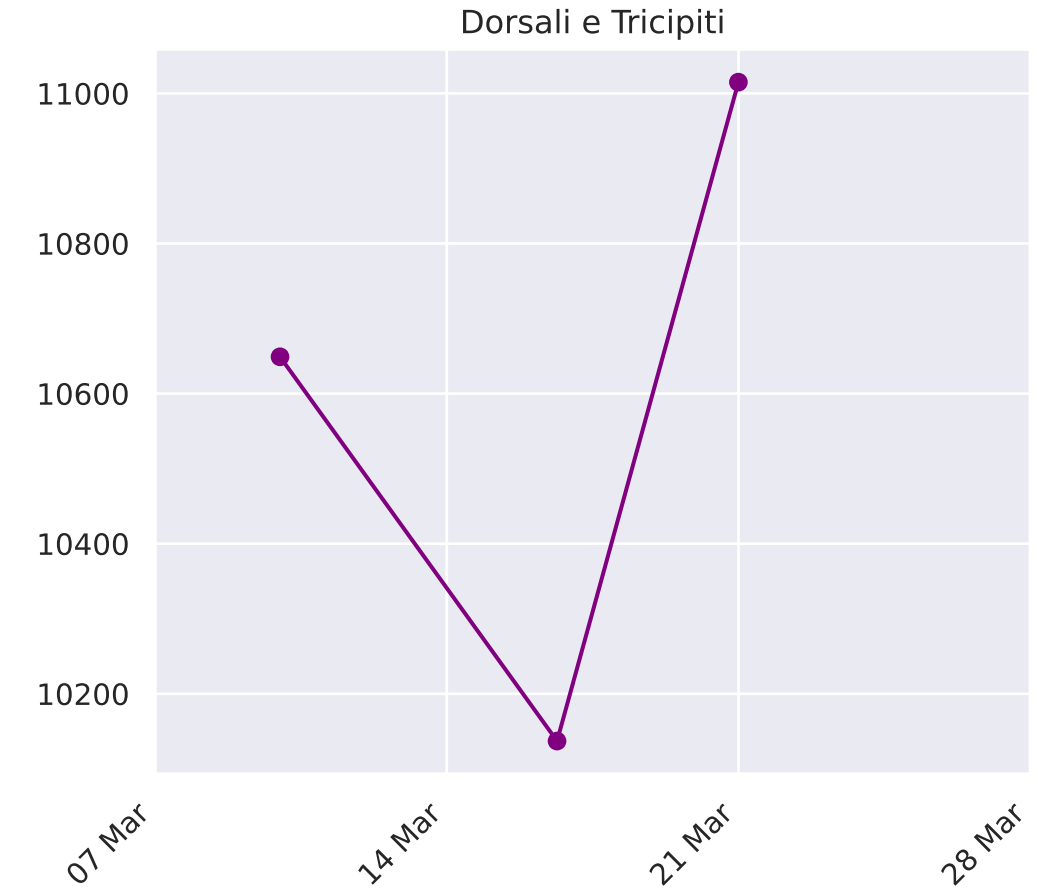
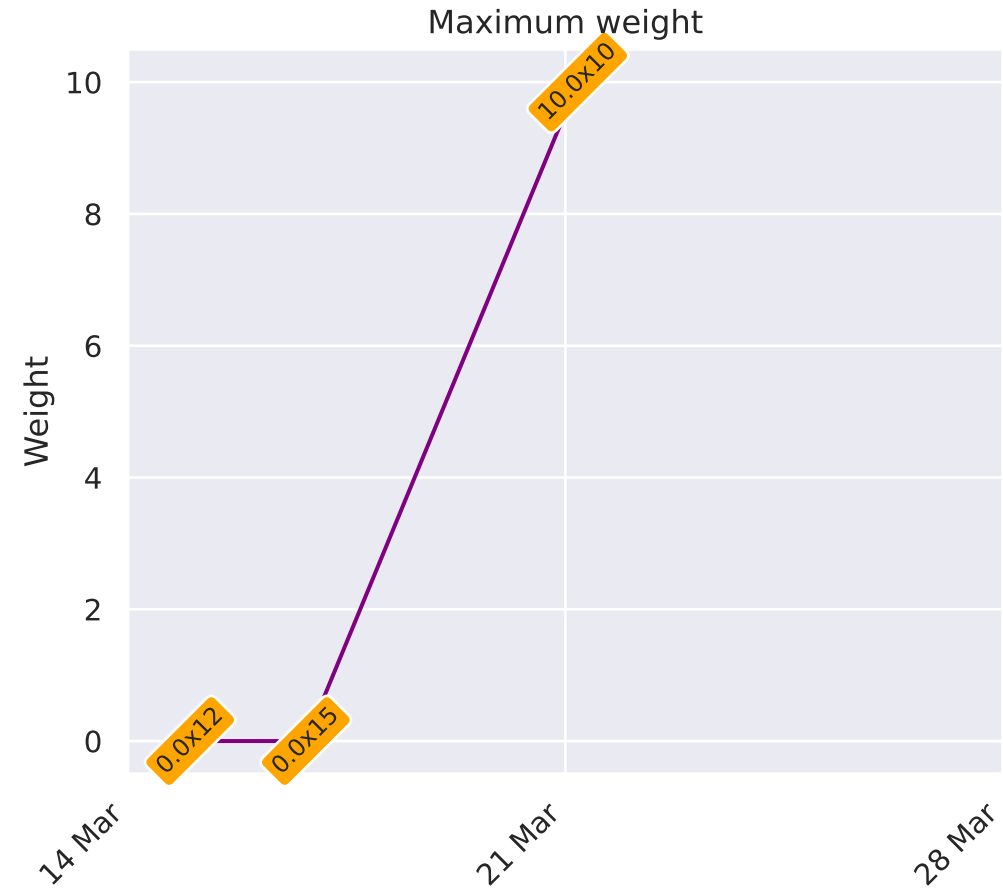
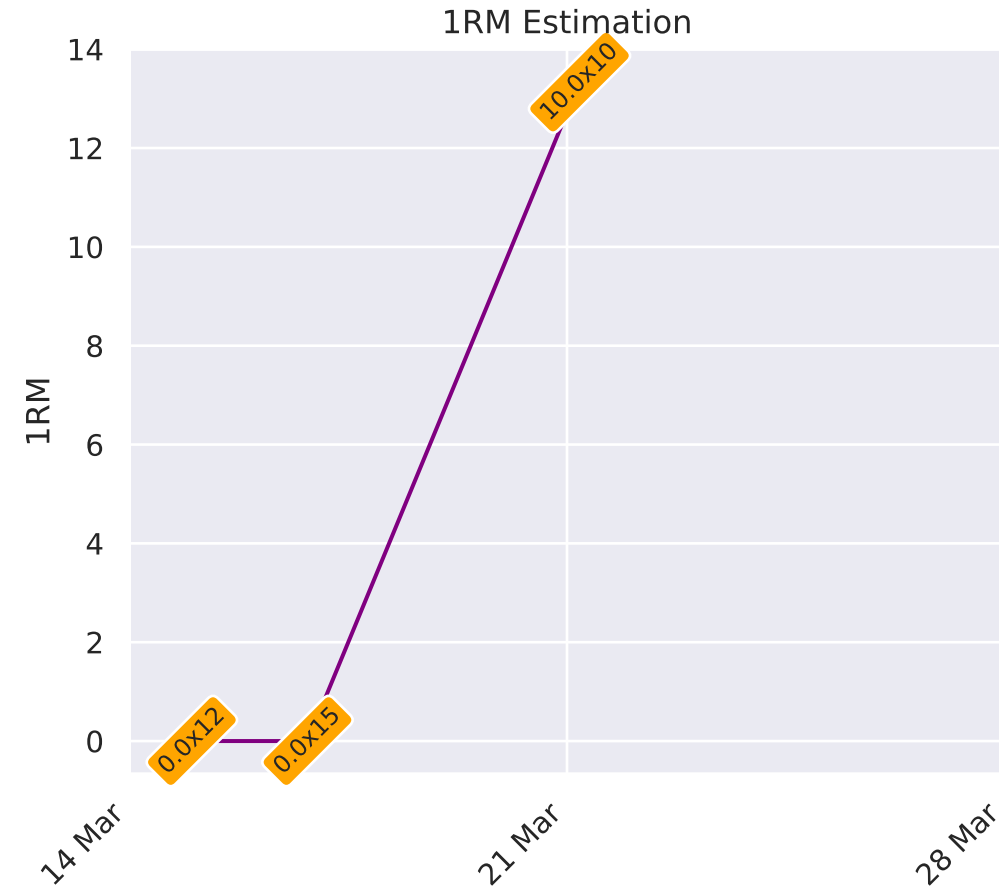
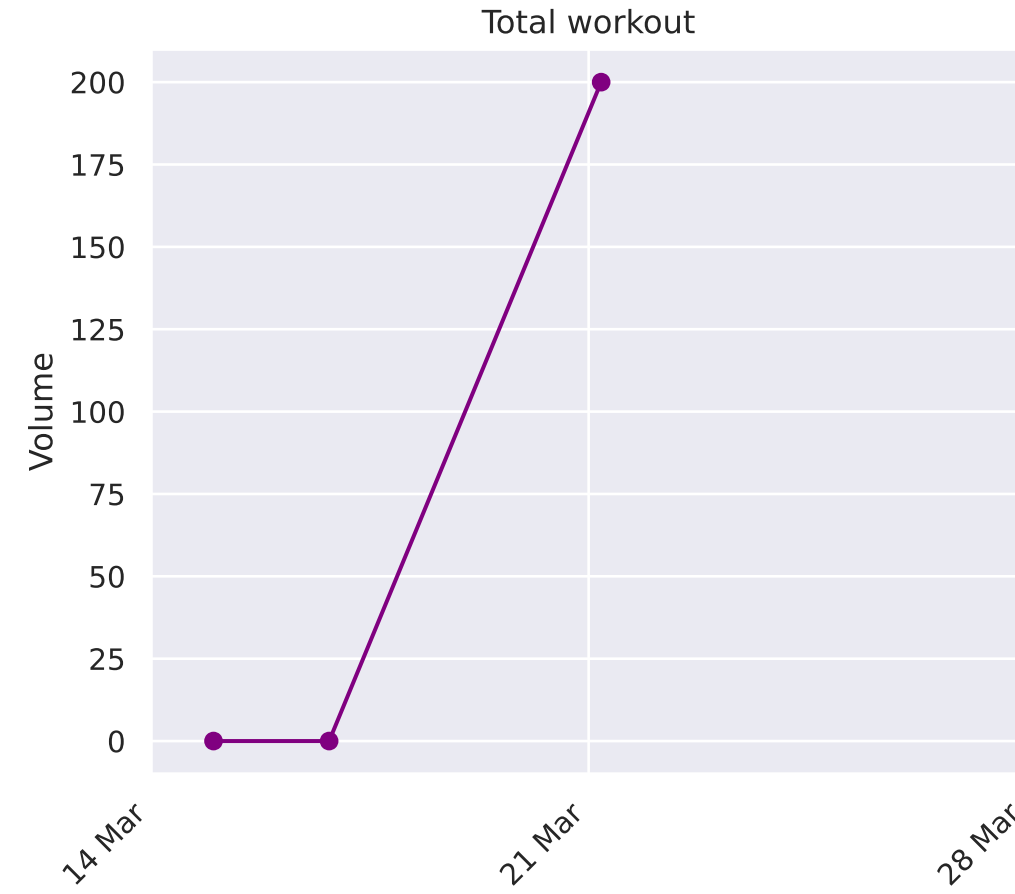


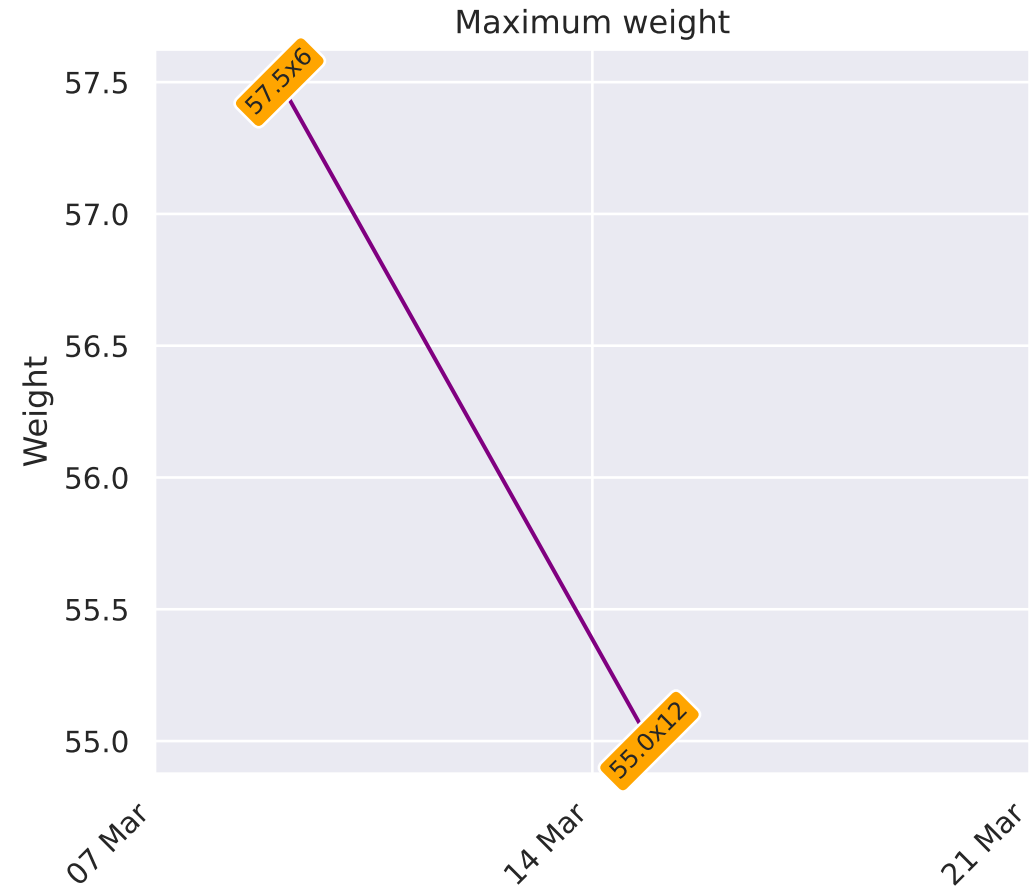
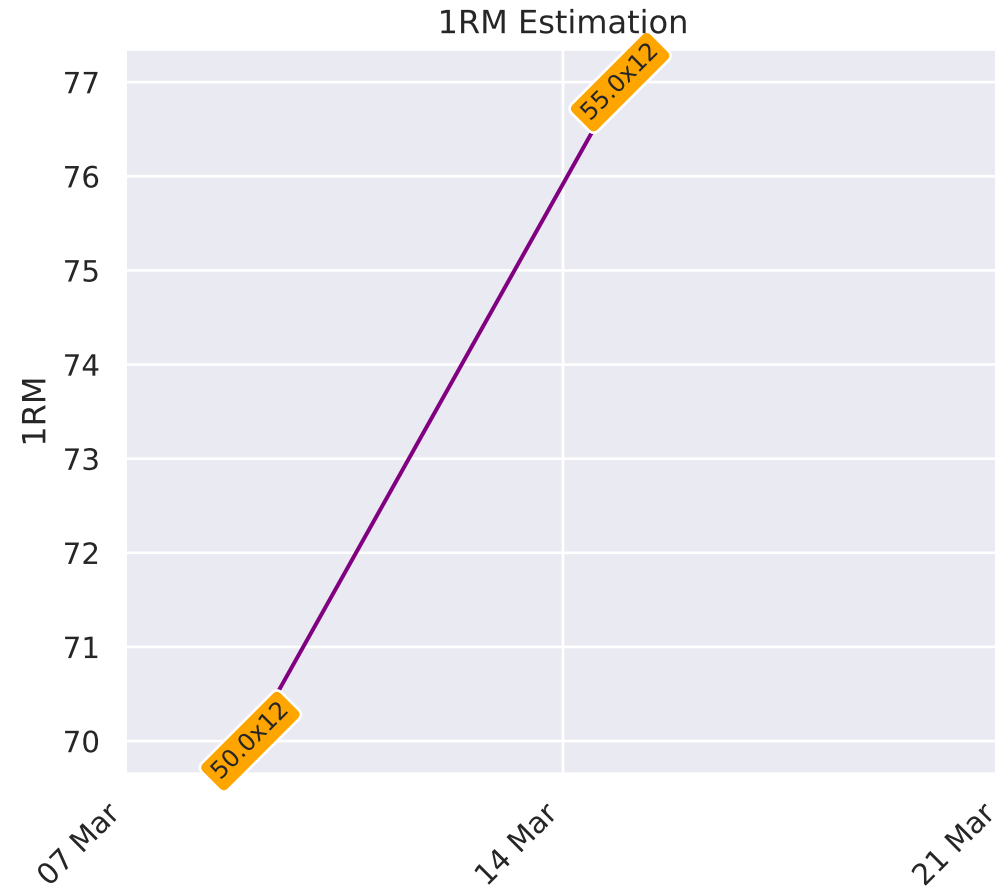
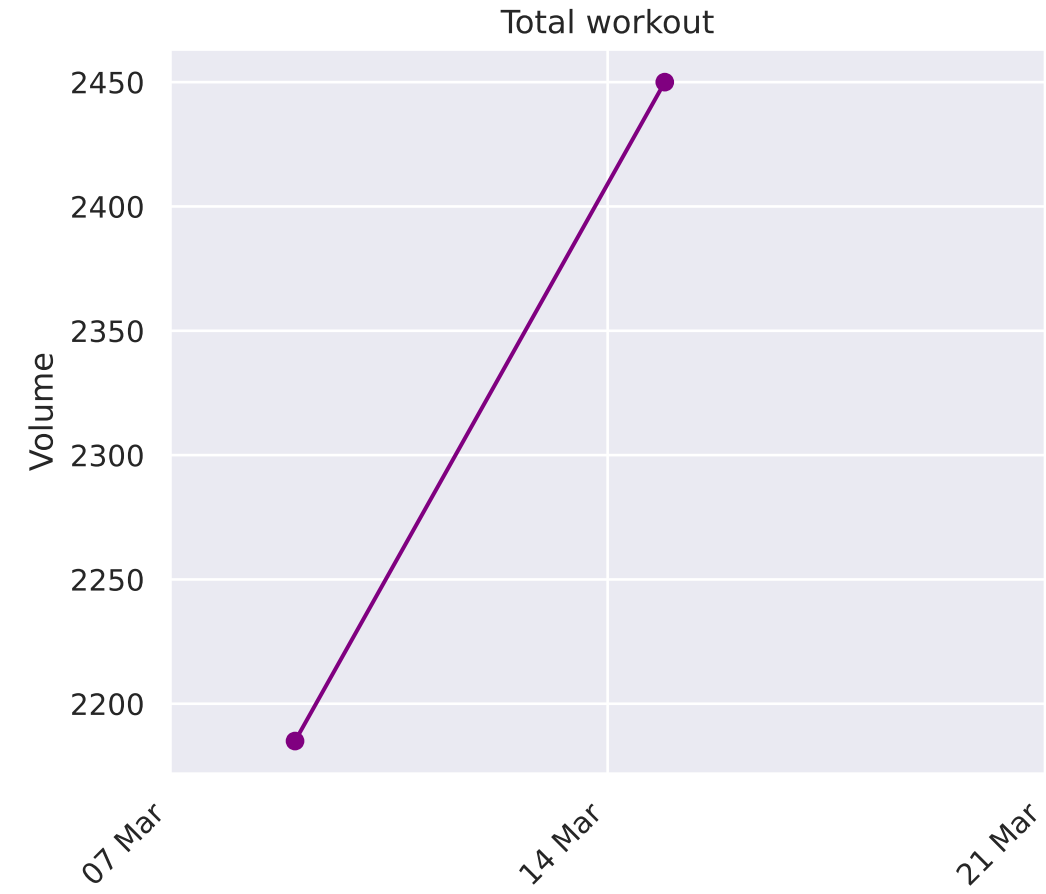
# Workouts (Volume x Day)



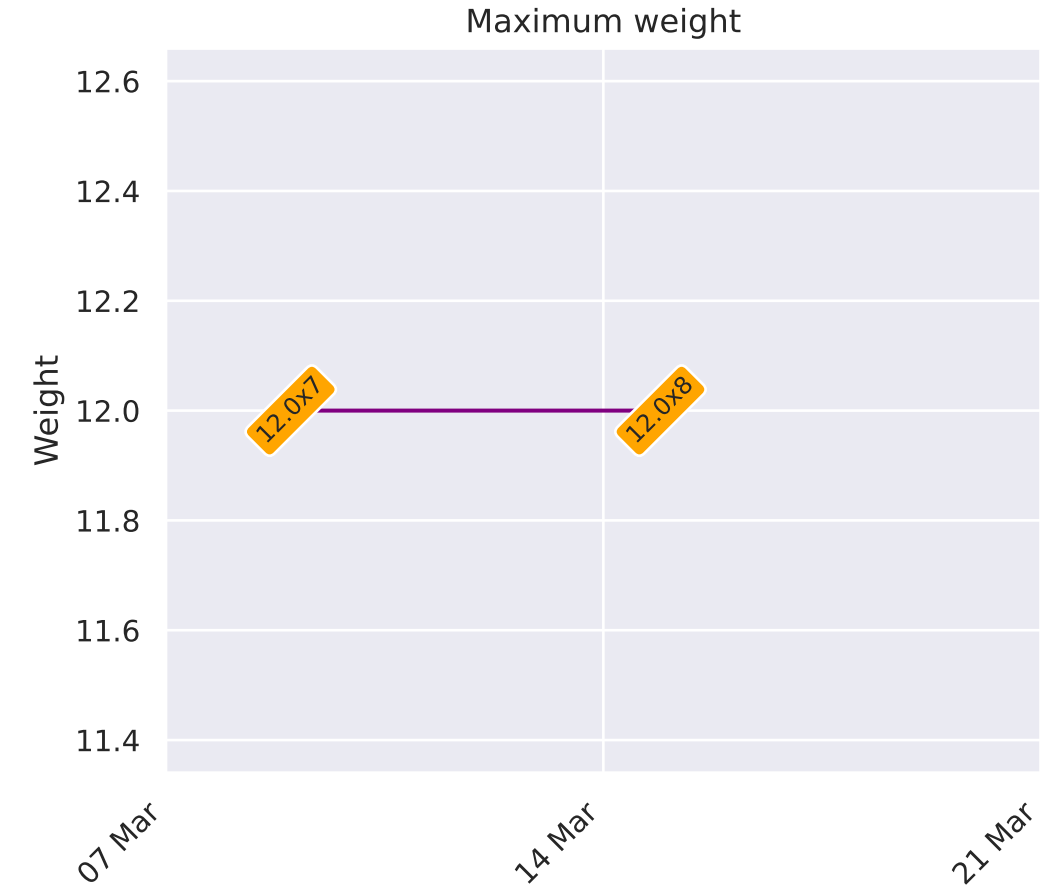
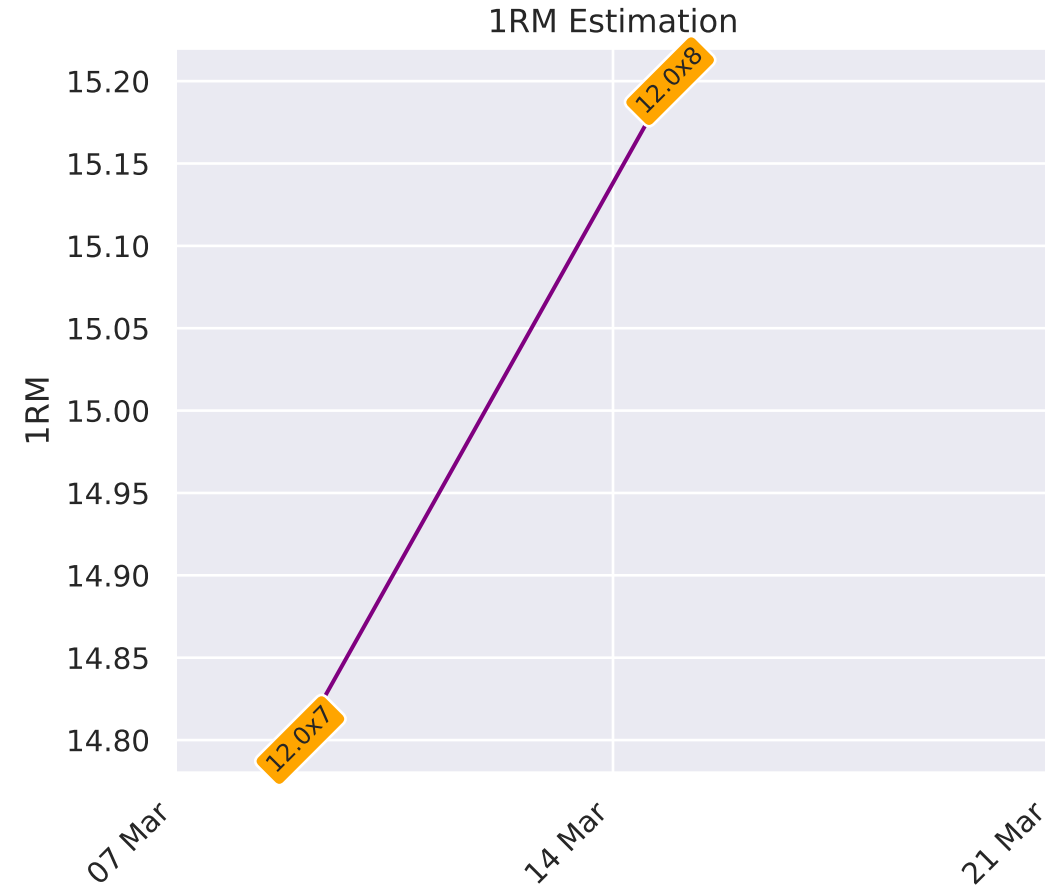
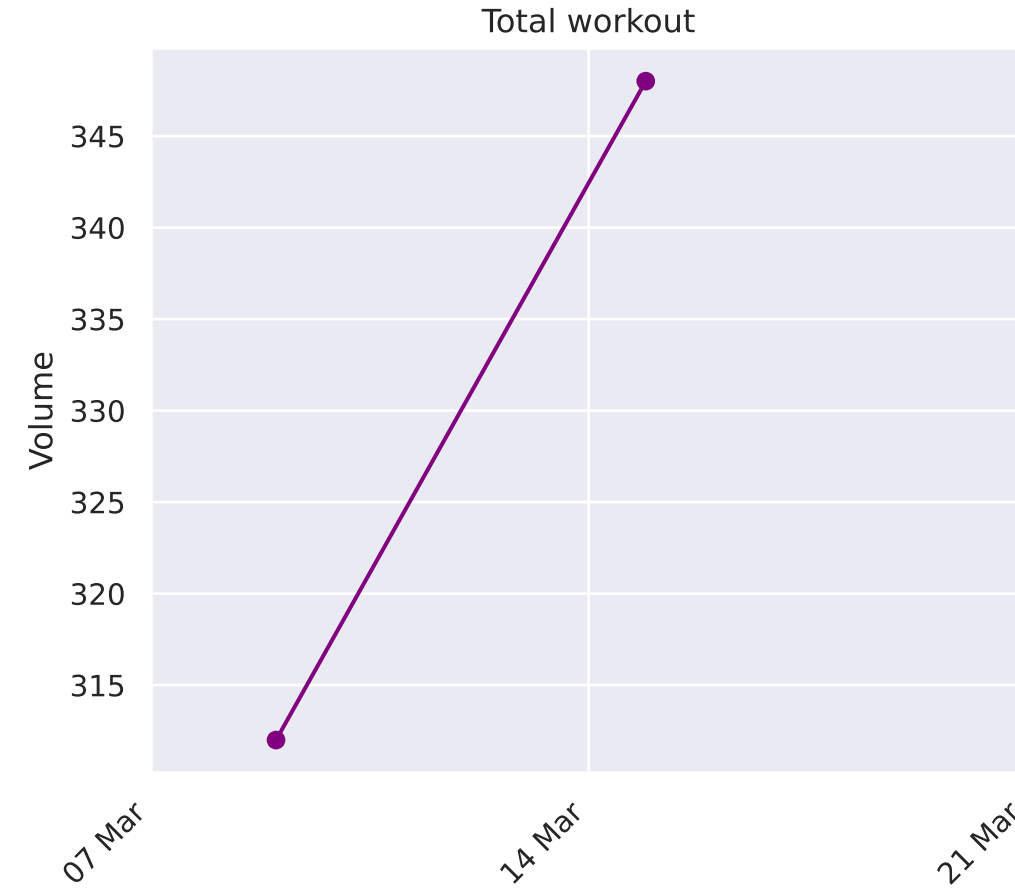
## Back Extension



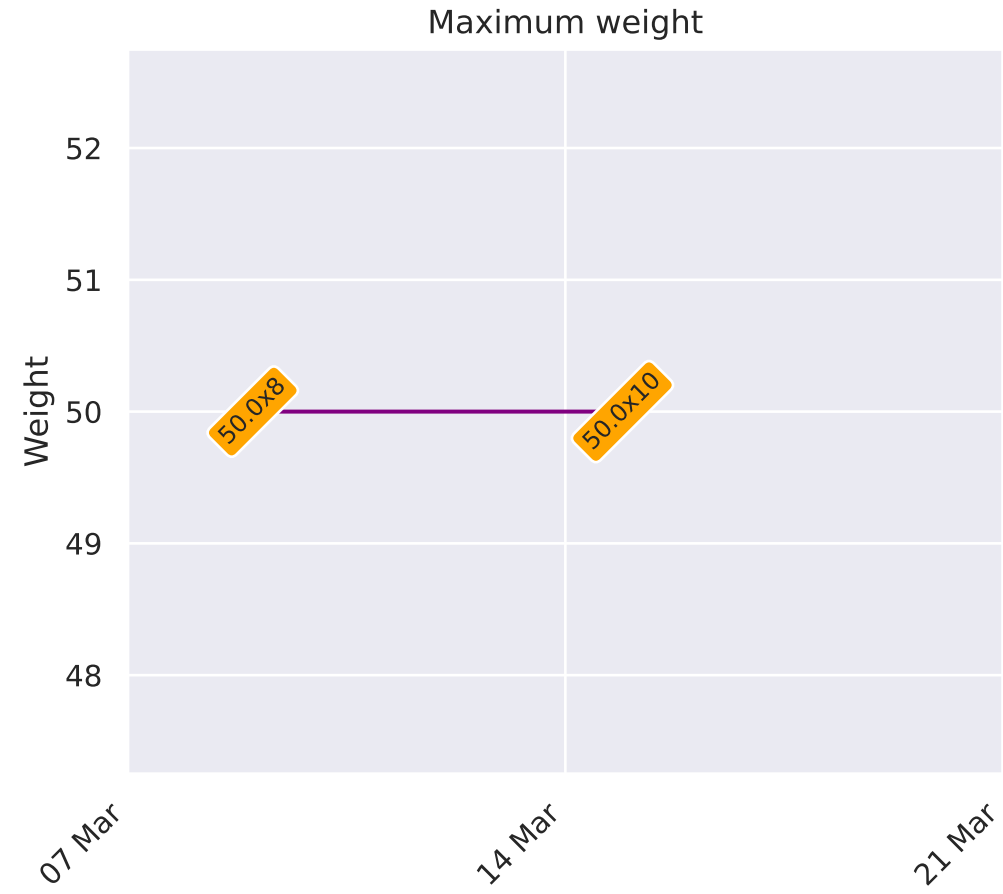
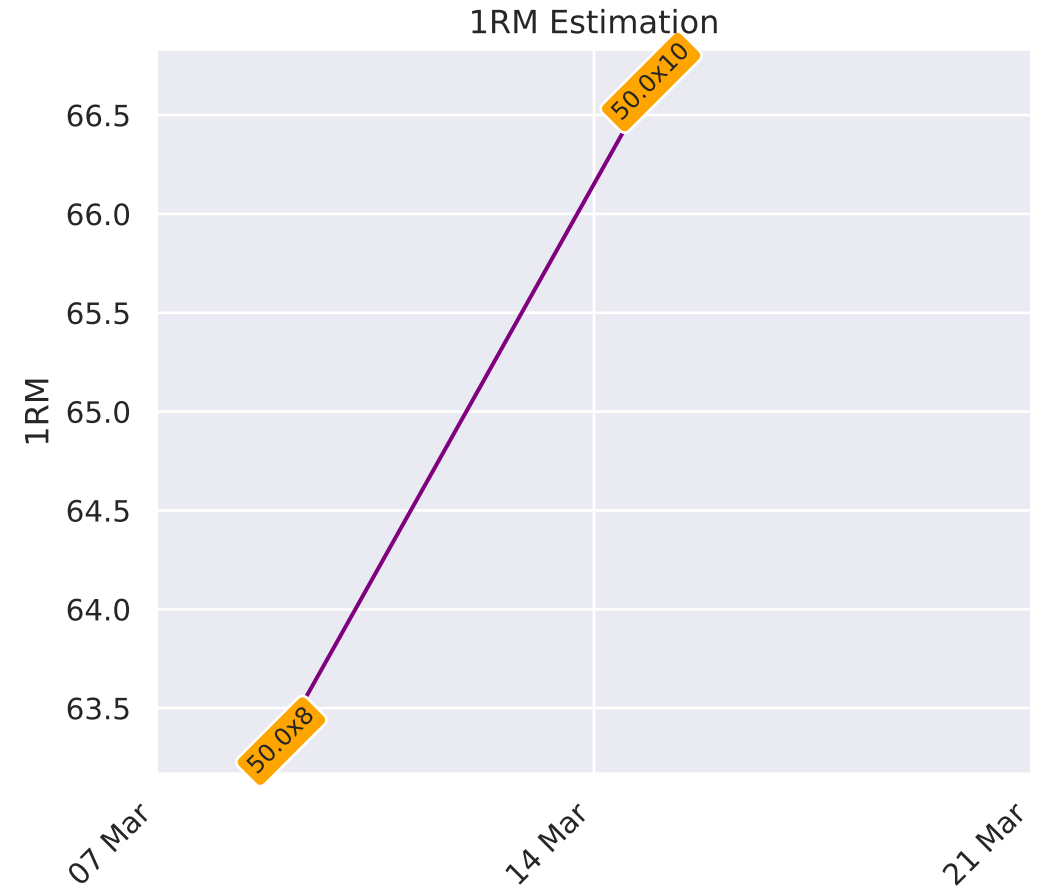
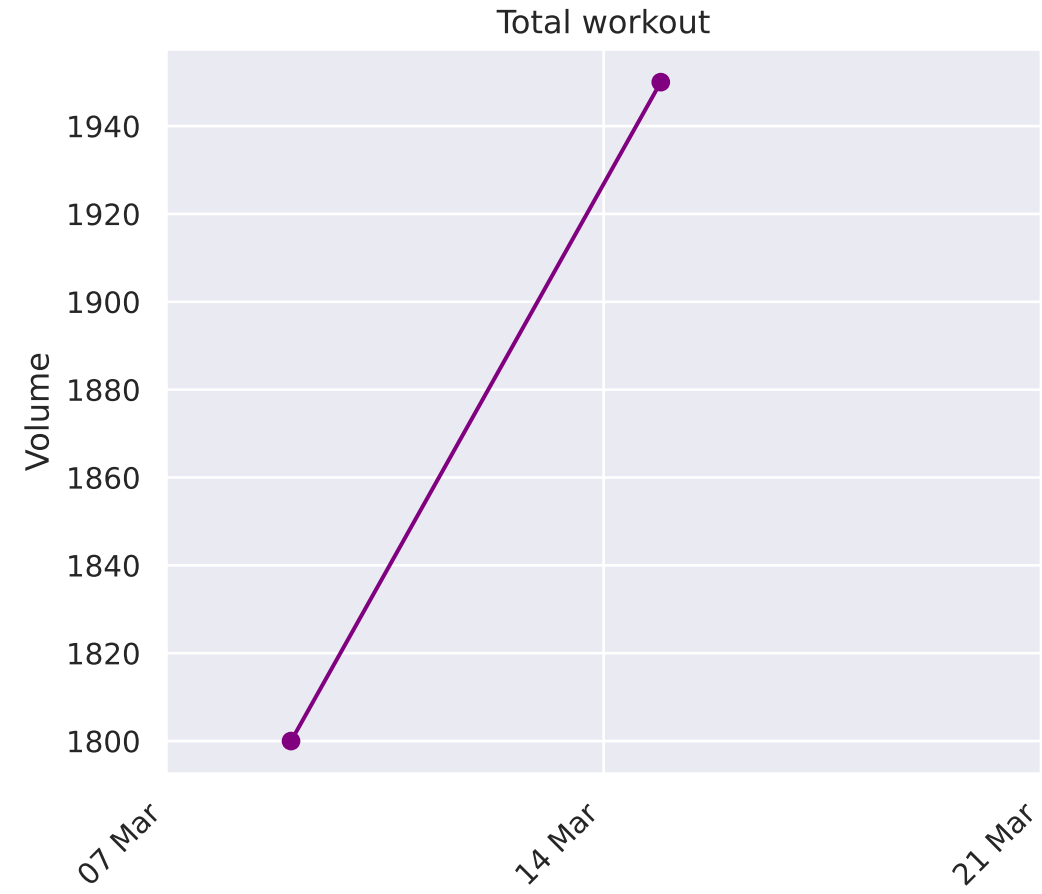
## Bench Press (Barbell)



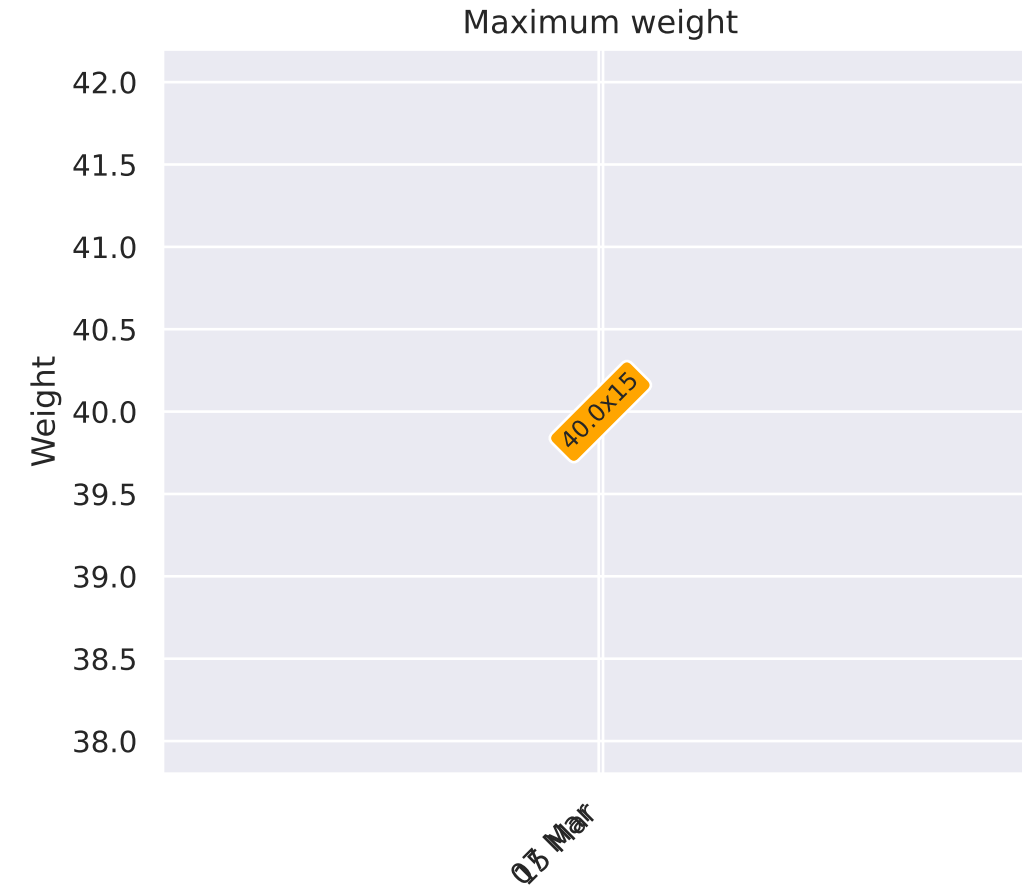
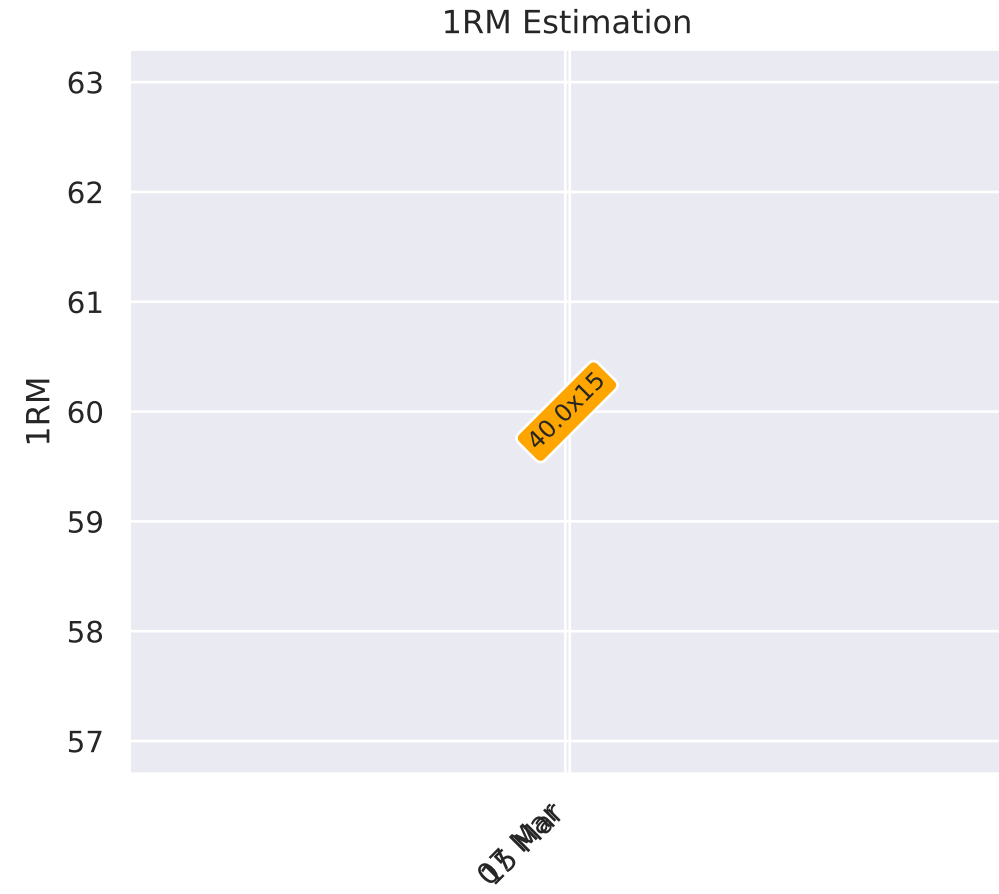
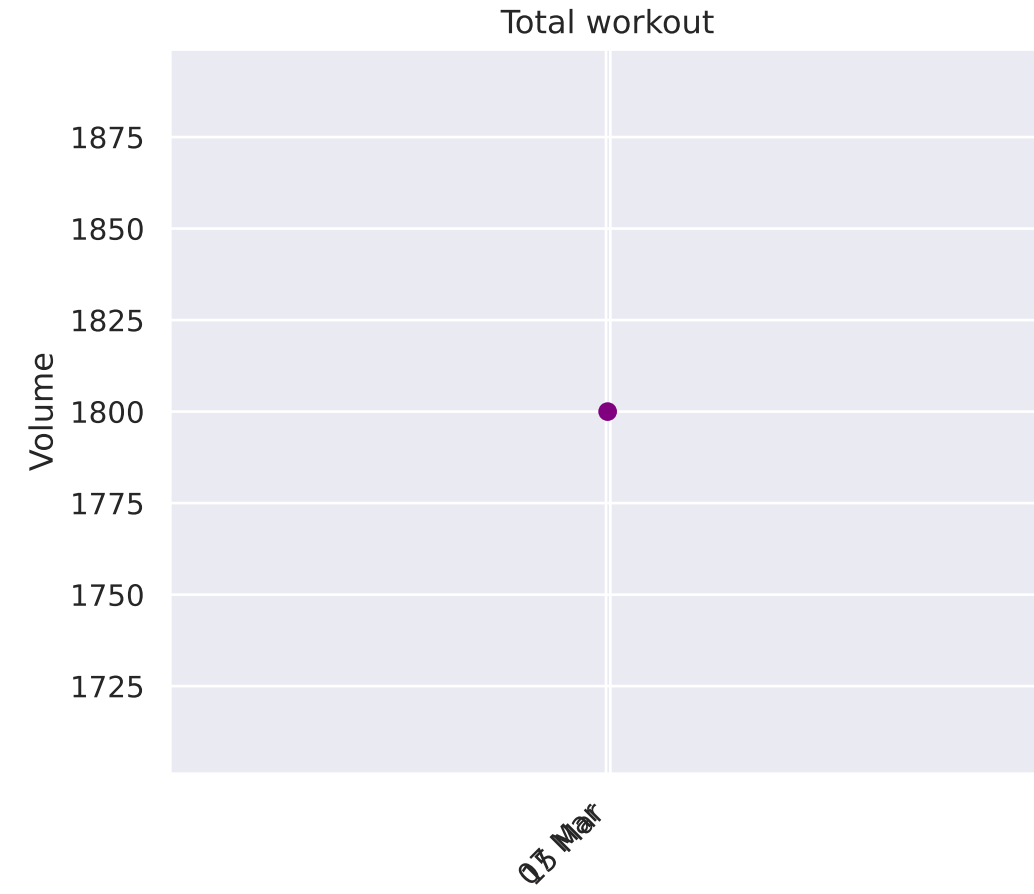
# Bicep Curl (Dumbbell)



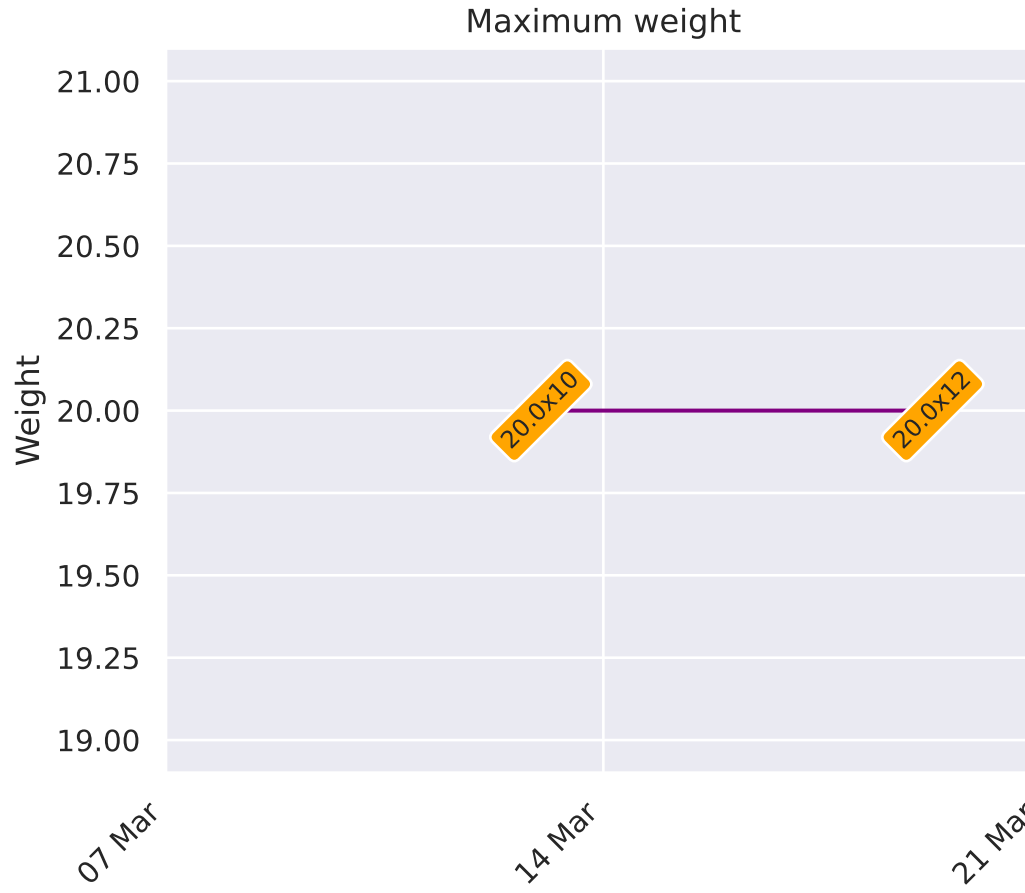
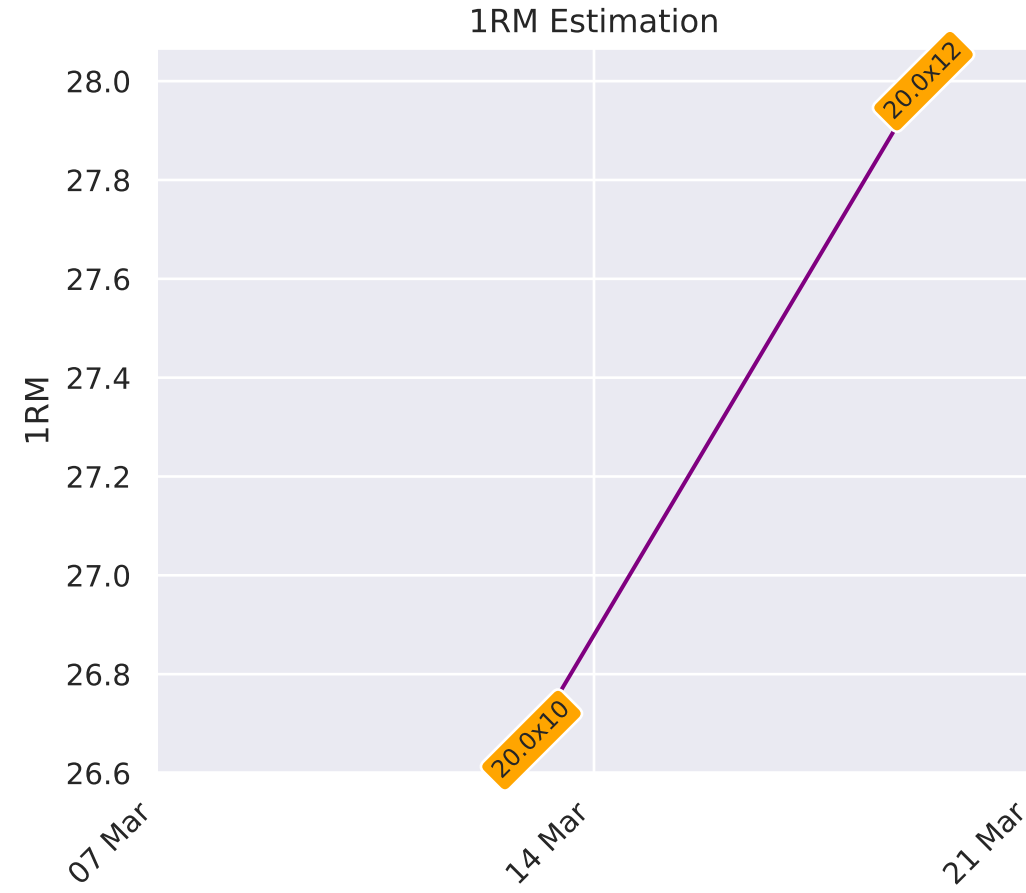
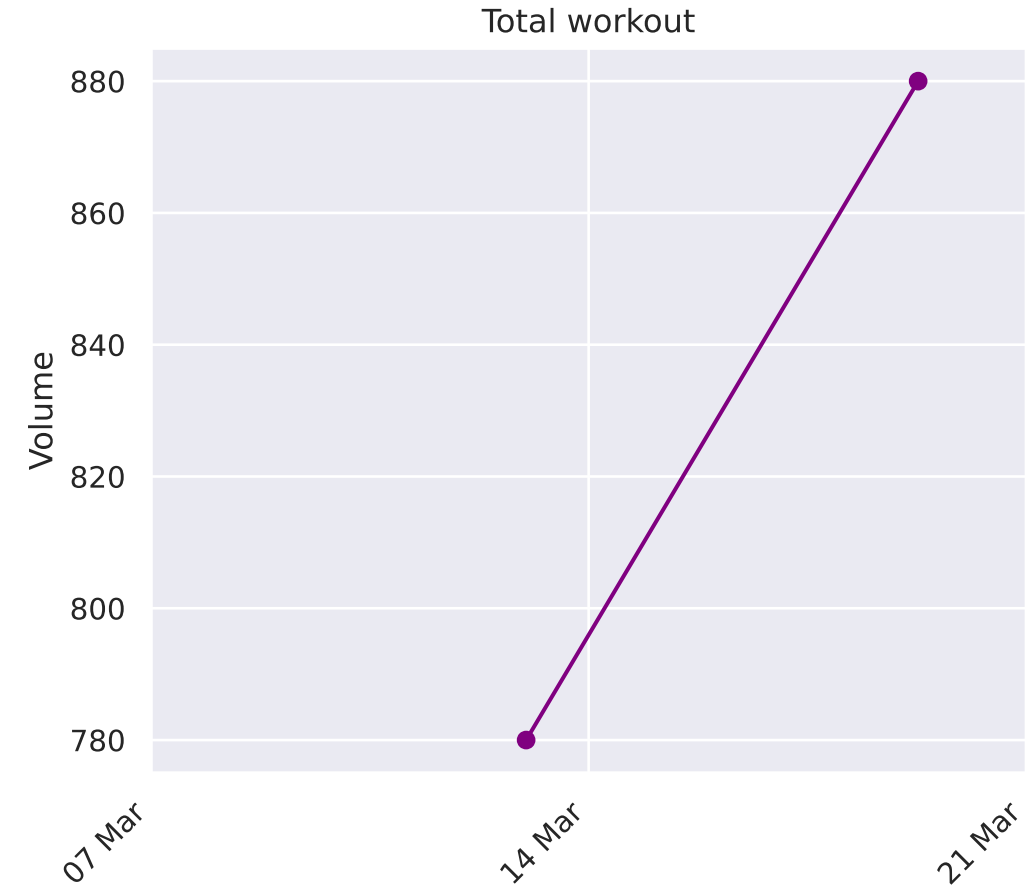
# Chest Fly



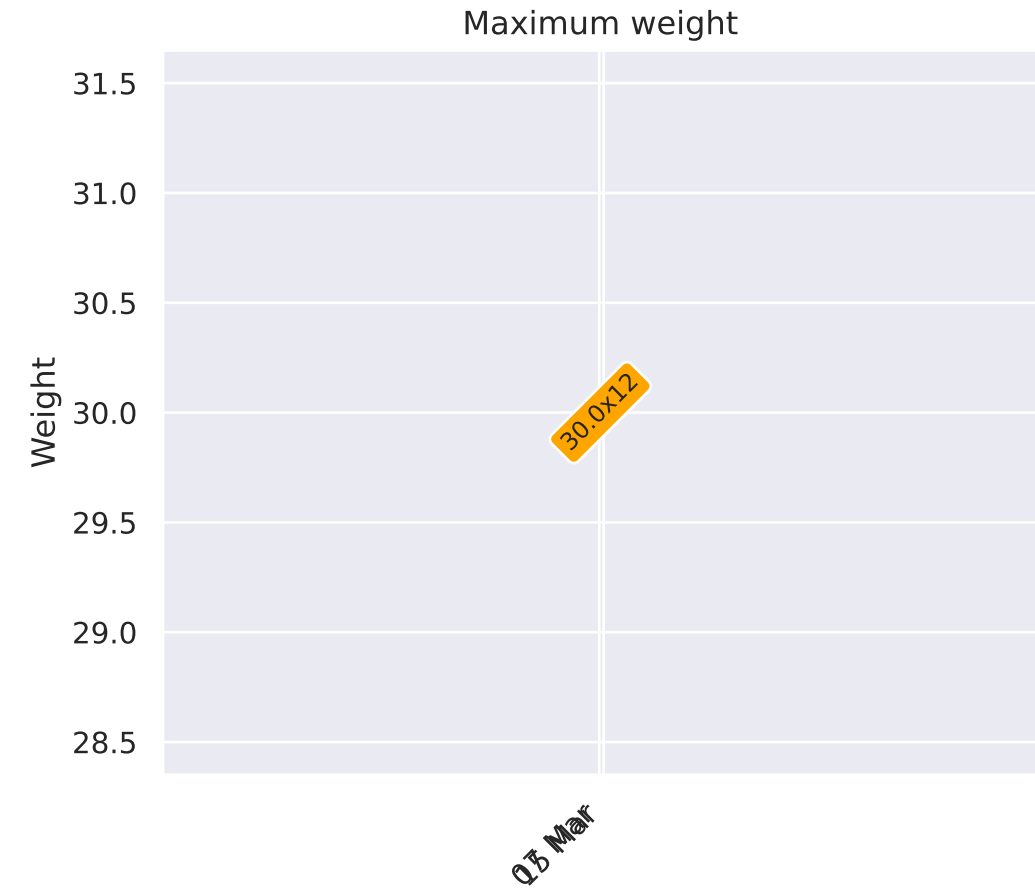
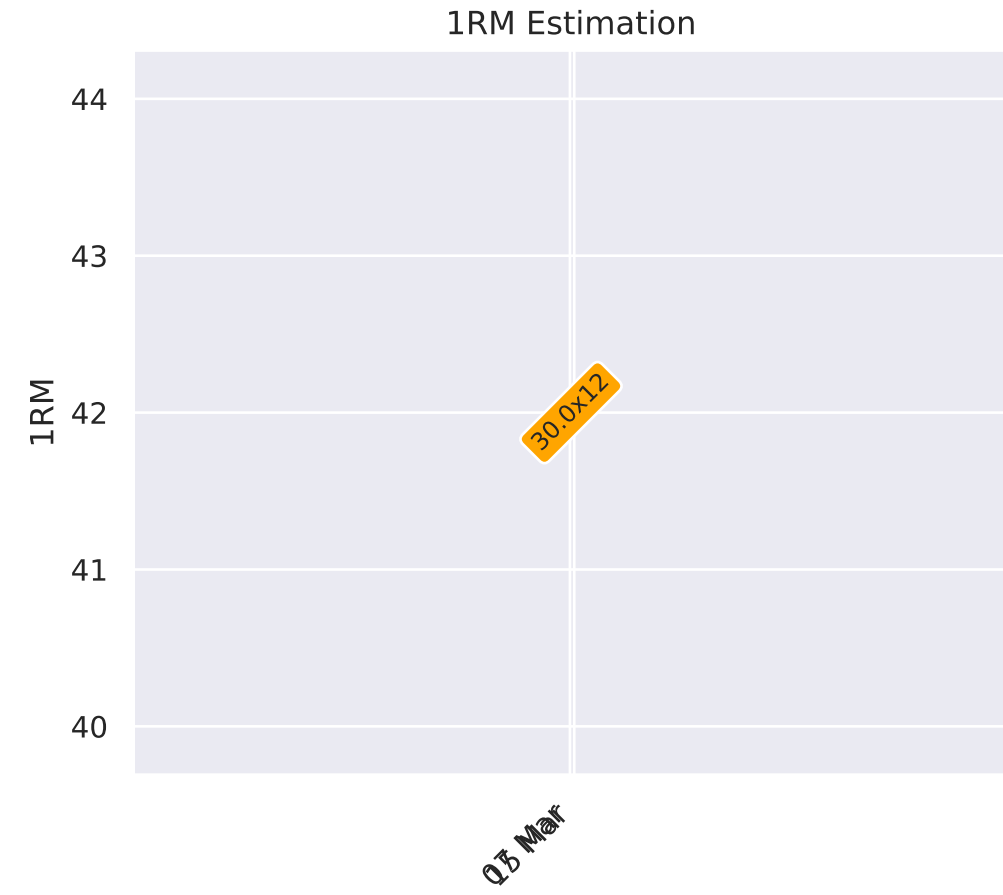
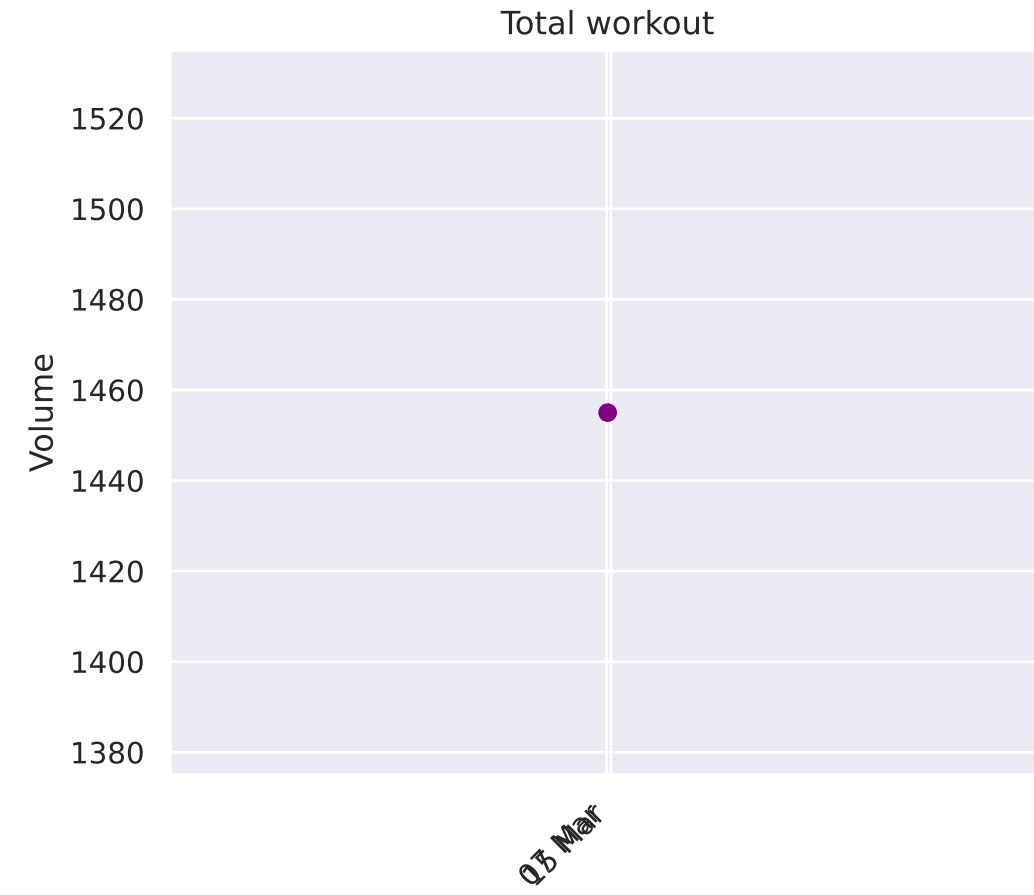
## Crunch (Machine)



## Front Raise (Cable)

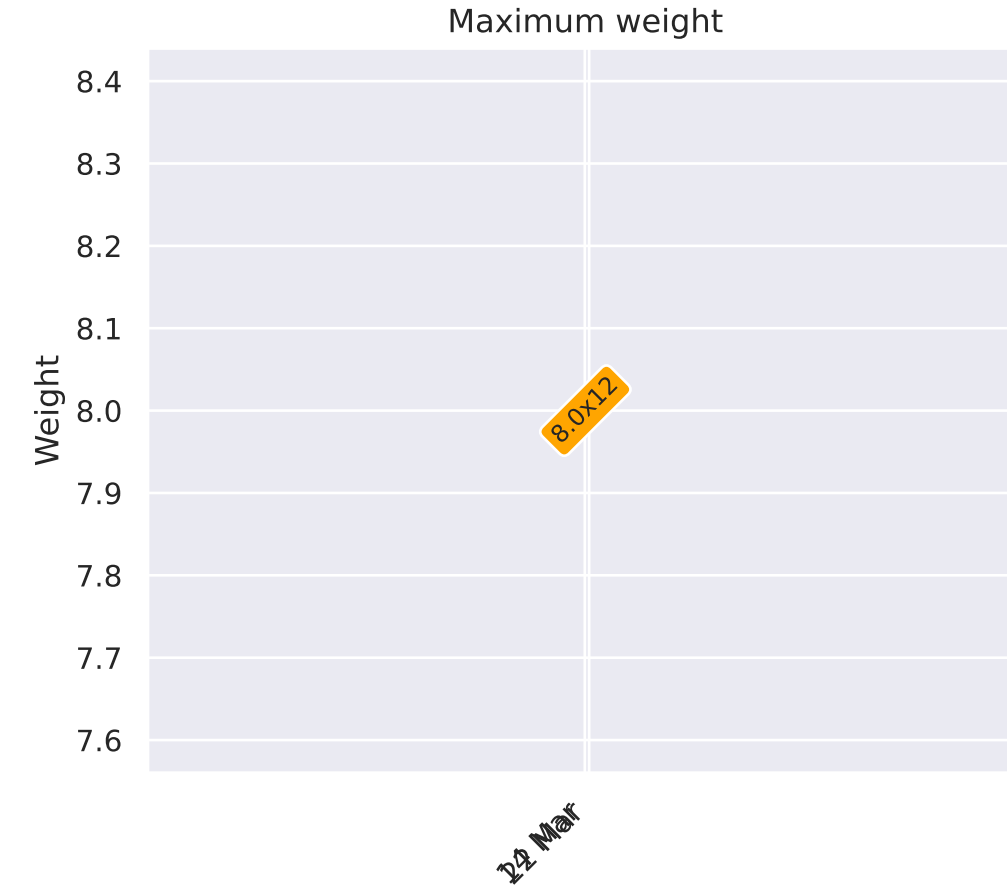
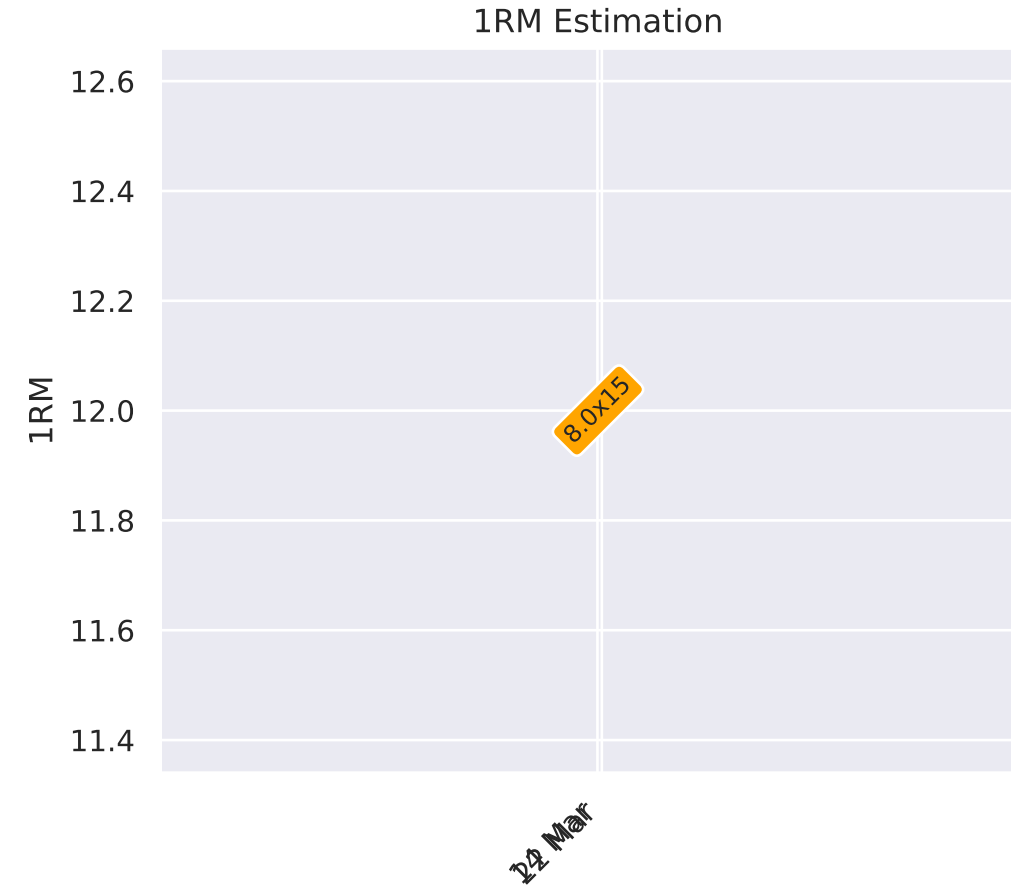
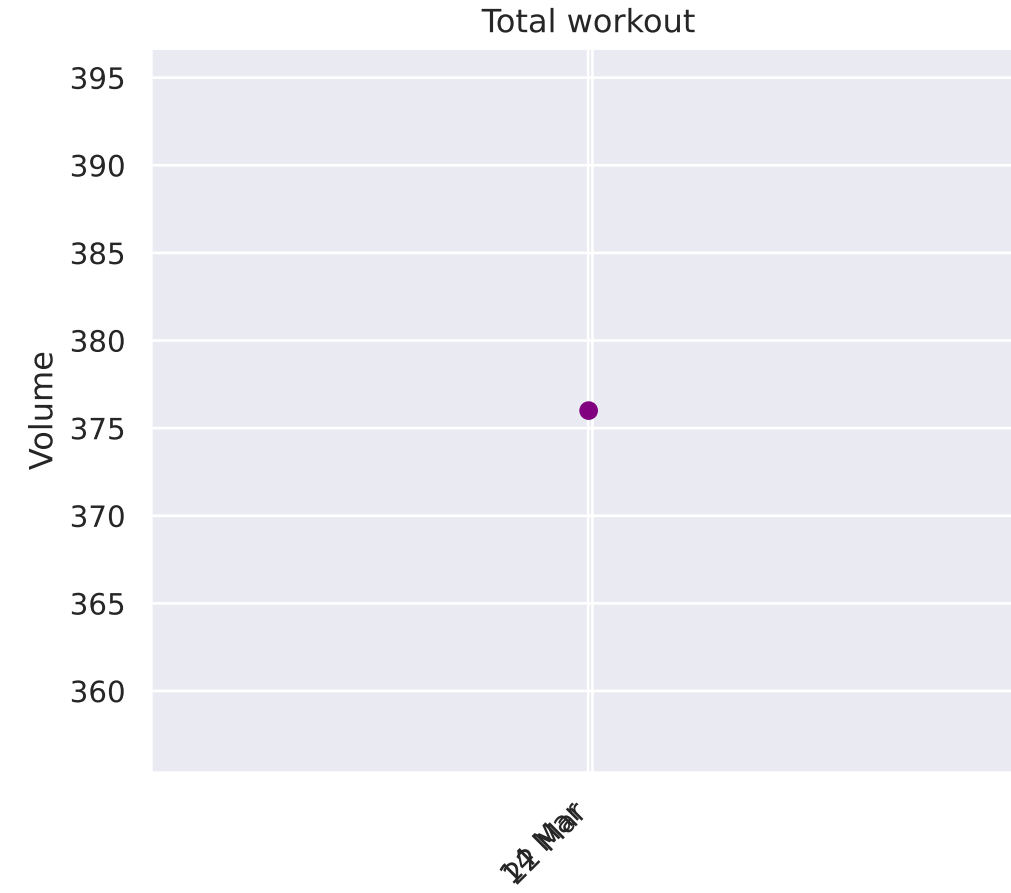


# Hammer Curl (Cable)

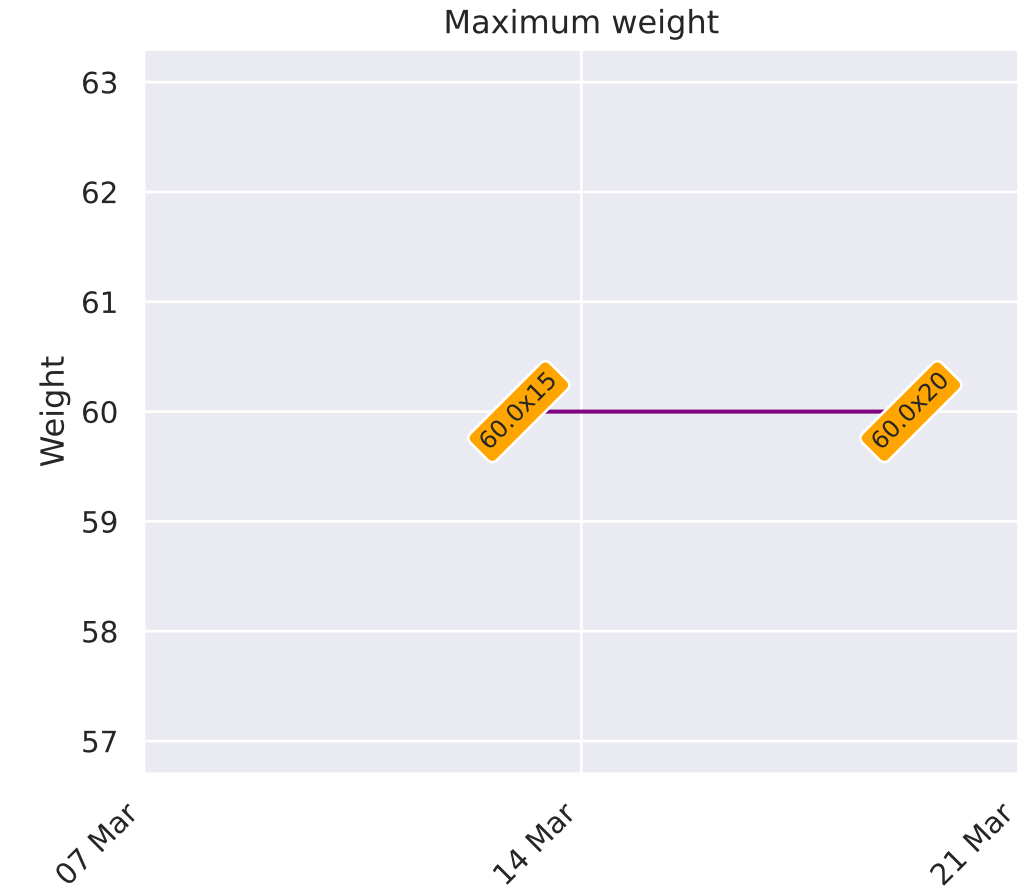
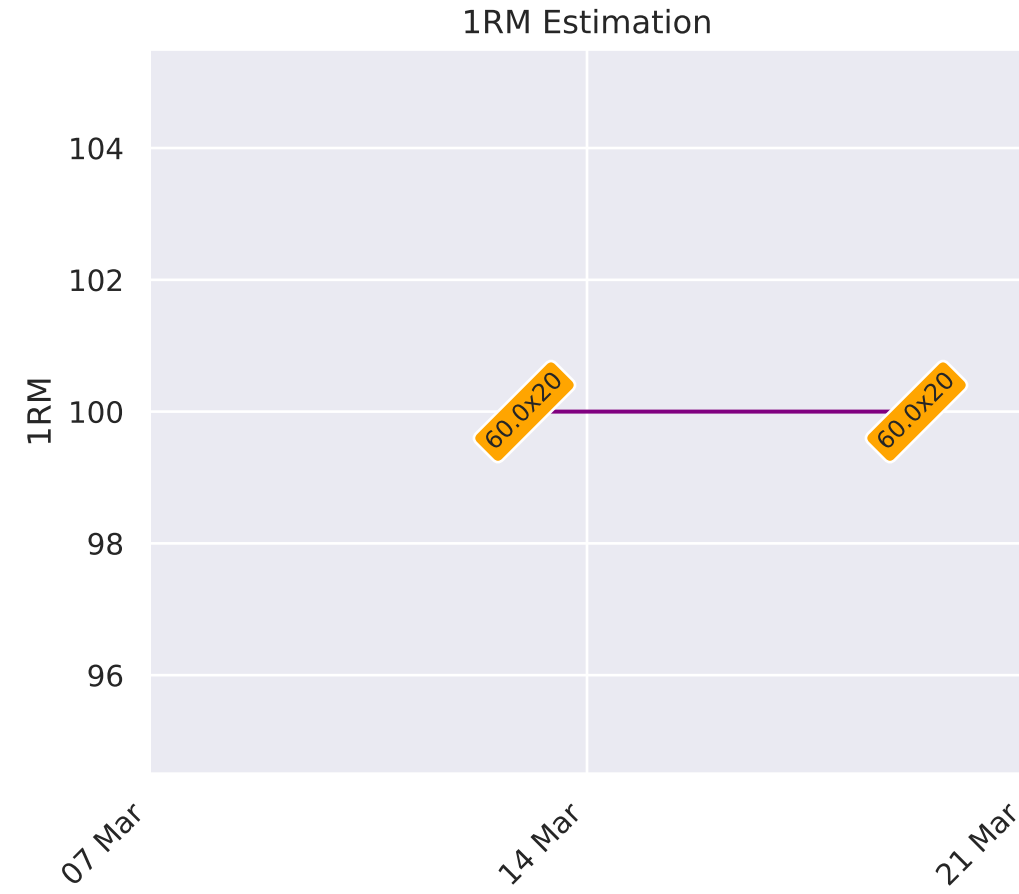
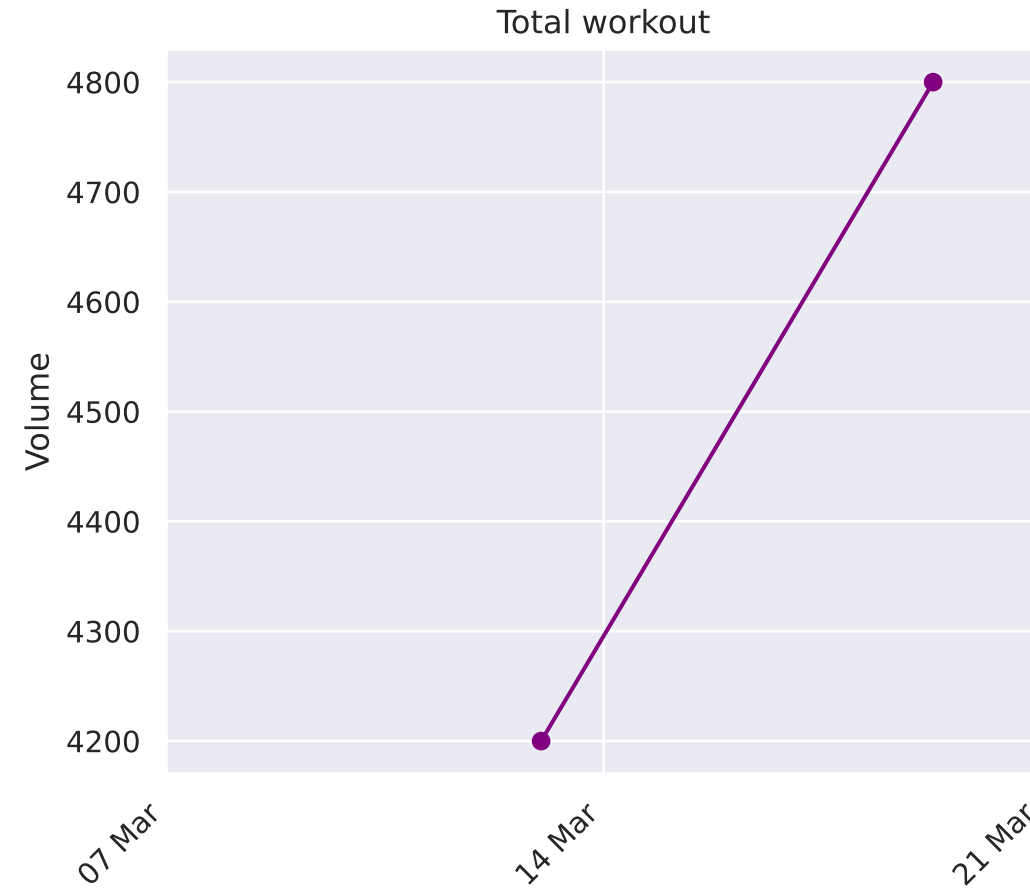




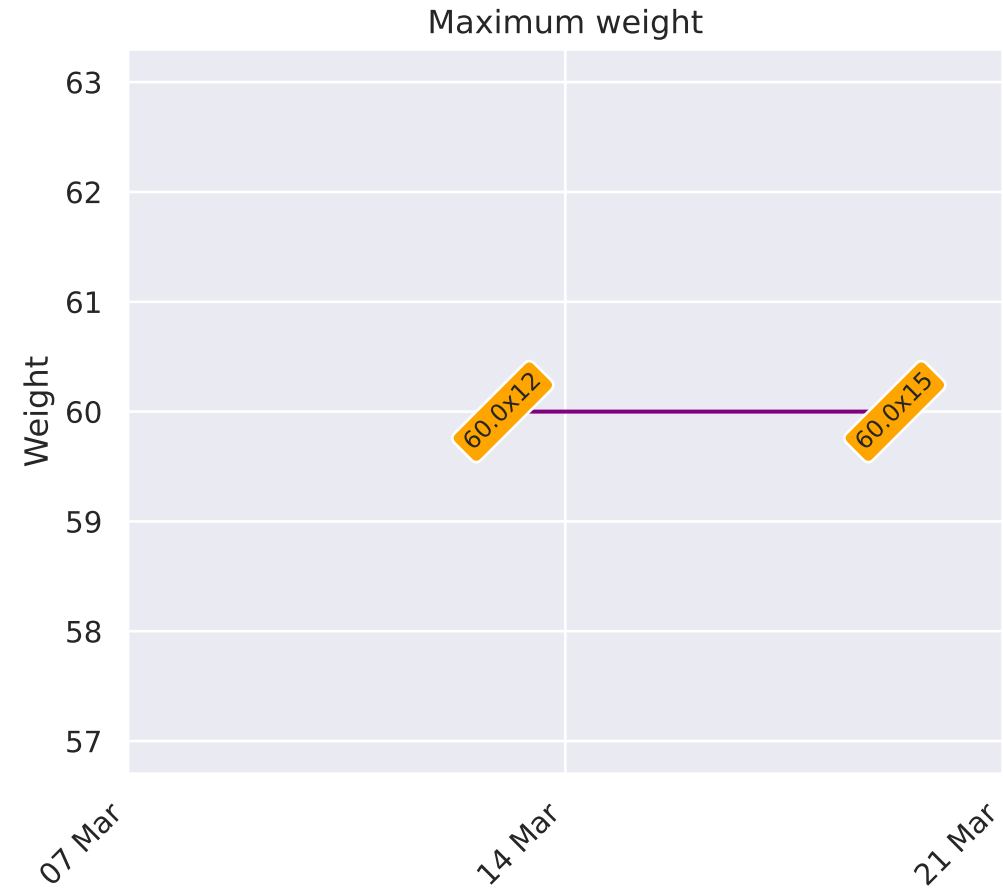
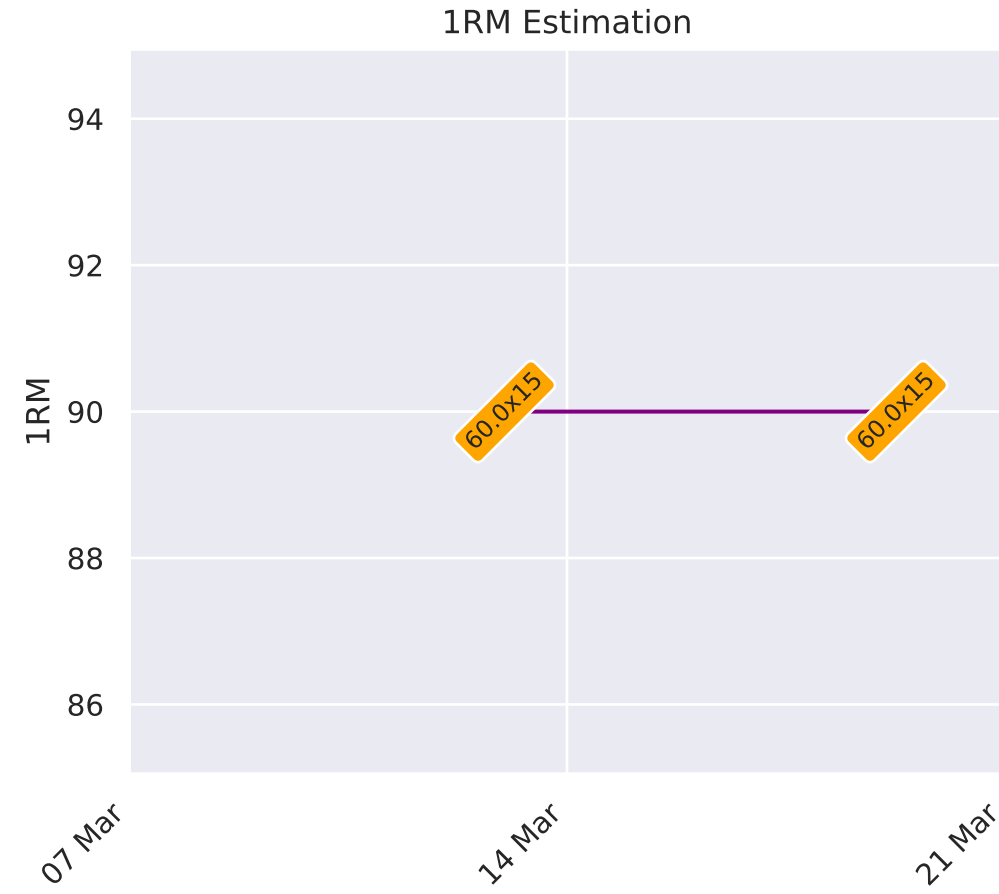
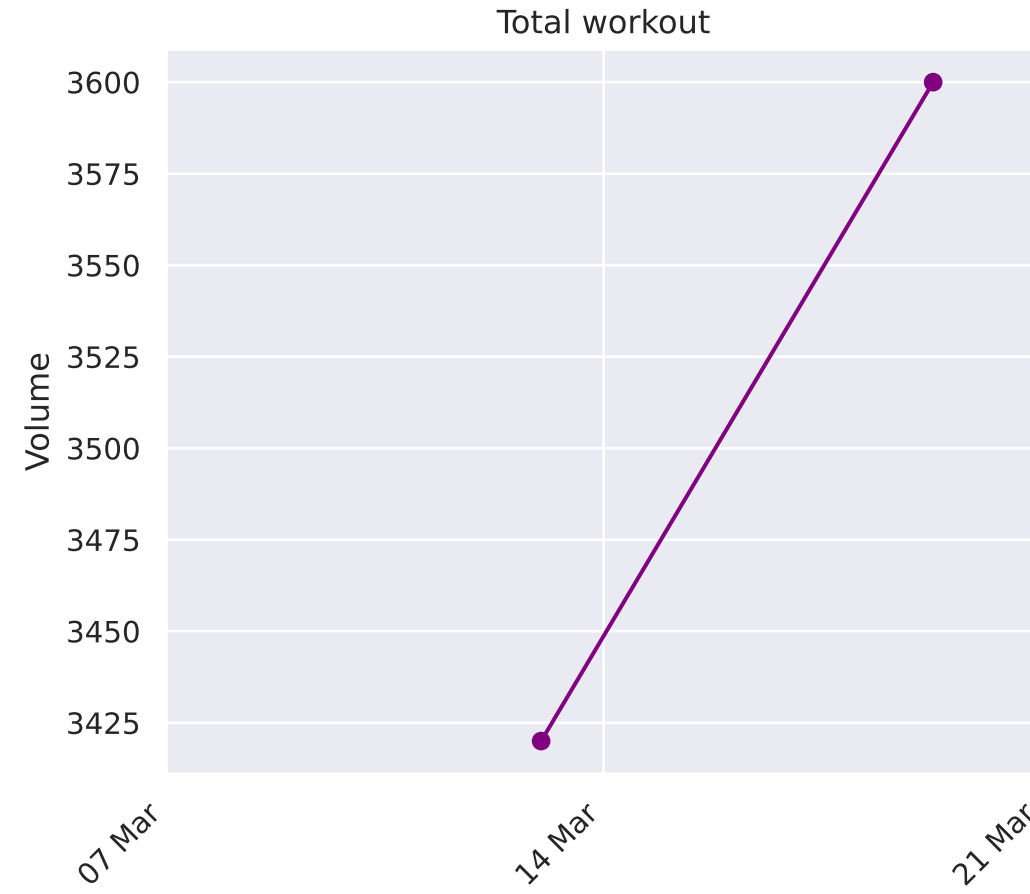
# Hammer Curl (Dumbbell)



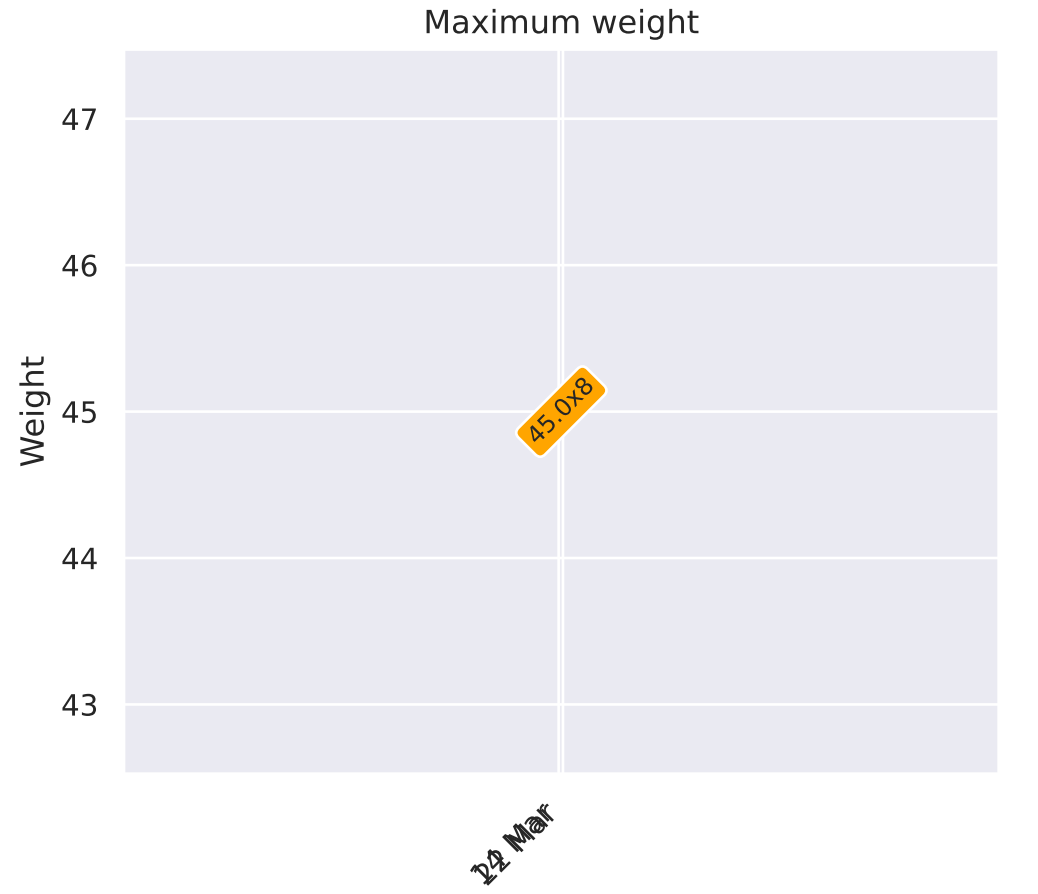
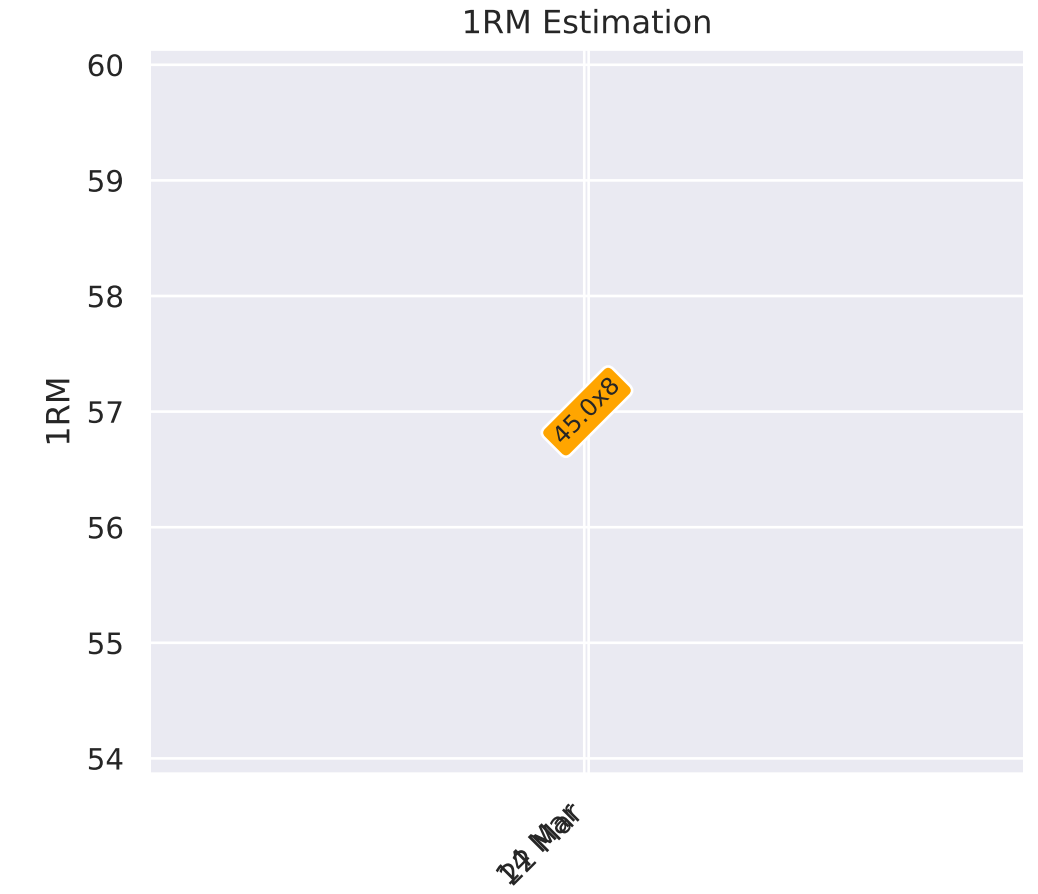
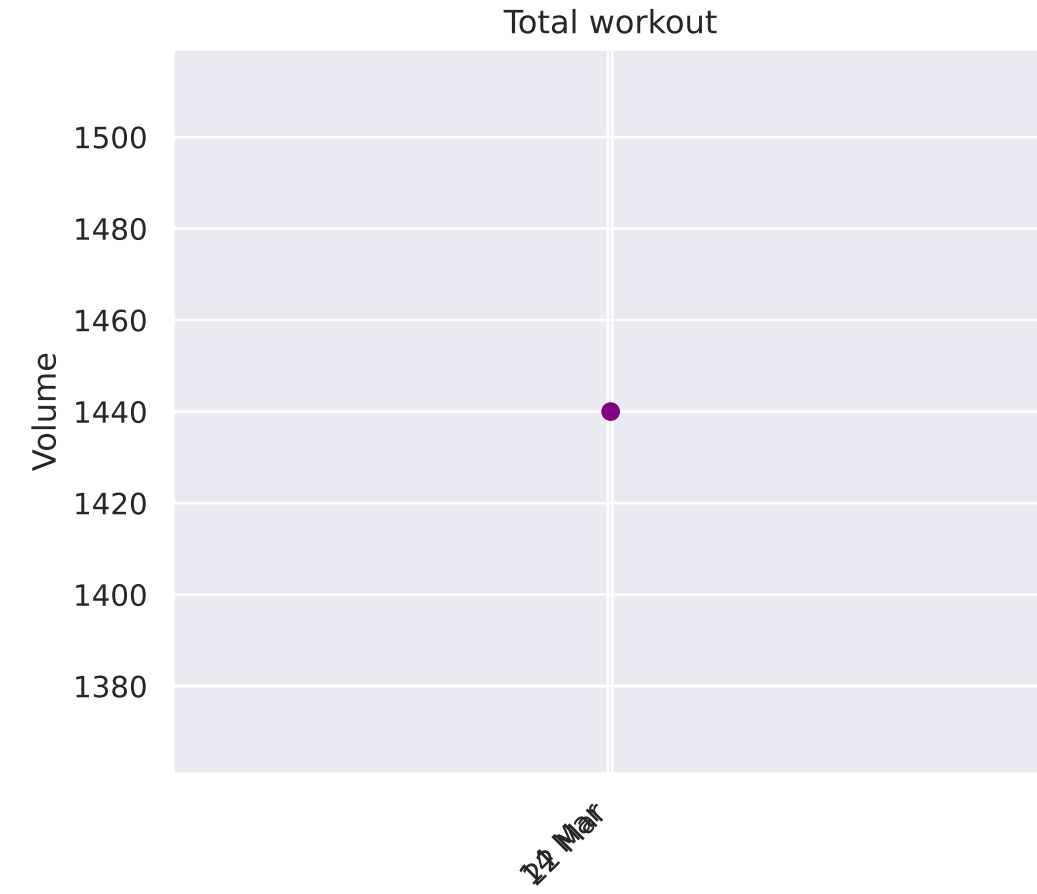
# Hip Abductor (Machine)



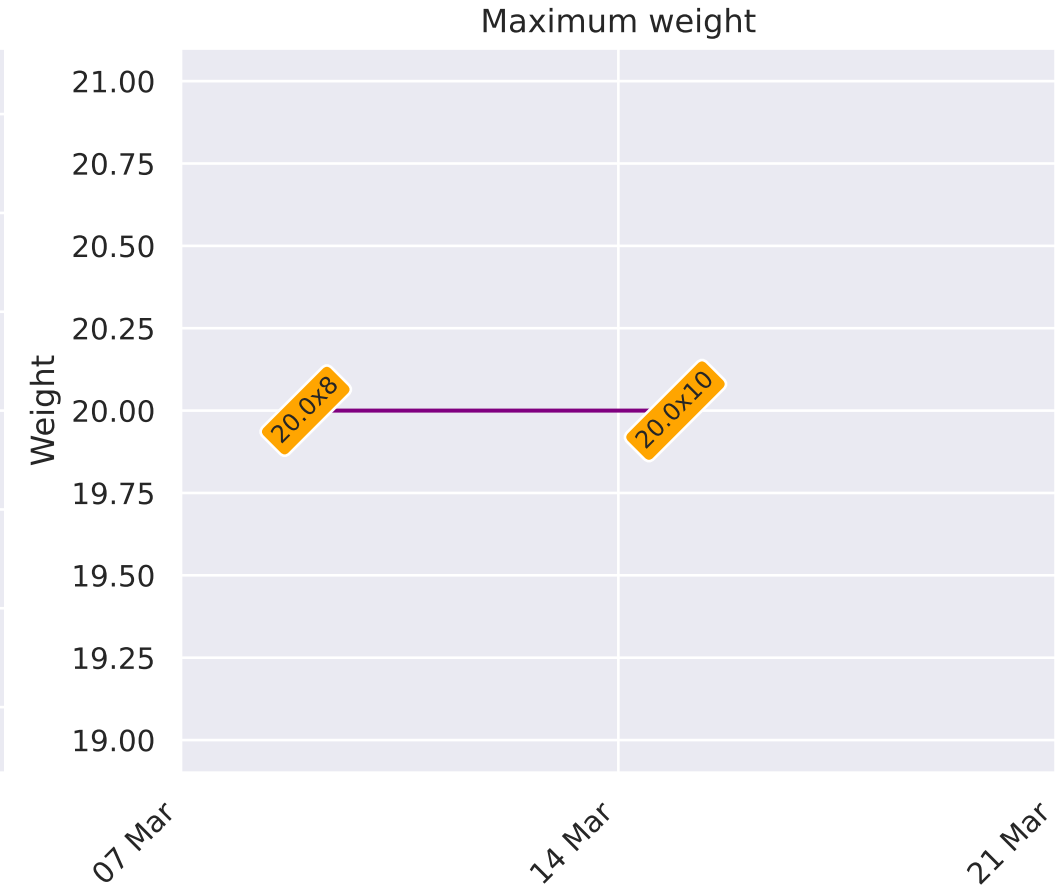
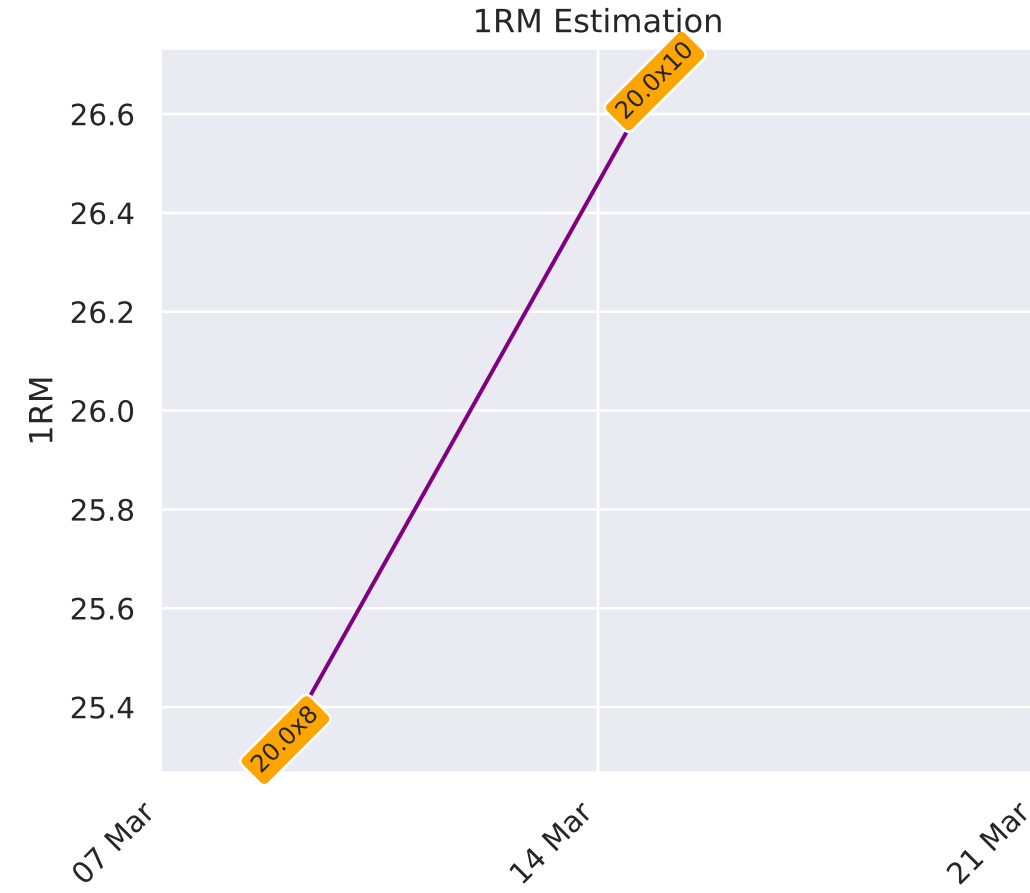
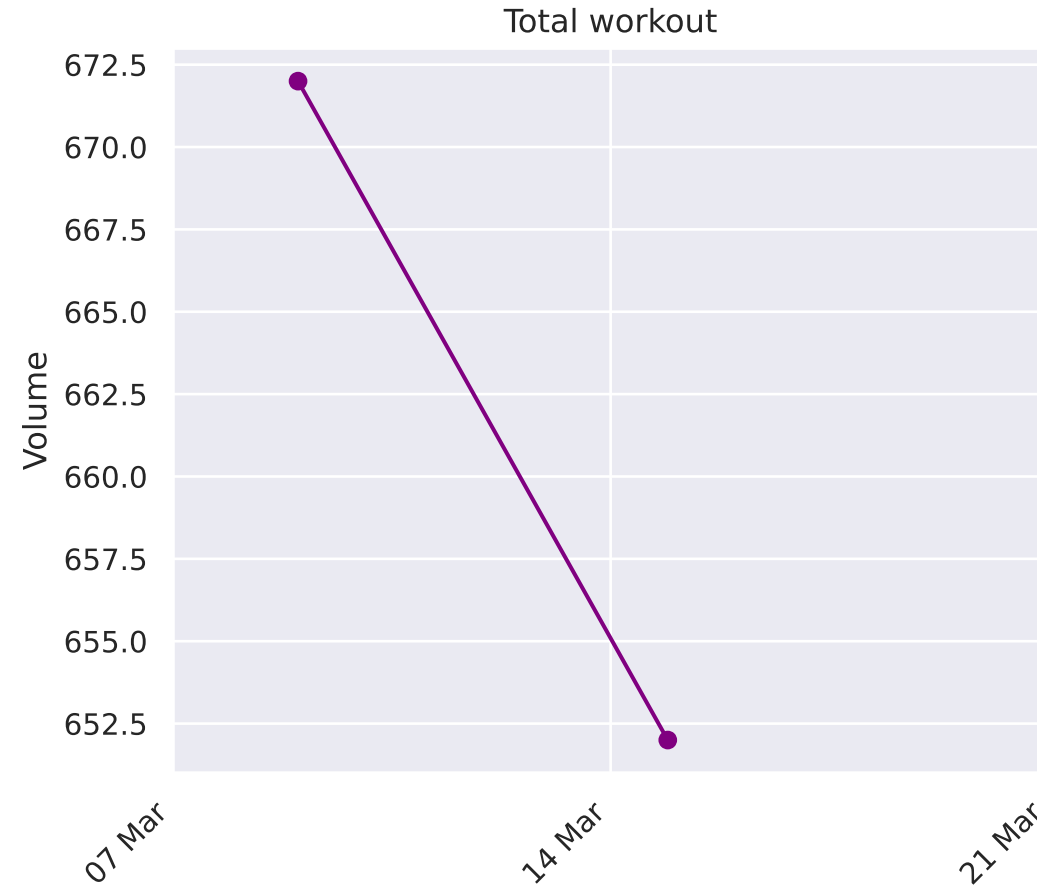
# Hip Adductor (Machine)



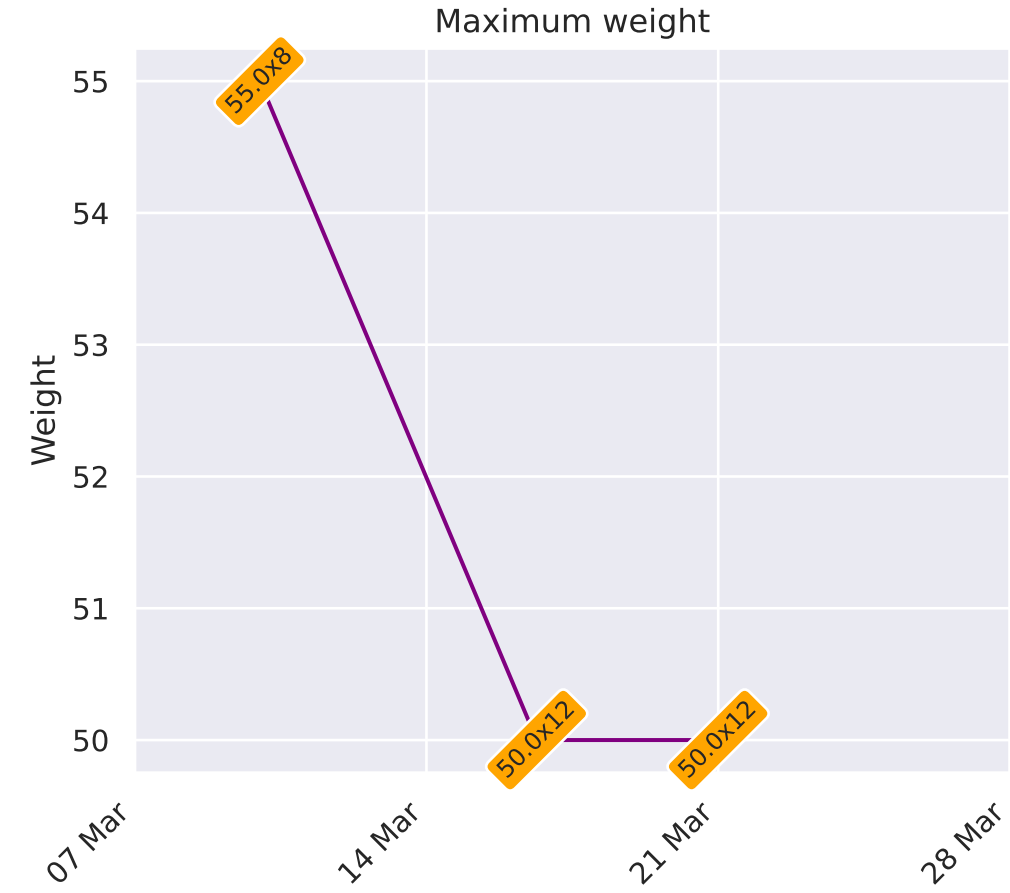
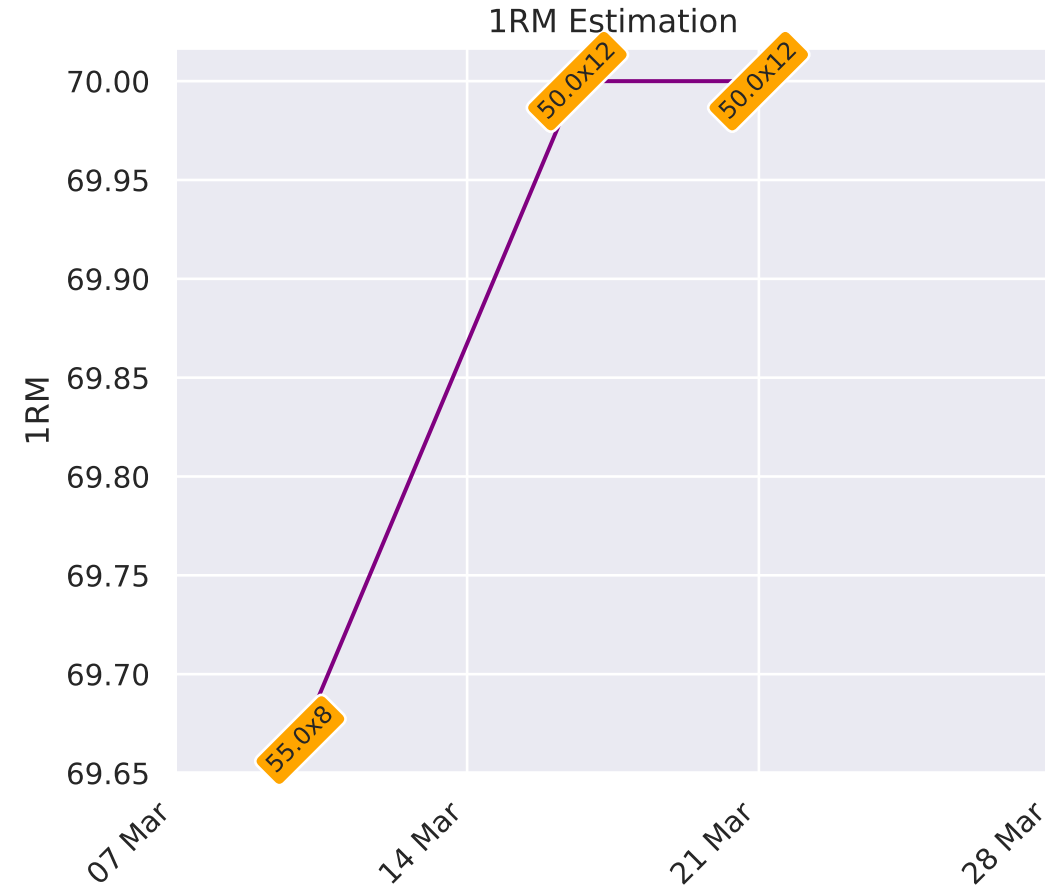
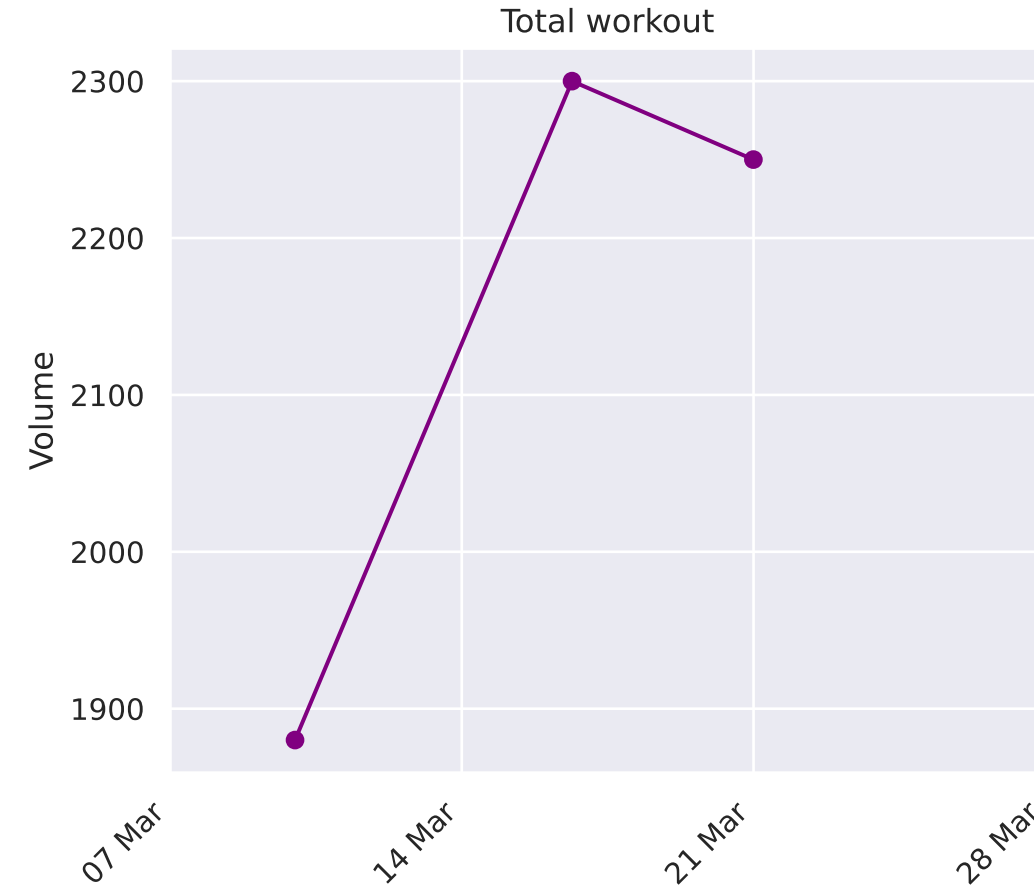
# Hip Thrust (Barbell)



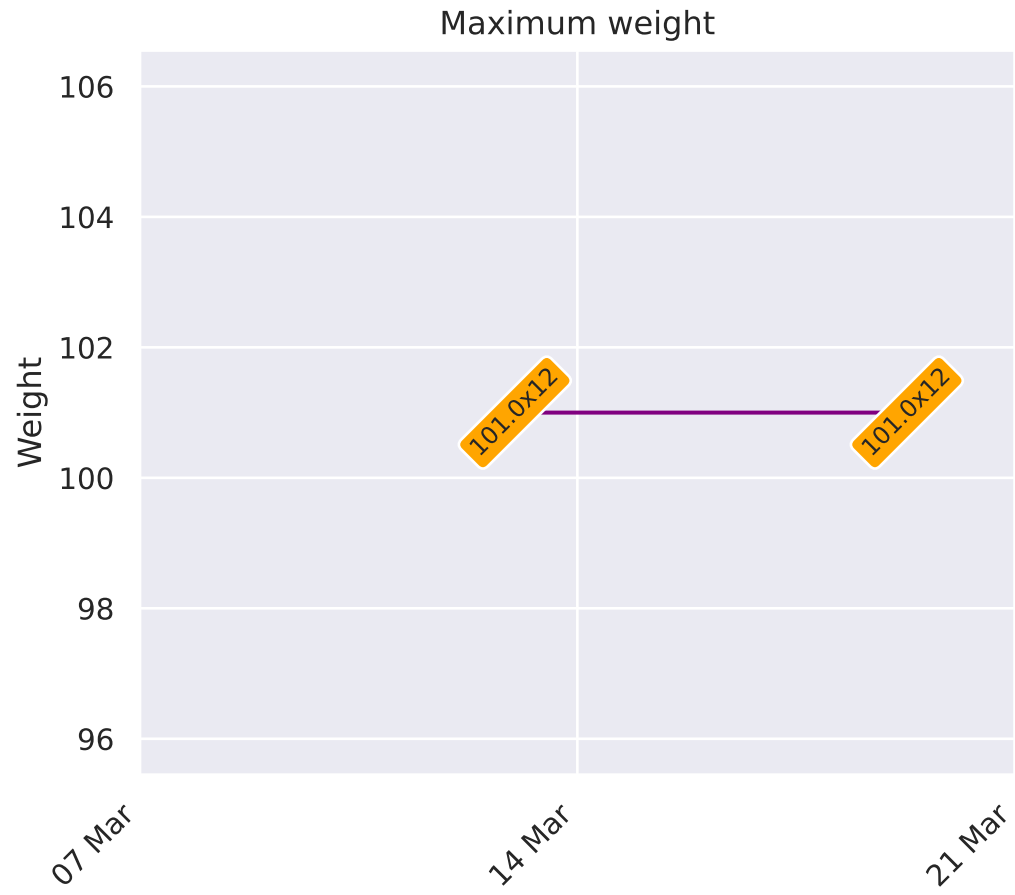
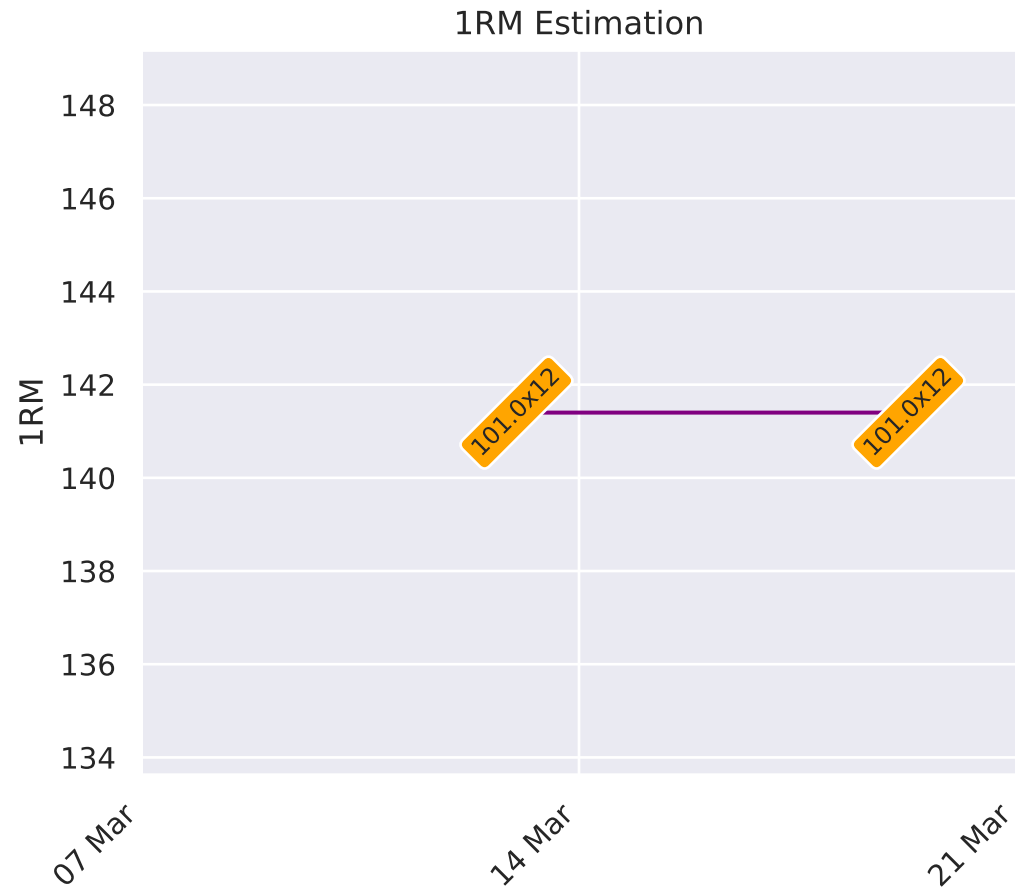
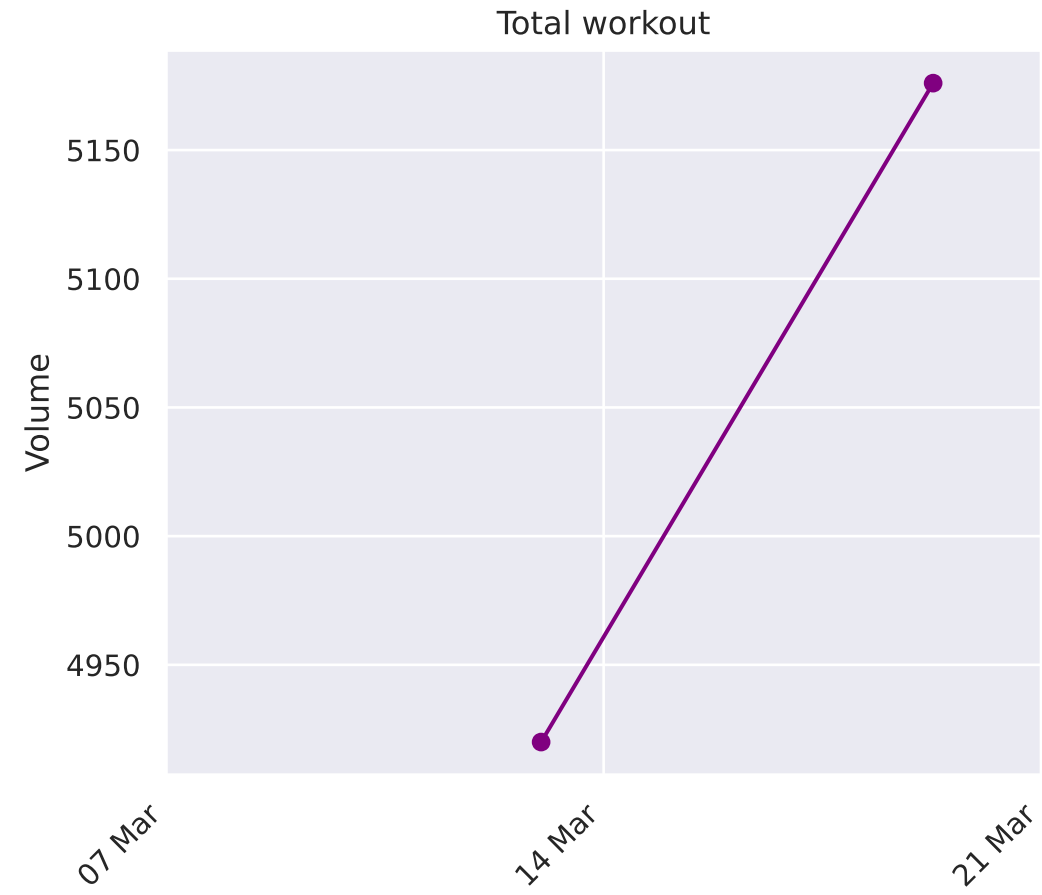
# Incline Bench Press (Dumbbell)



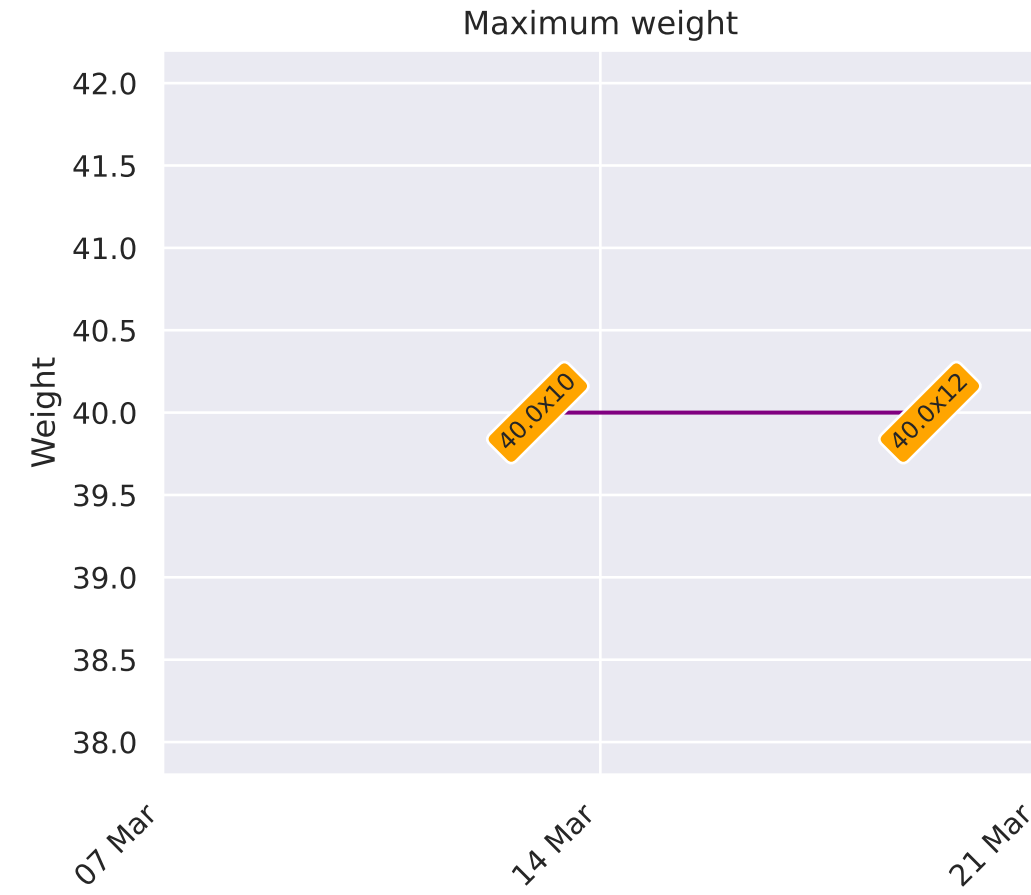
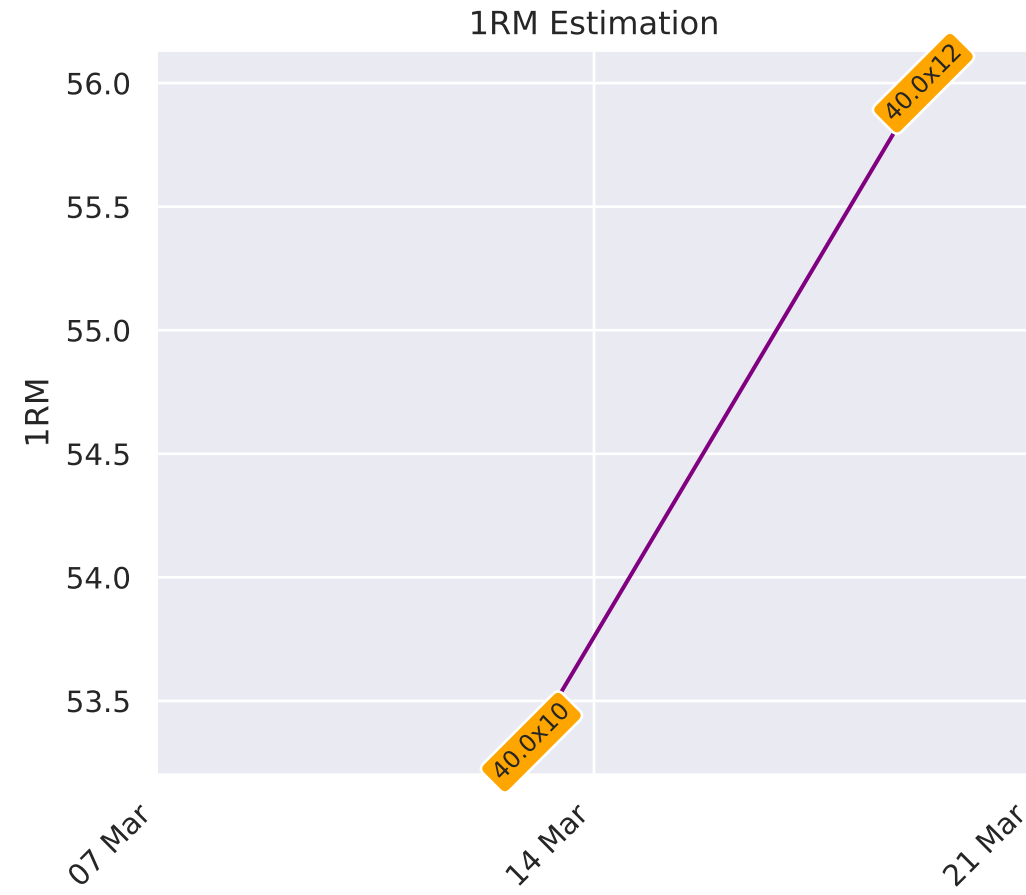
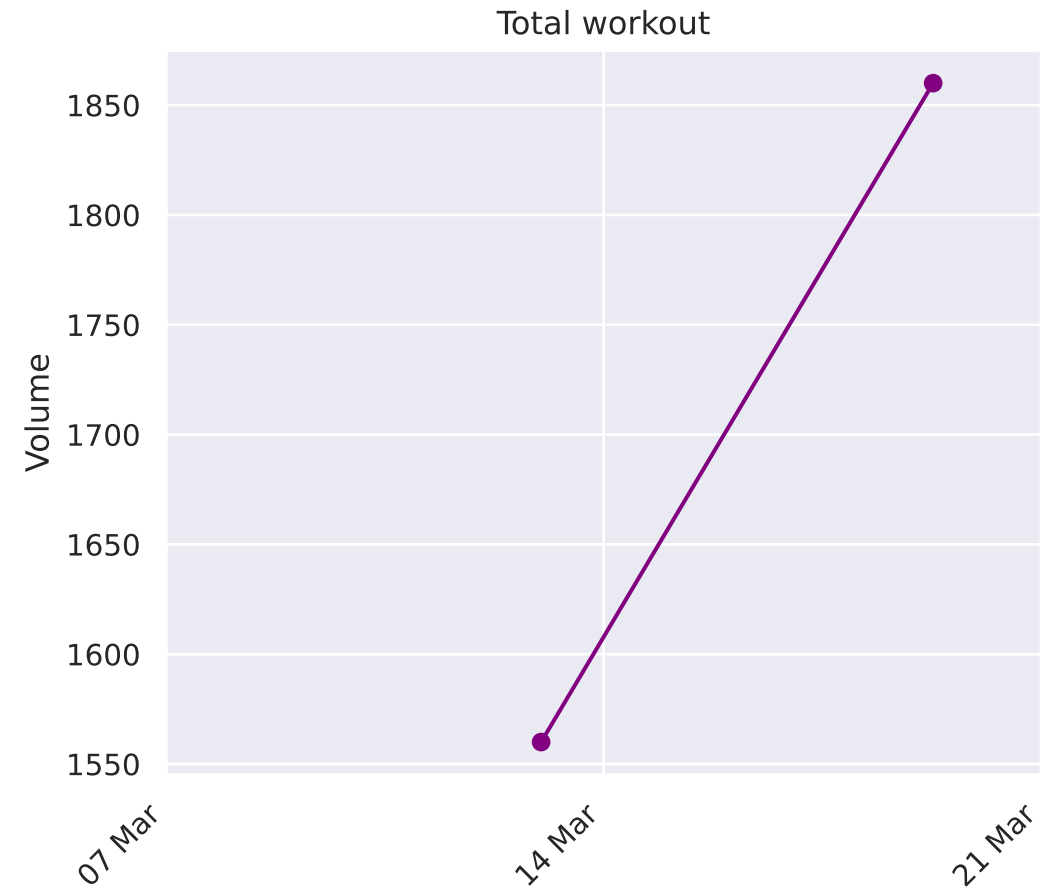
## Lat Pulldown (Cable)



## Leg Press

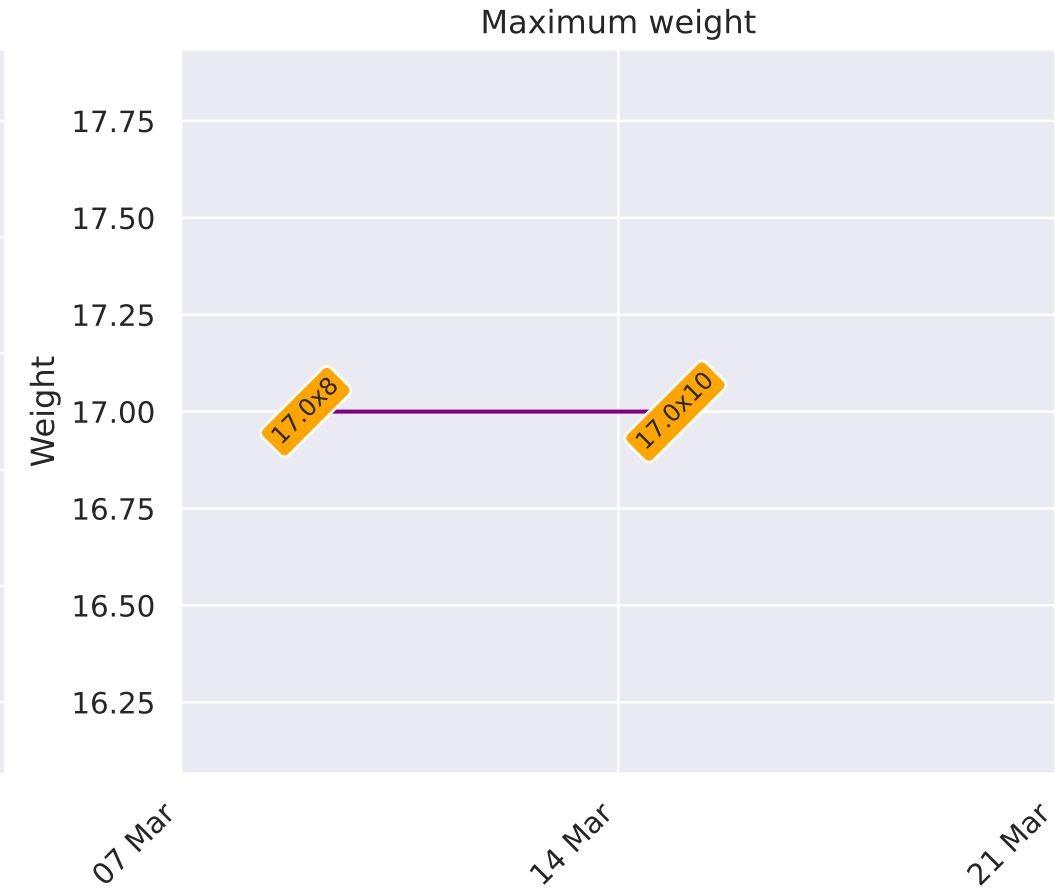
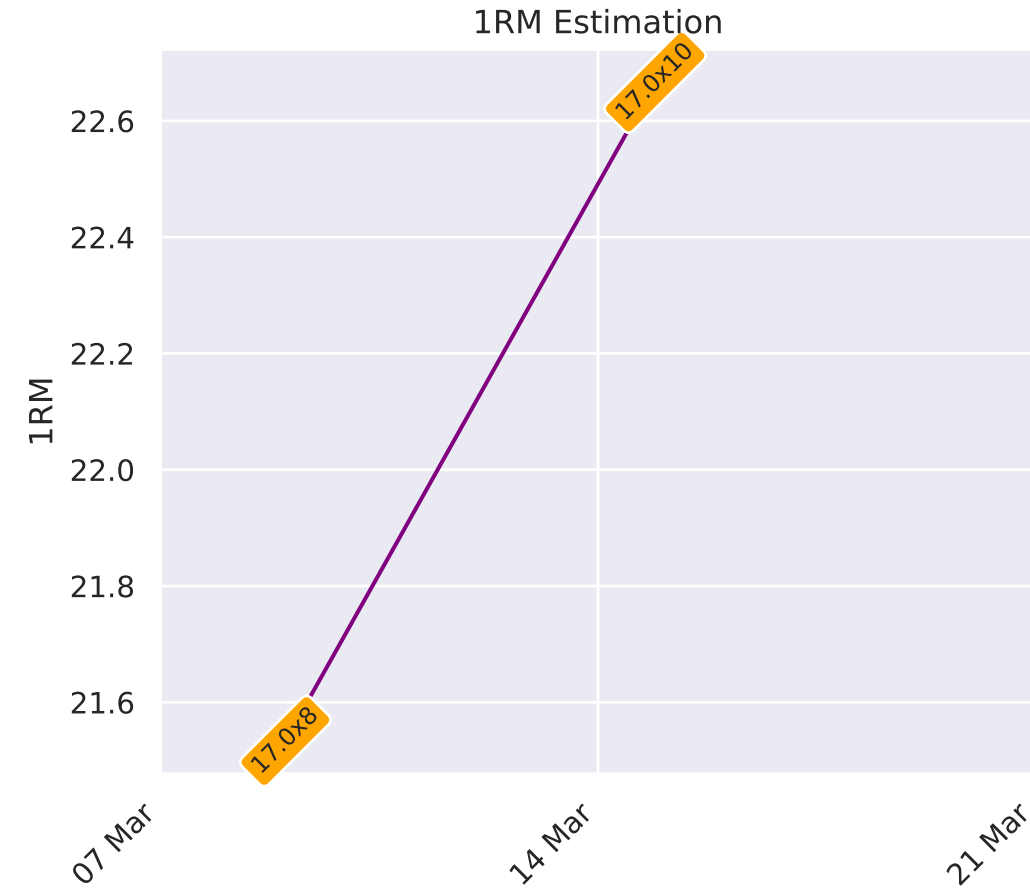
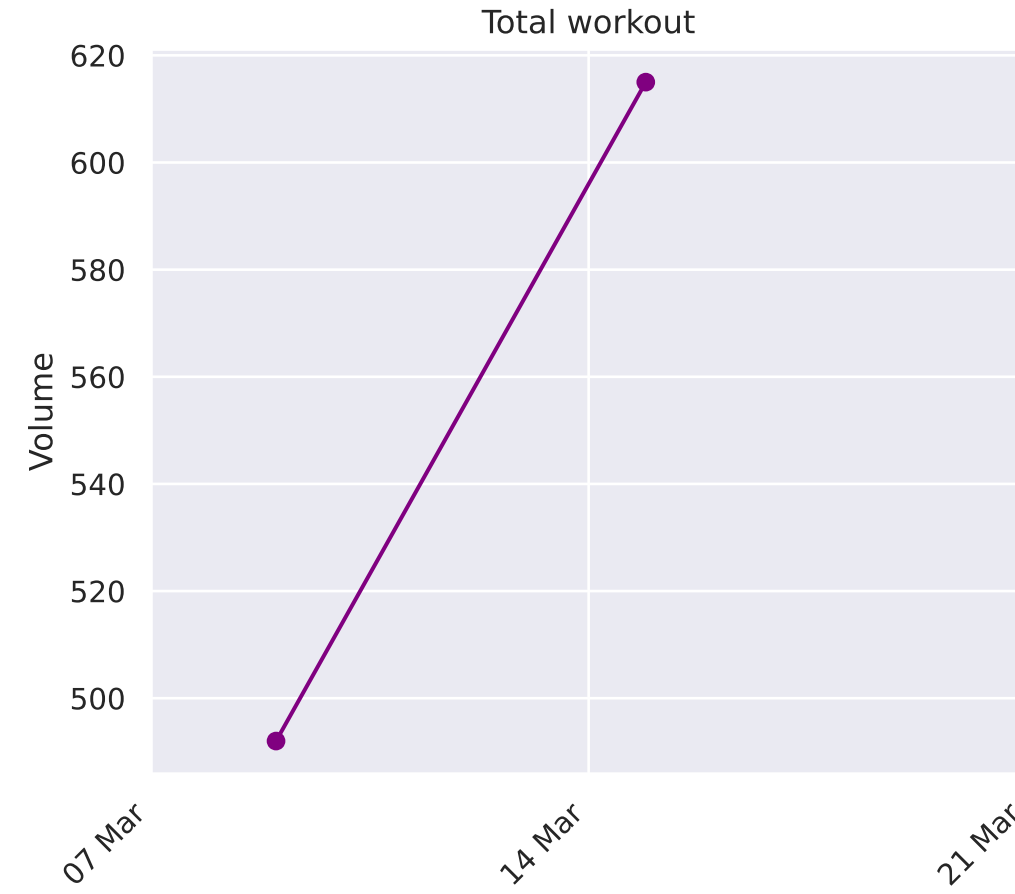


## Lying Leg Curl (Machine)

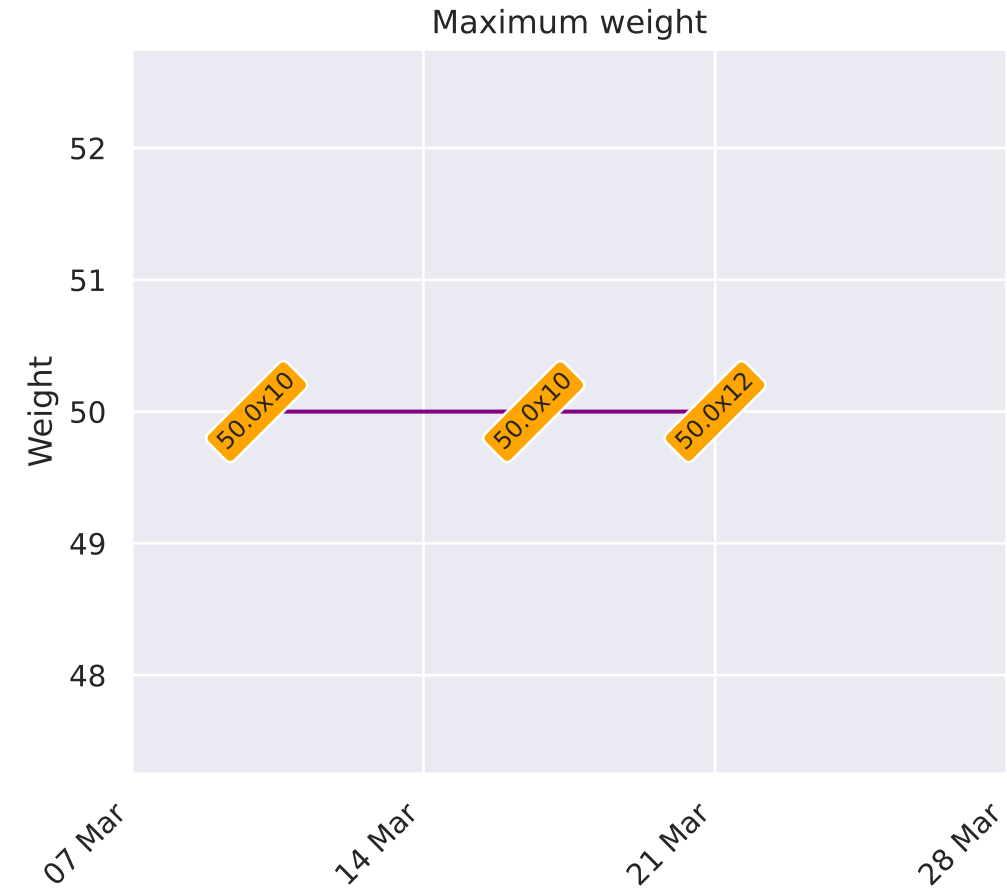
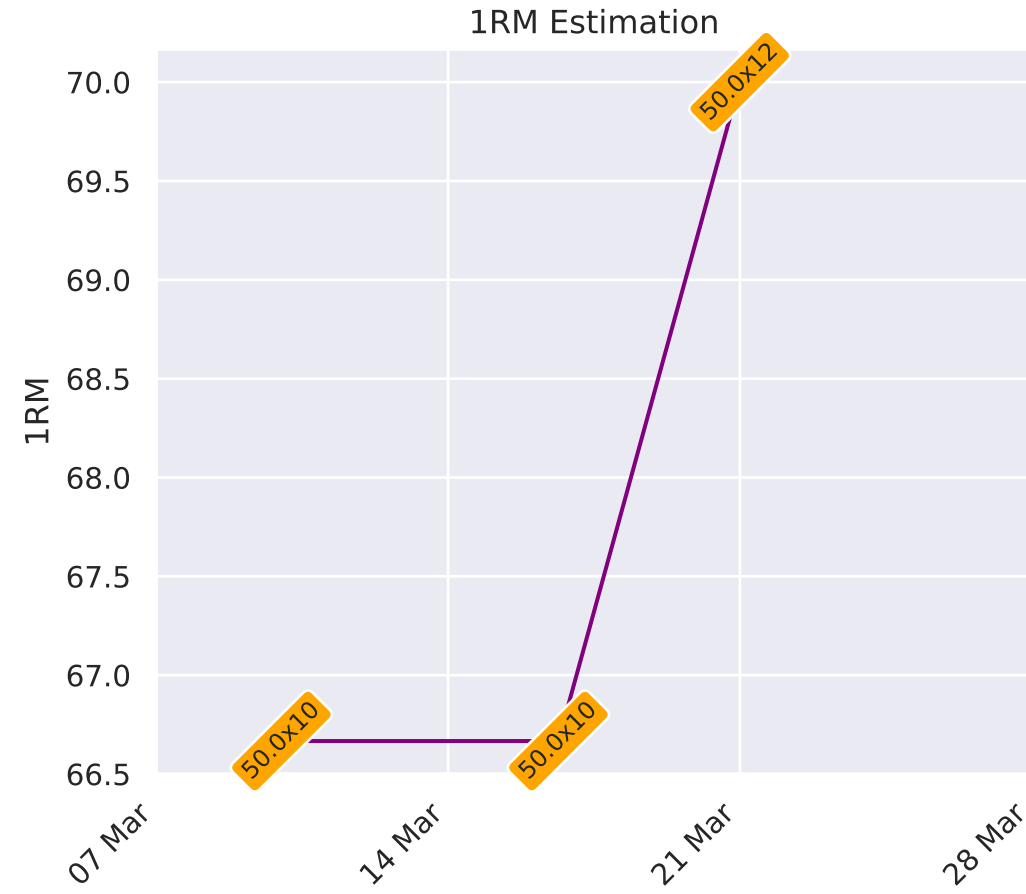
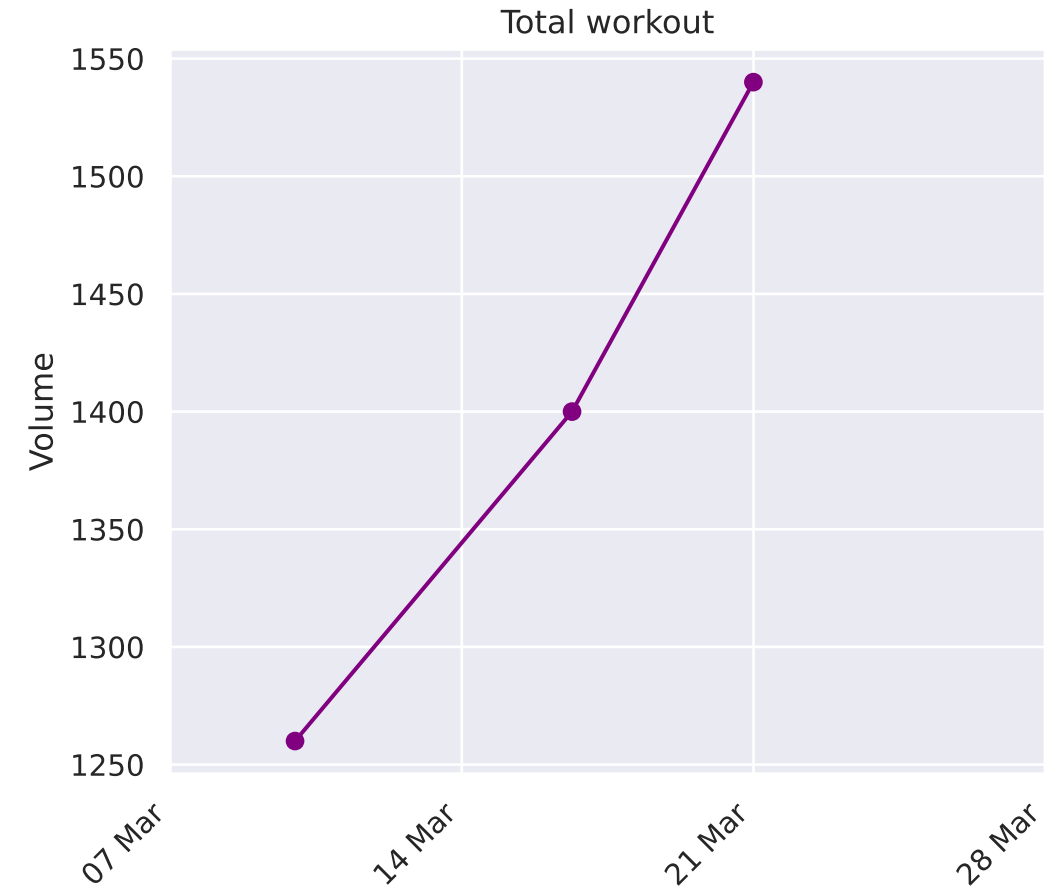




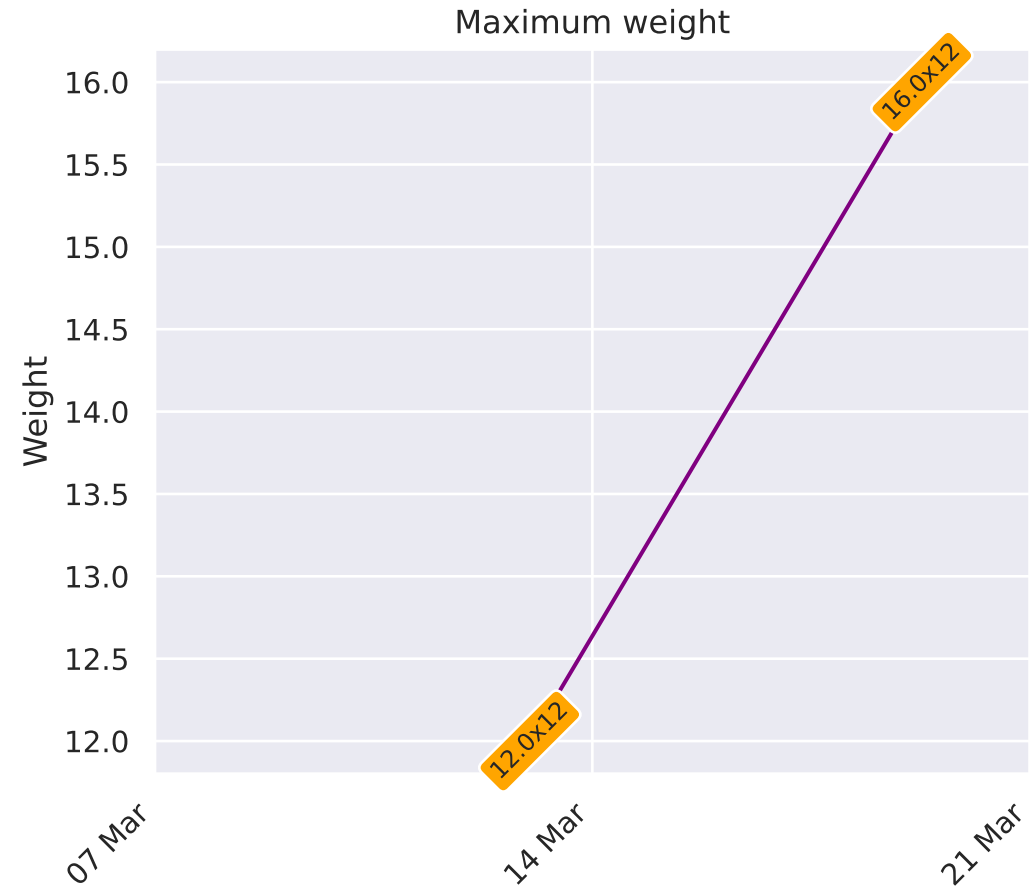
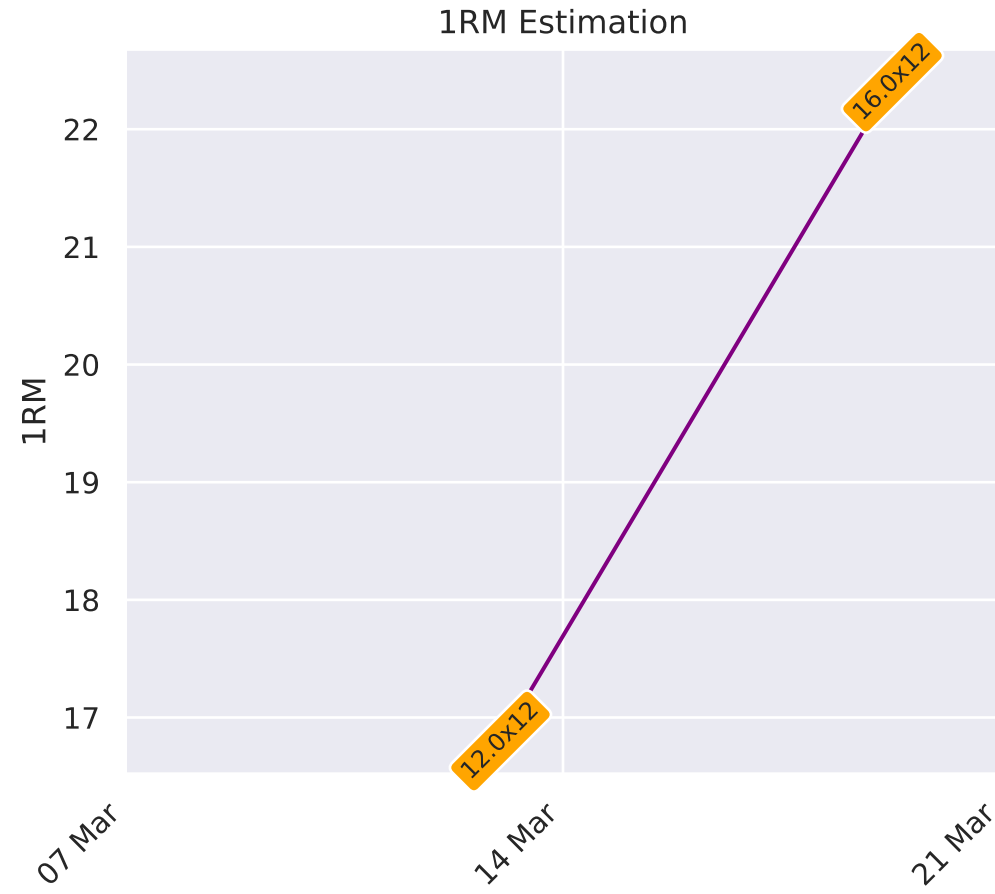
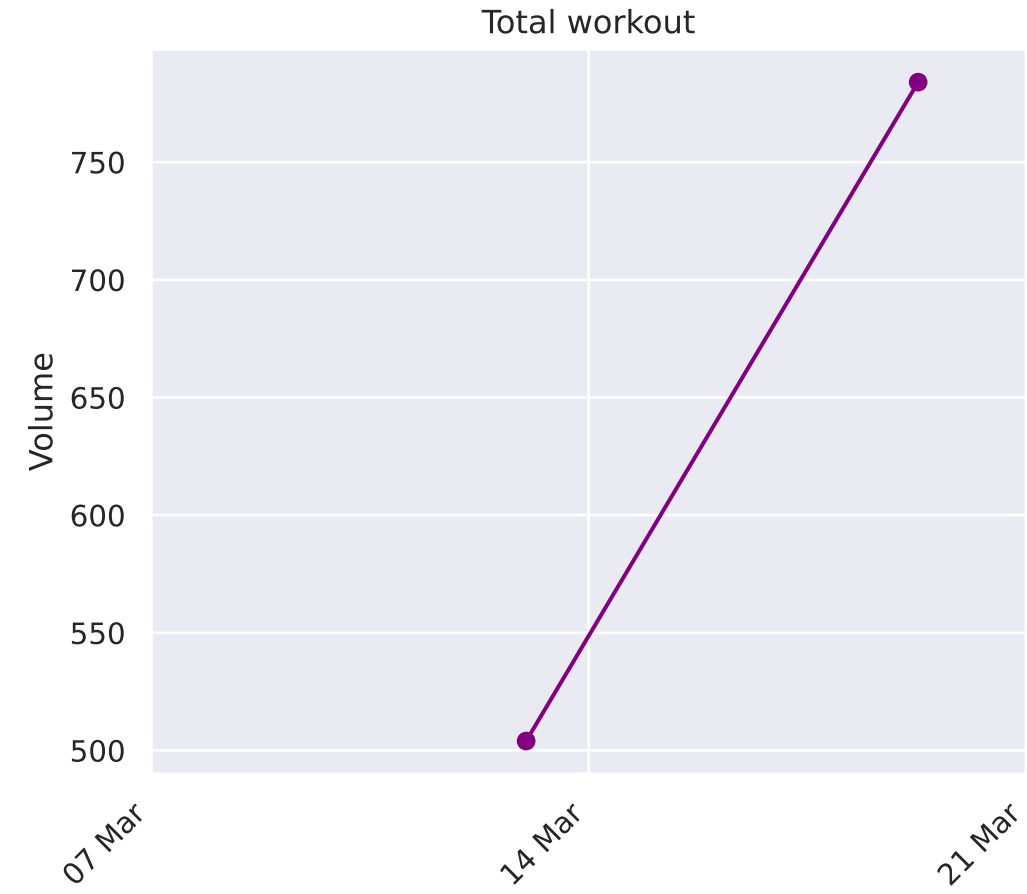
## Preacher Curl (Barbell)

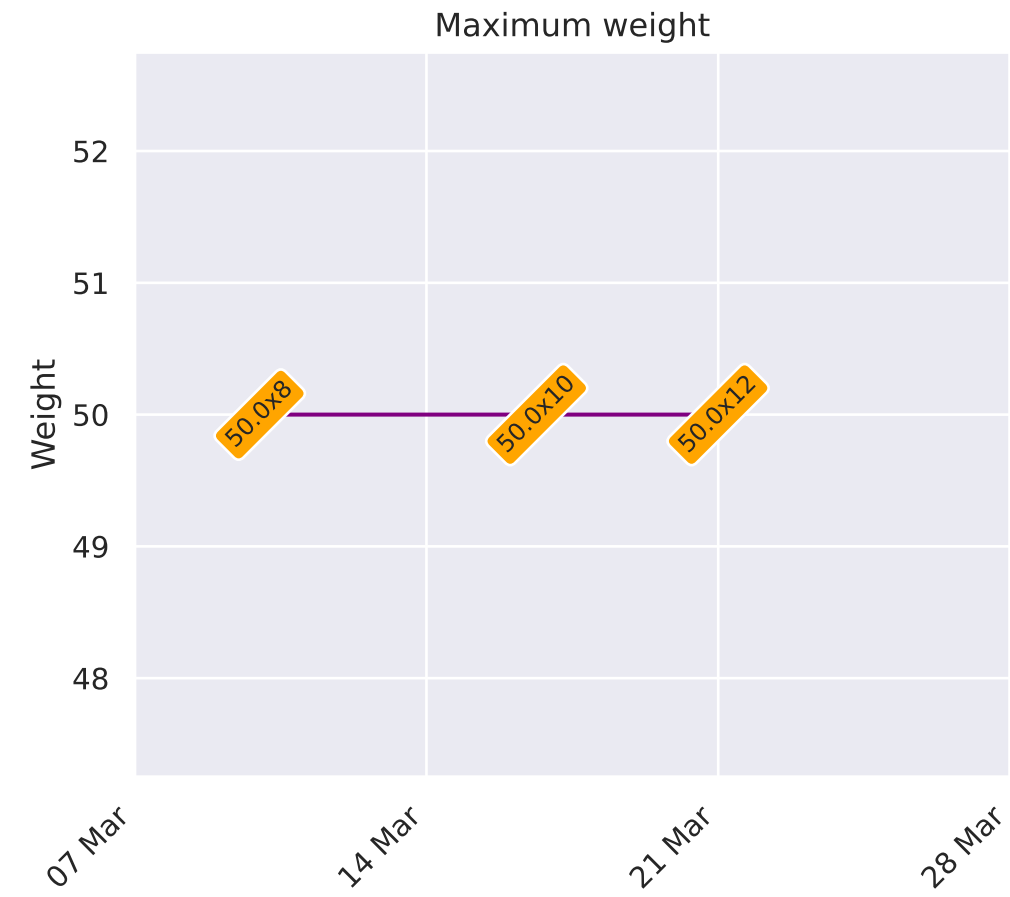
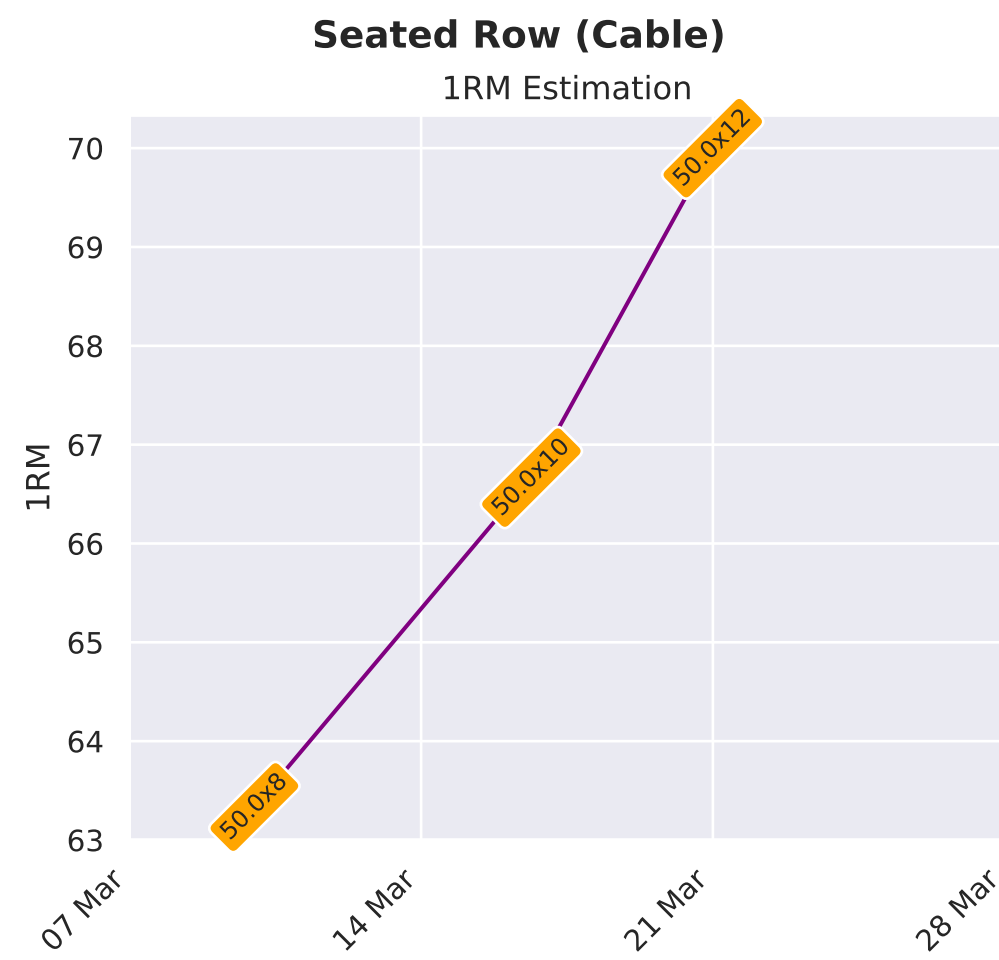
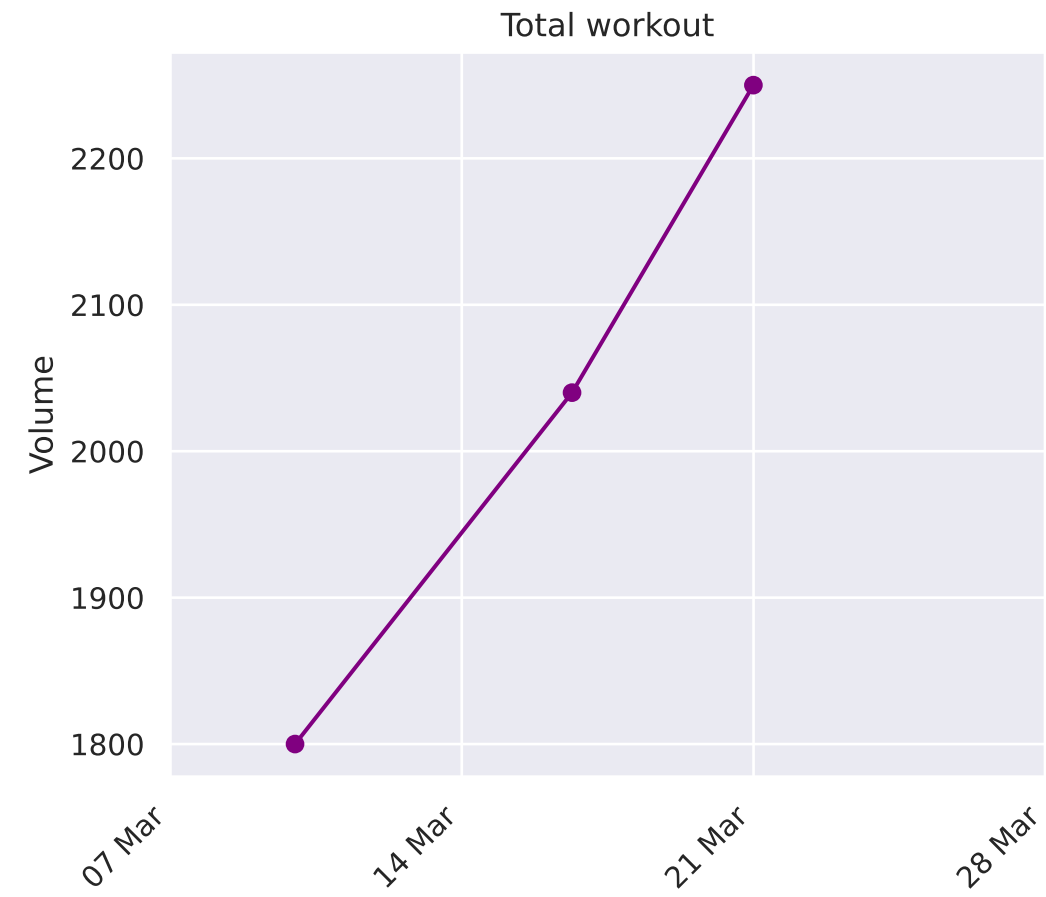


## Pull Up (Assisted)

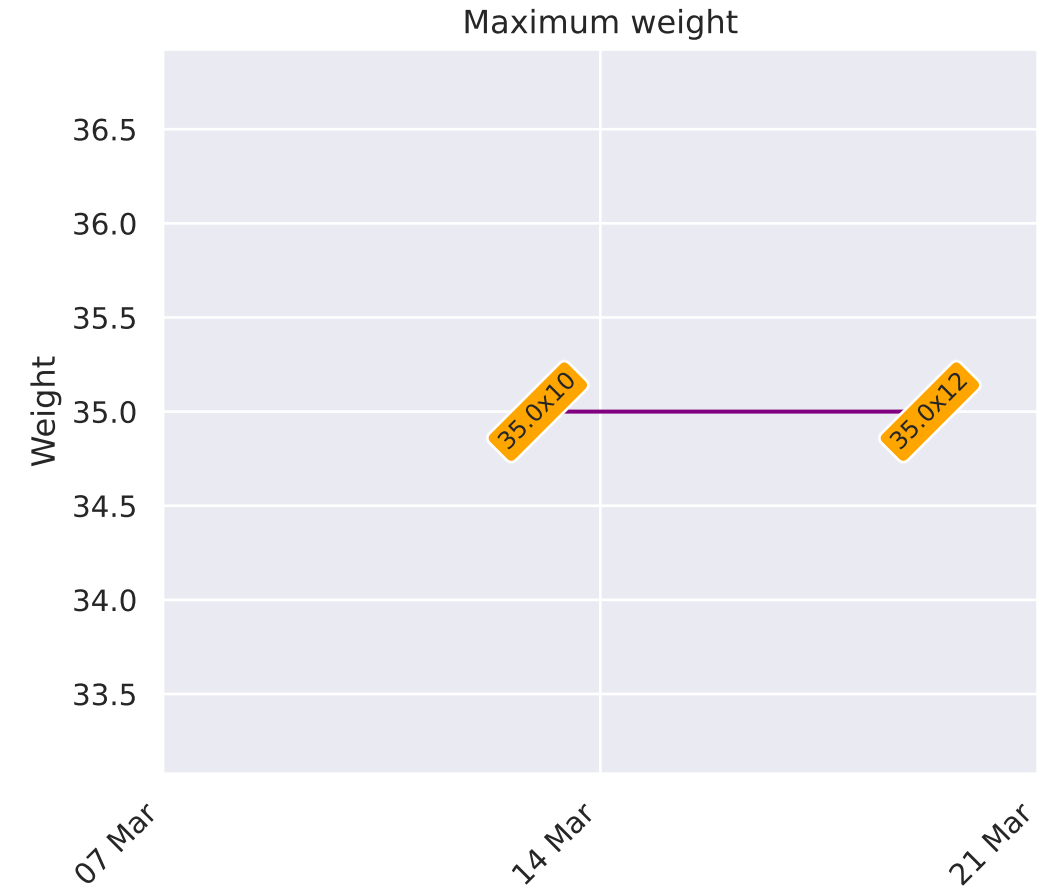
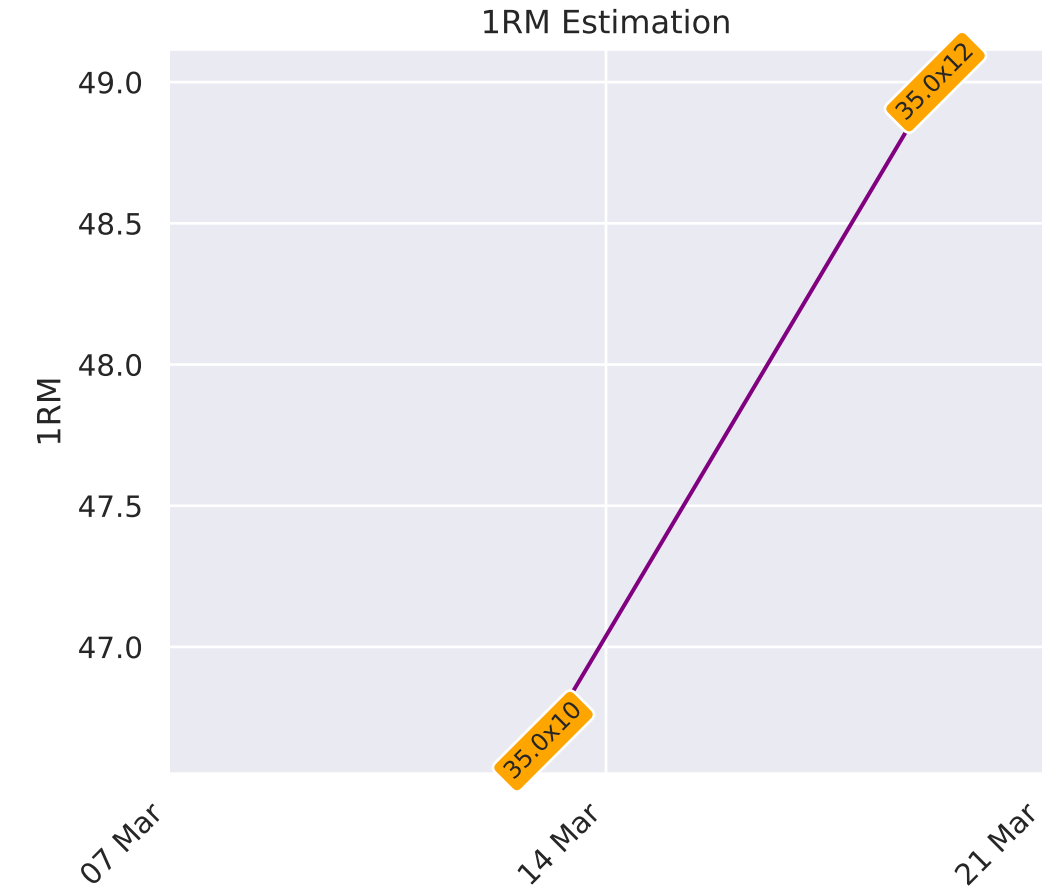
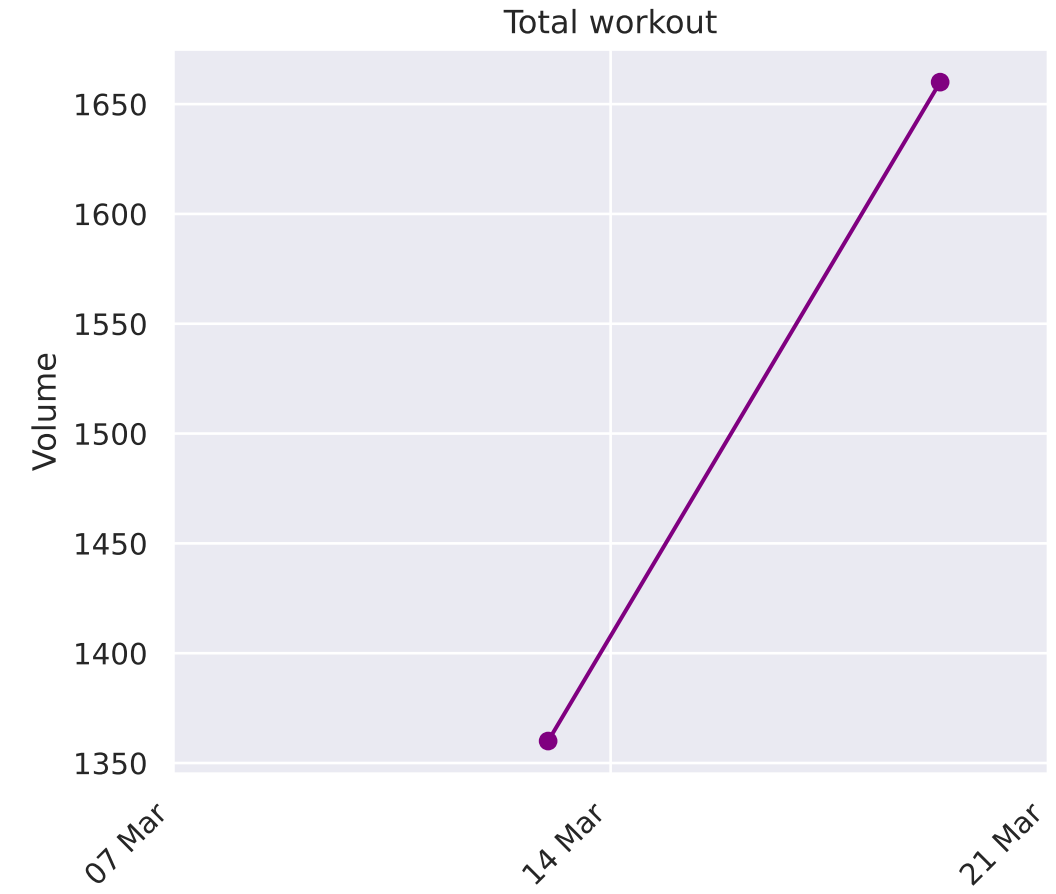


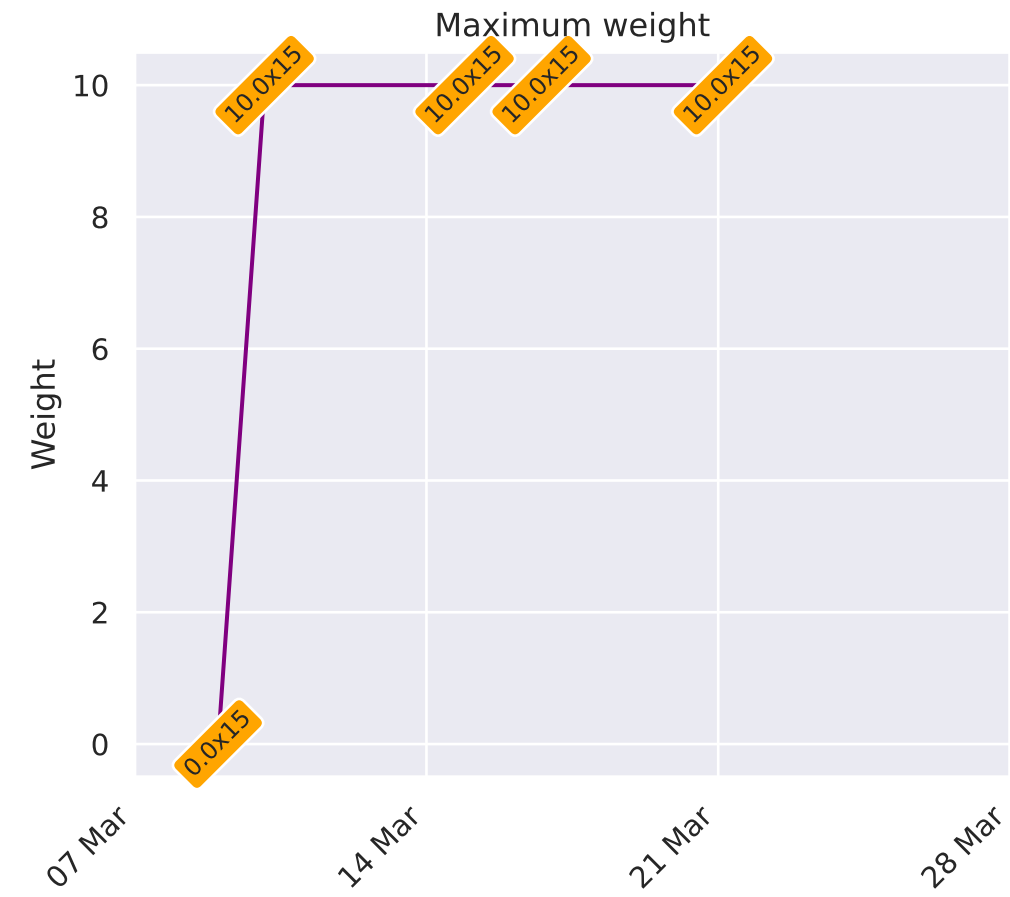
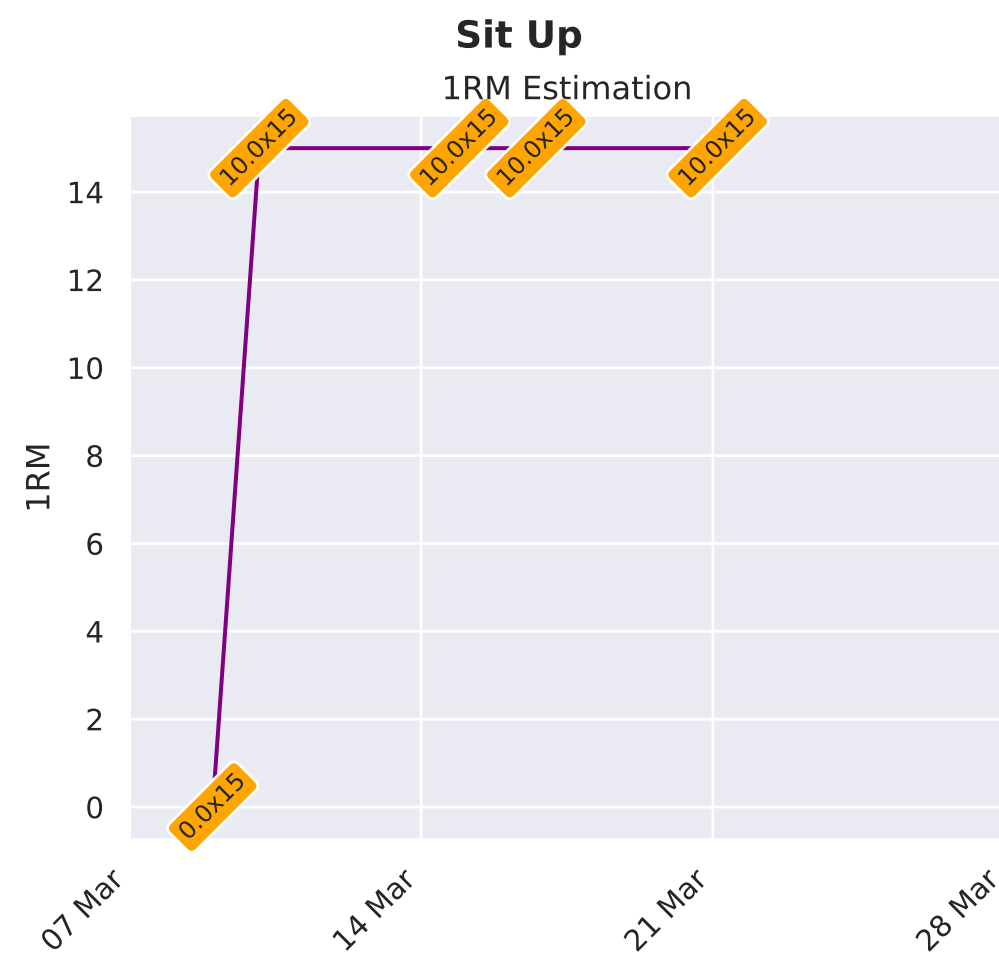
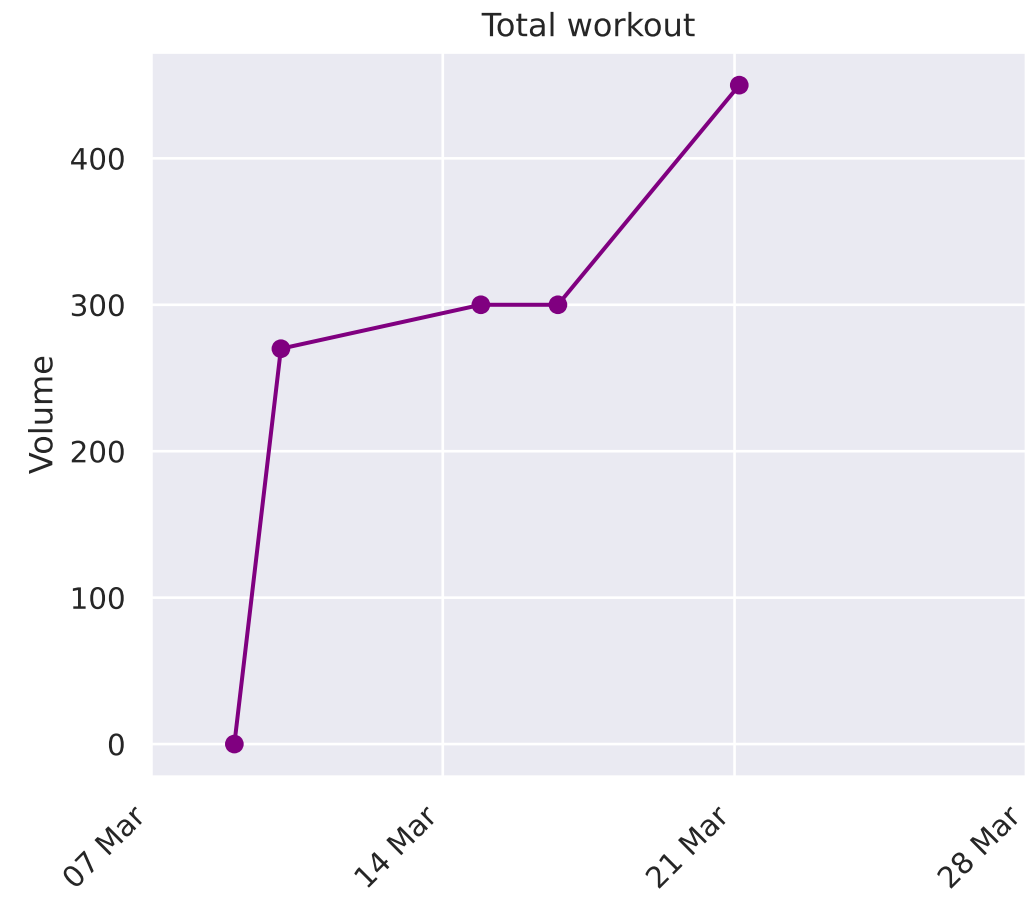
## Seated Overhead Press (Dumbbell)



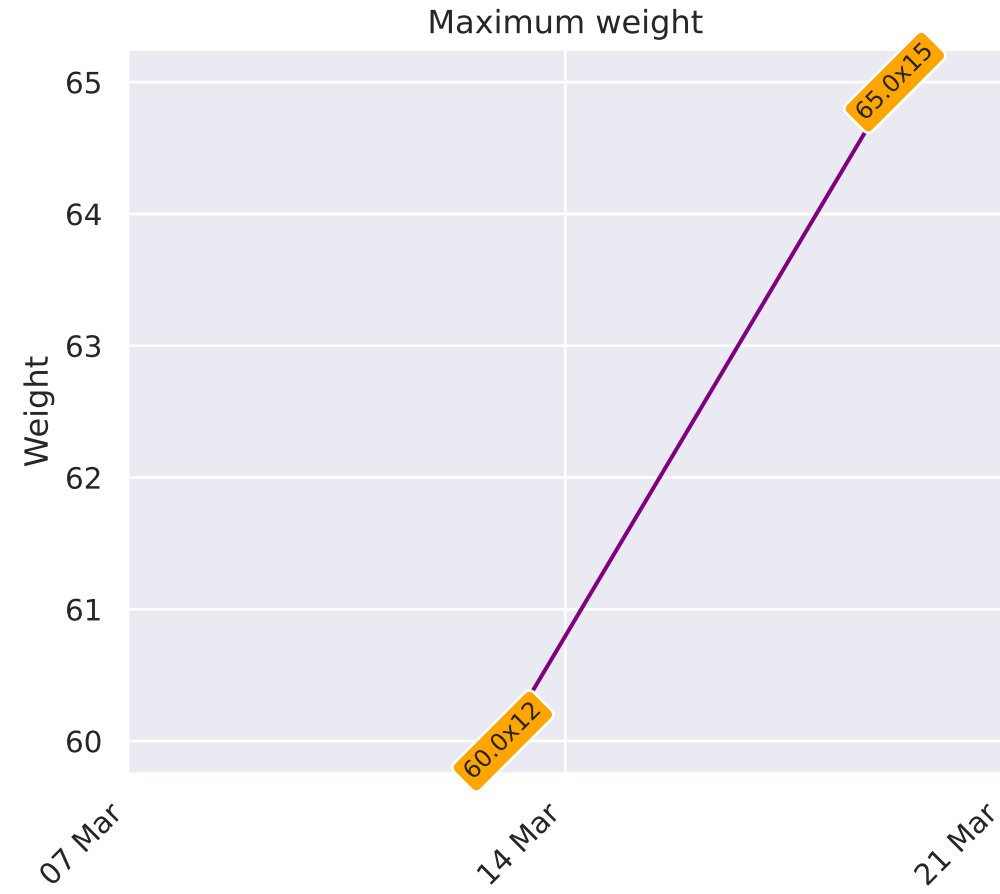
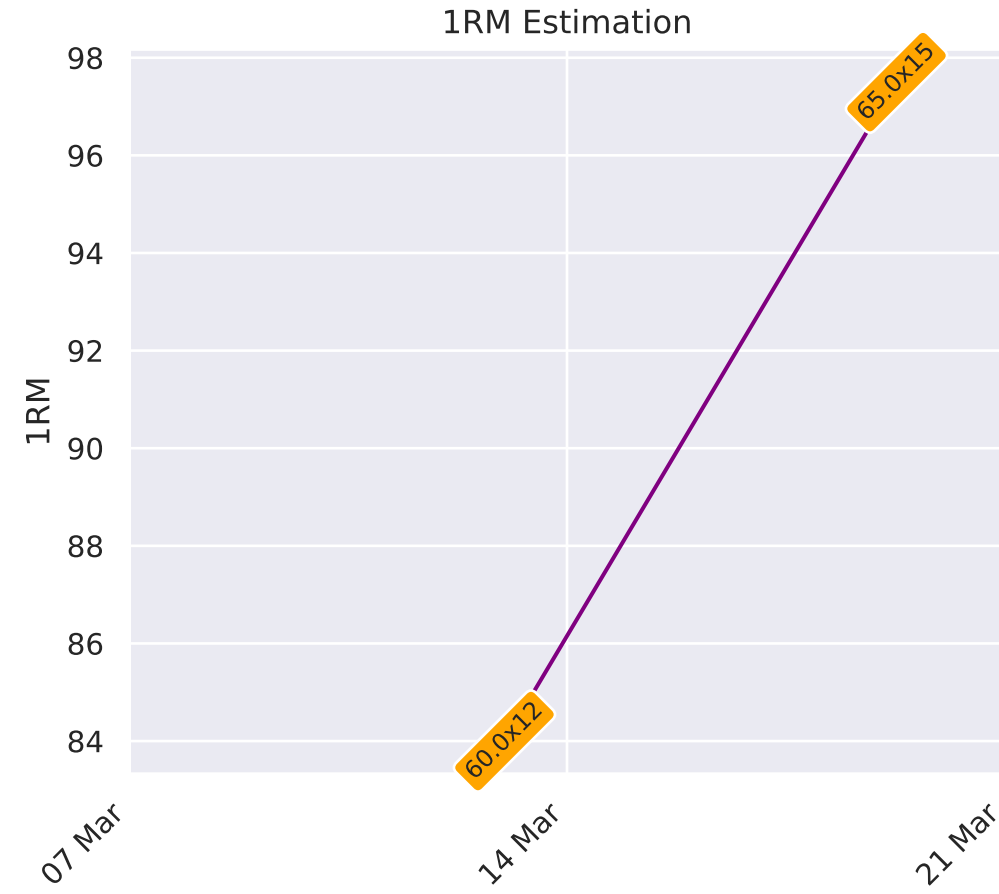
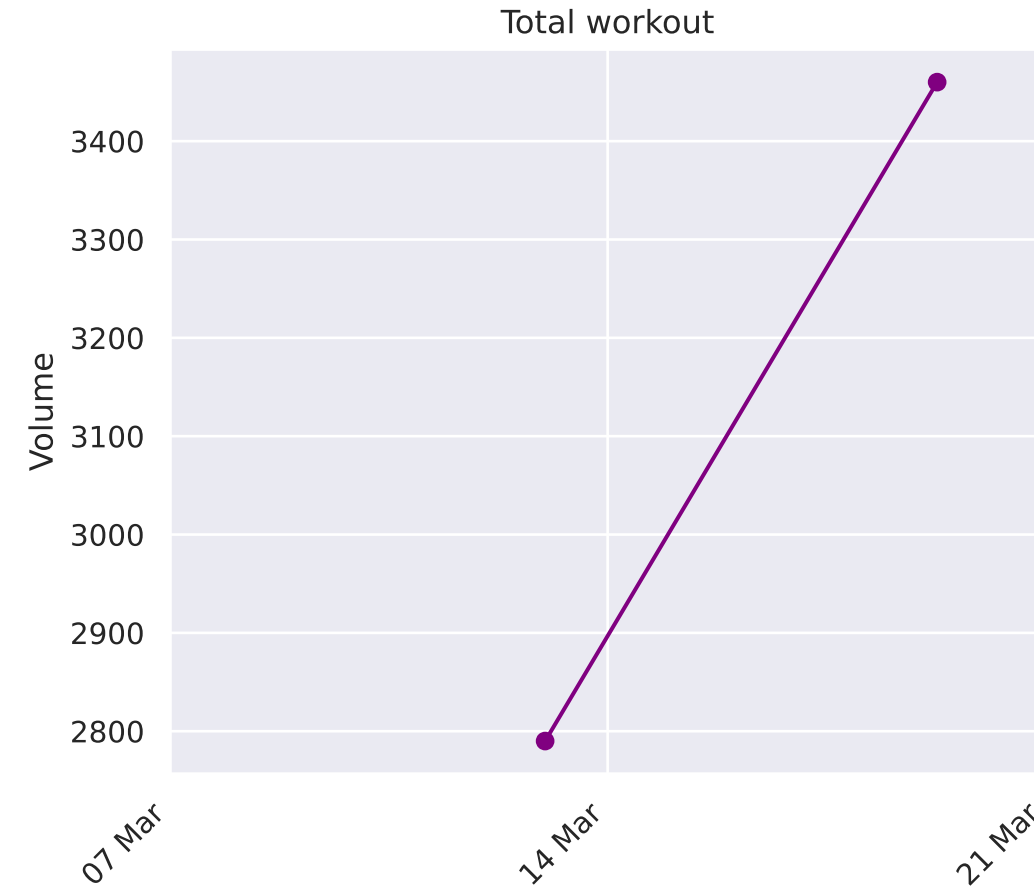


# Shoulder Press (Machine)

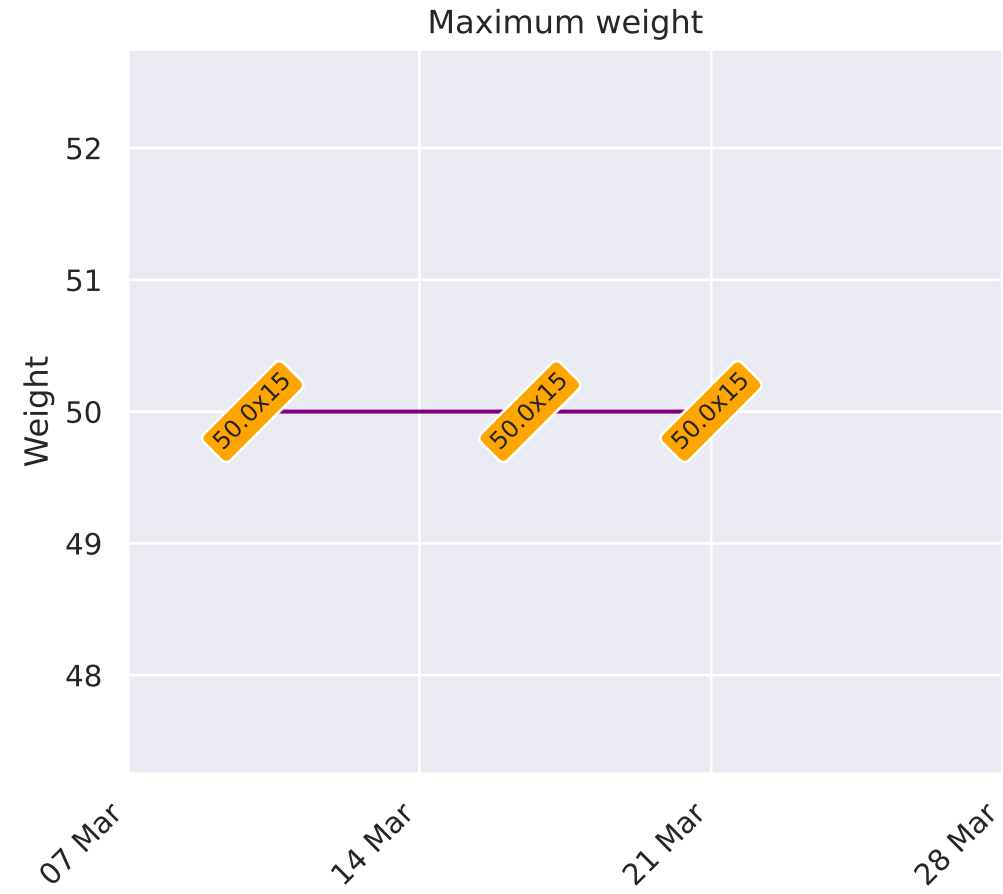
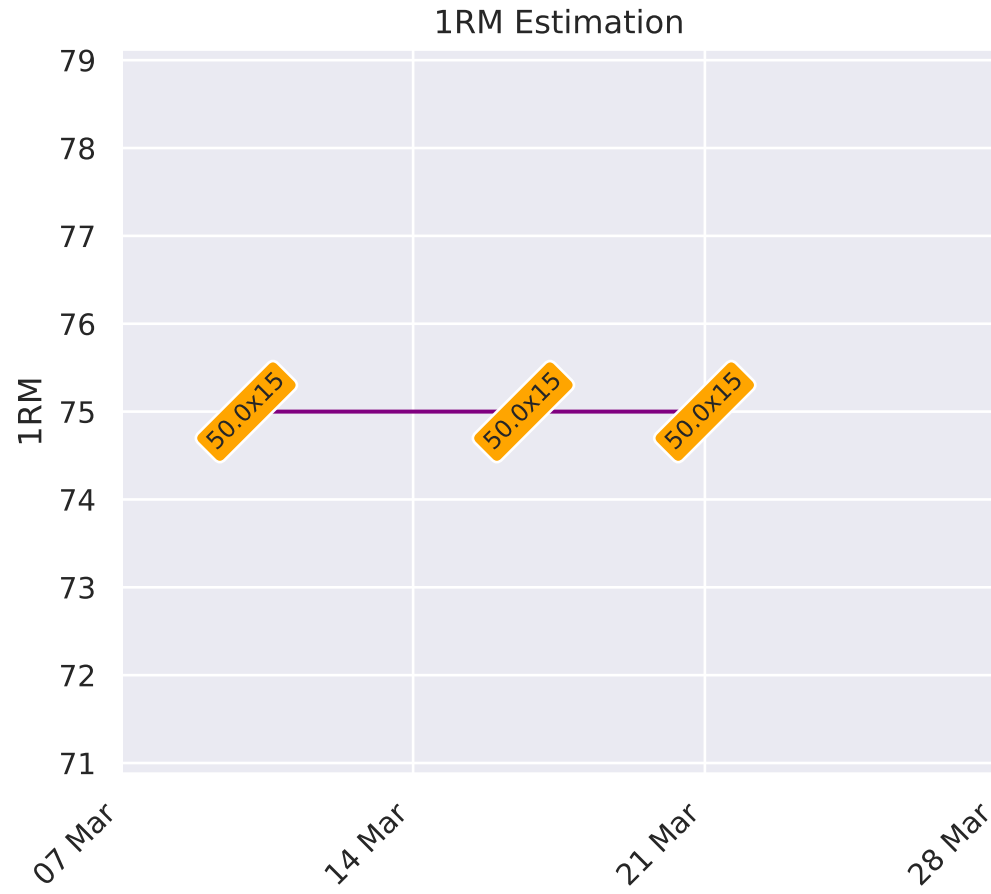
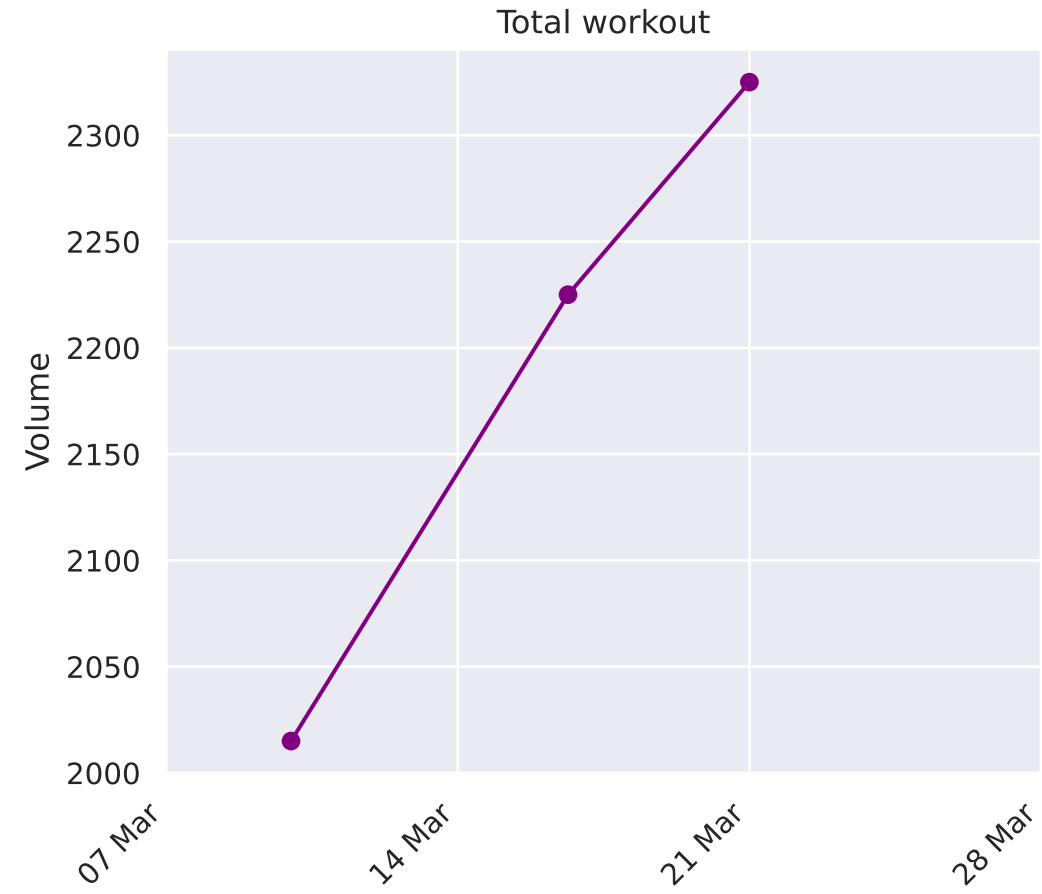




## Standing Calf Raise (Machine)

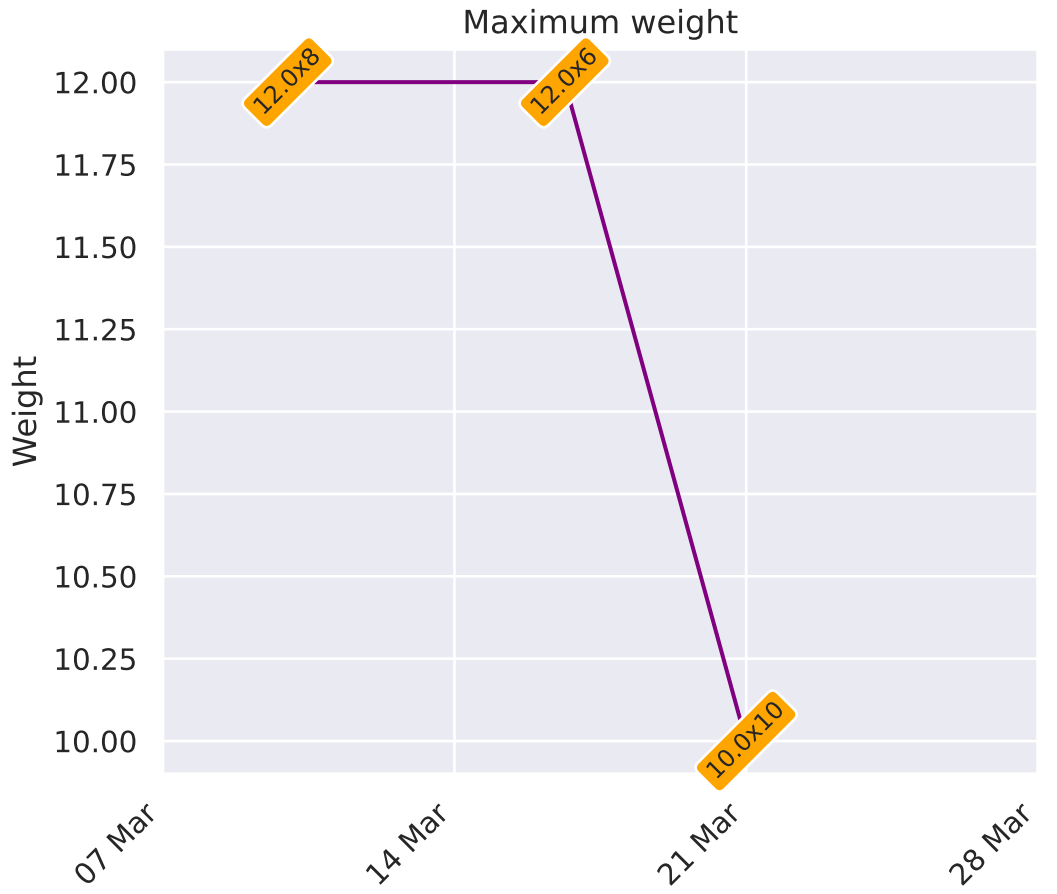
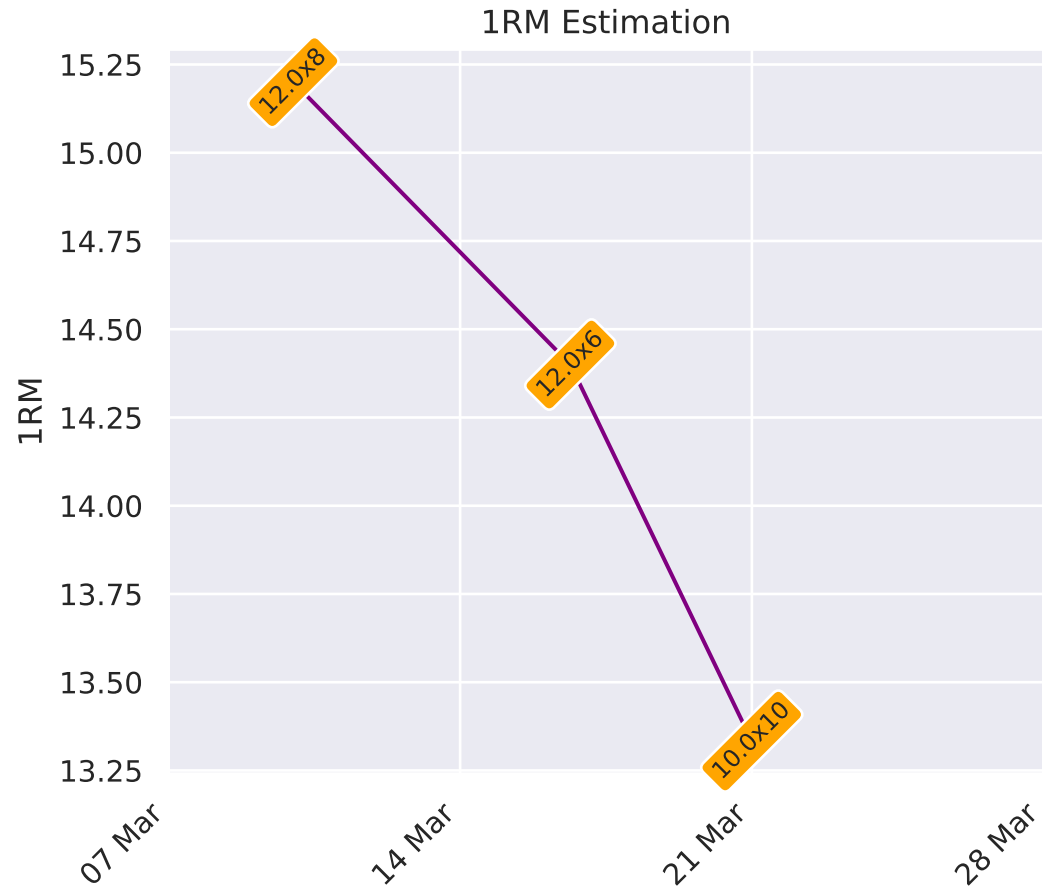
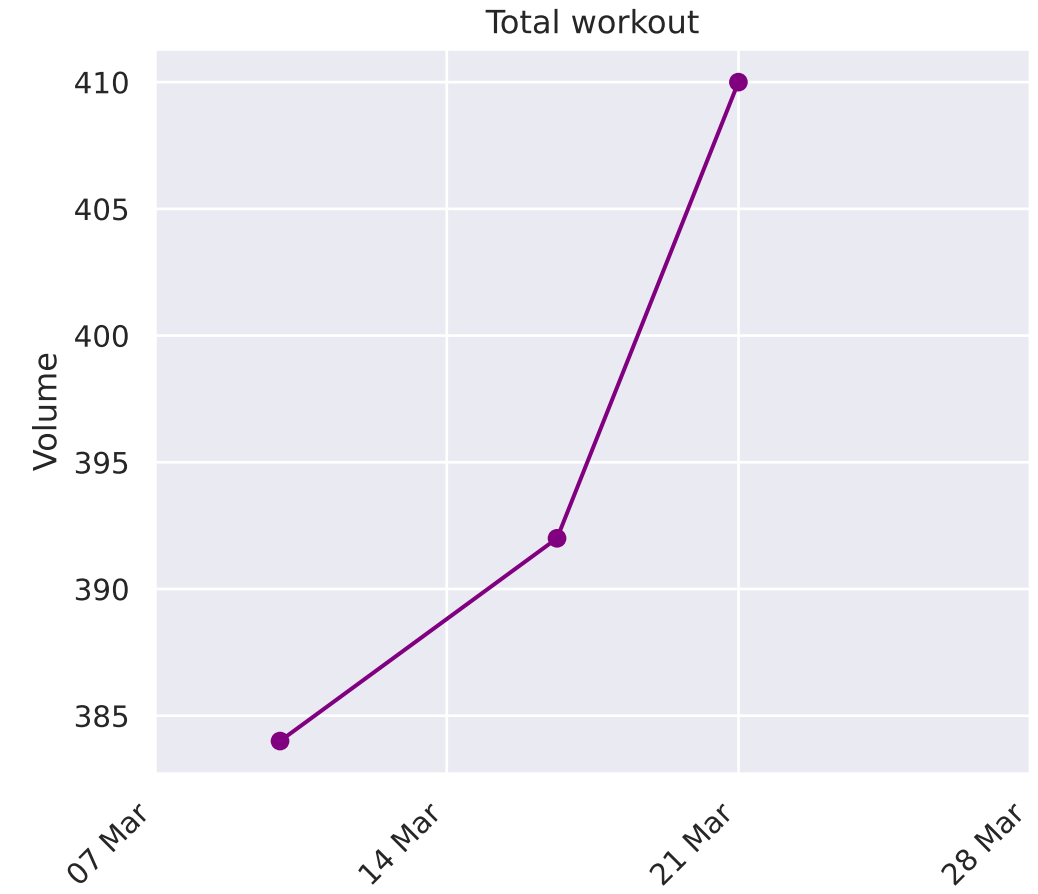


## Triceps Dip (Assisted)





# Triceps Extension (Dumbbell)



# Triceps Pushdown (Cable - Straight Bar)

