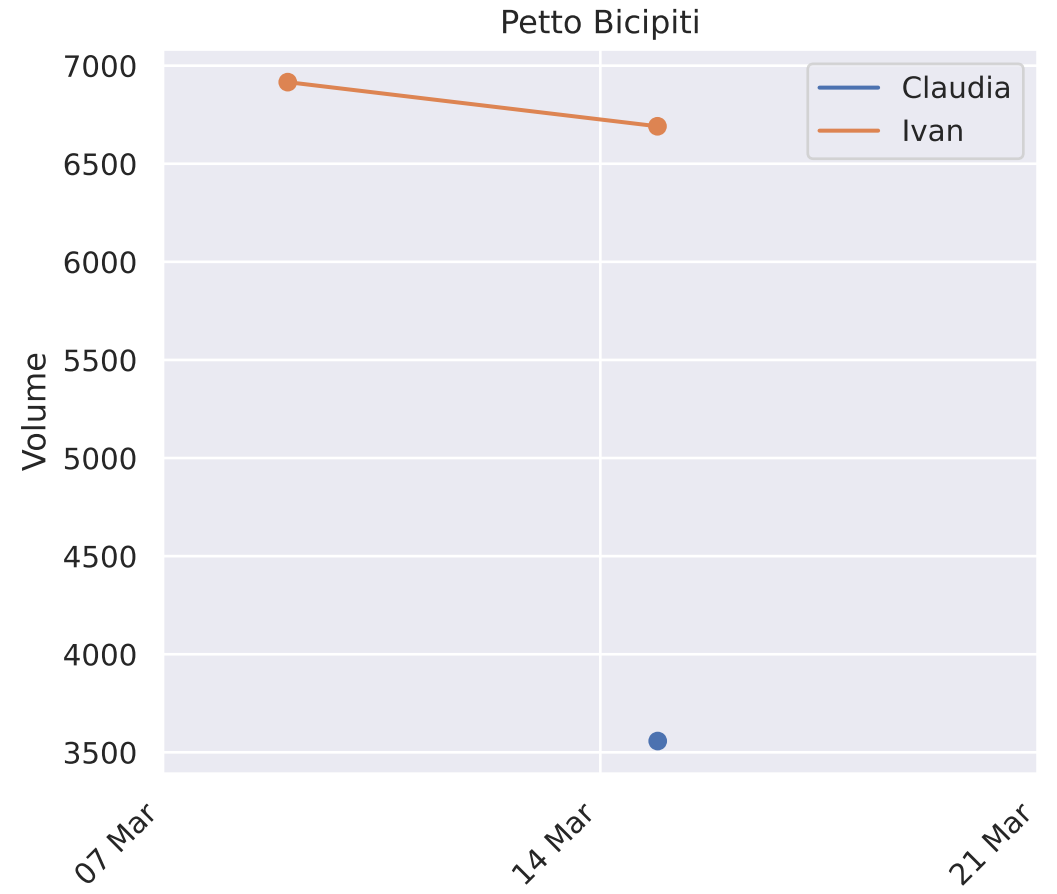
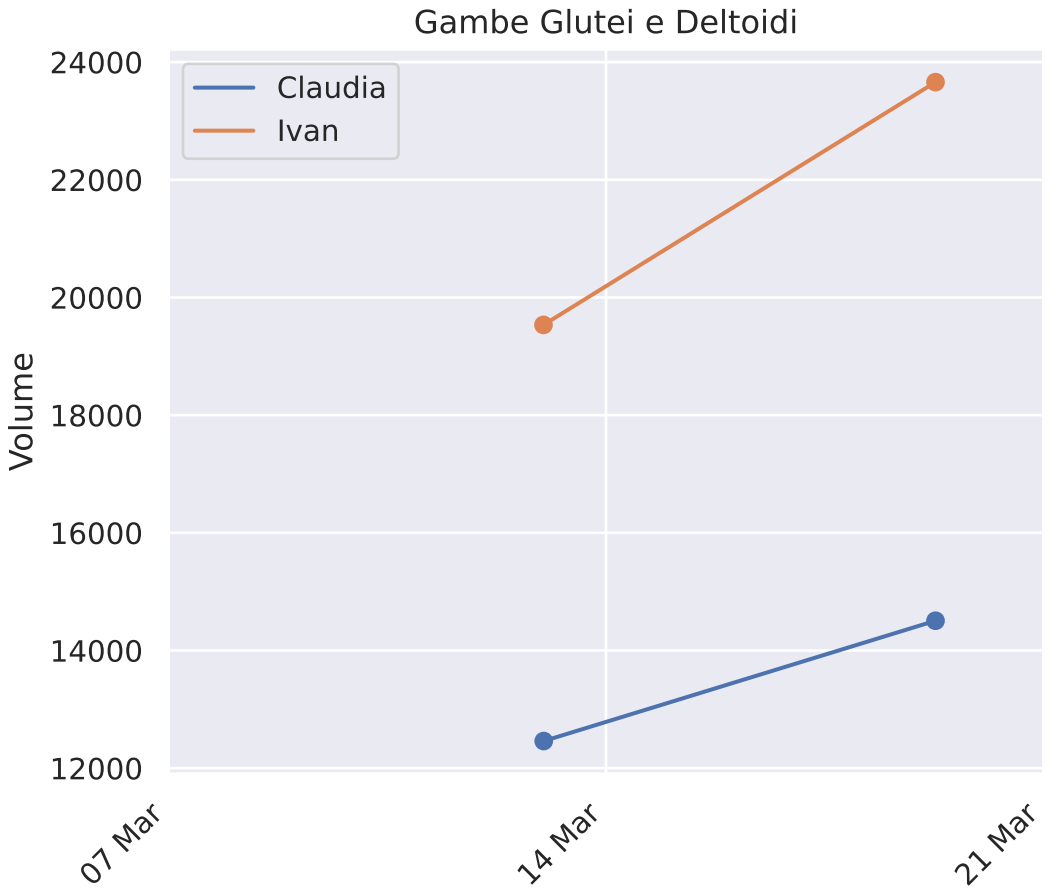
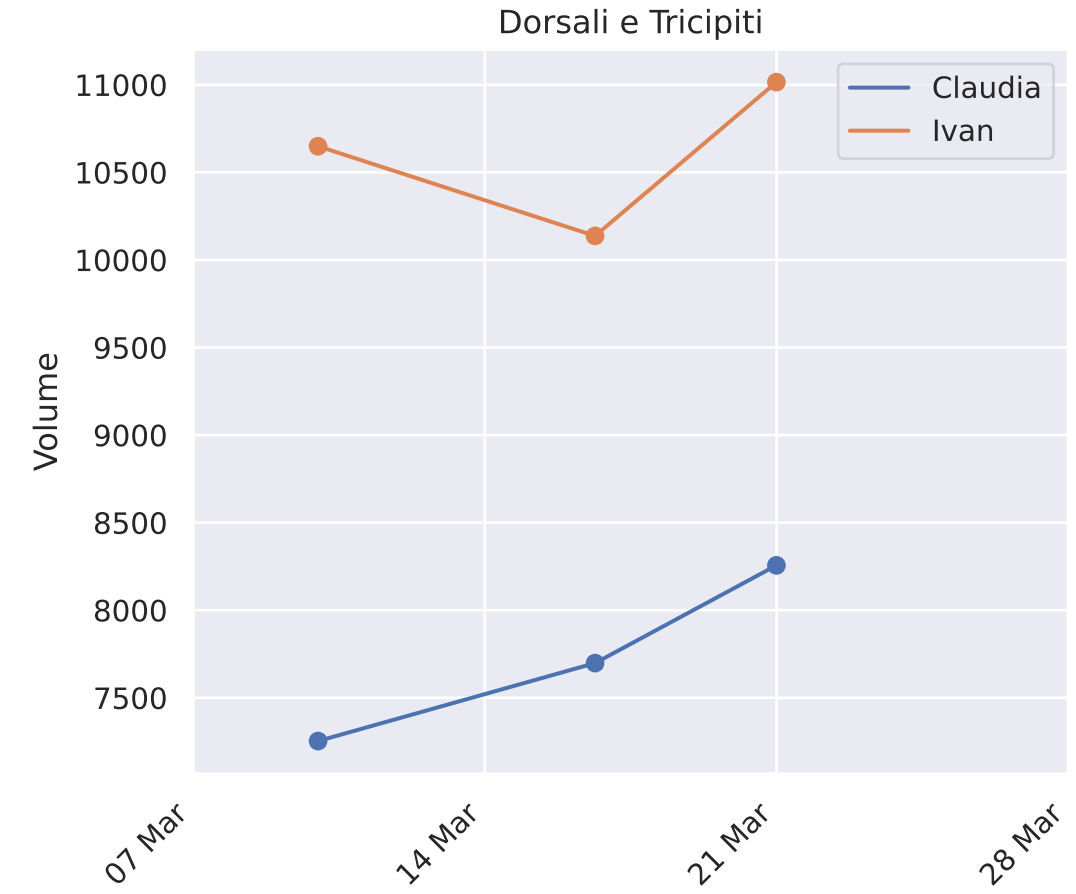
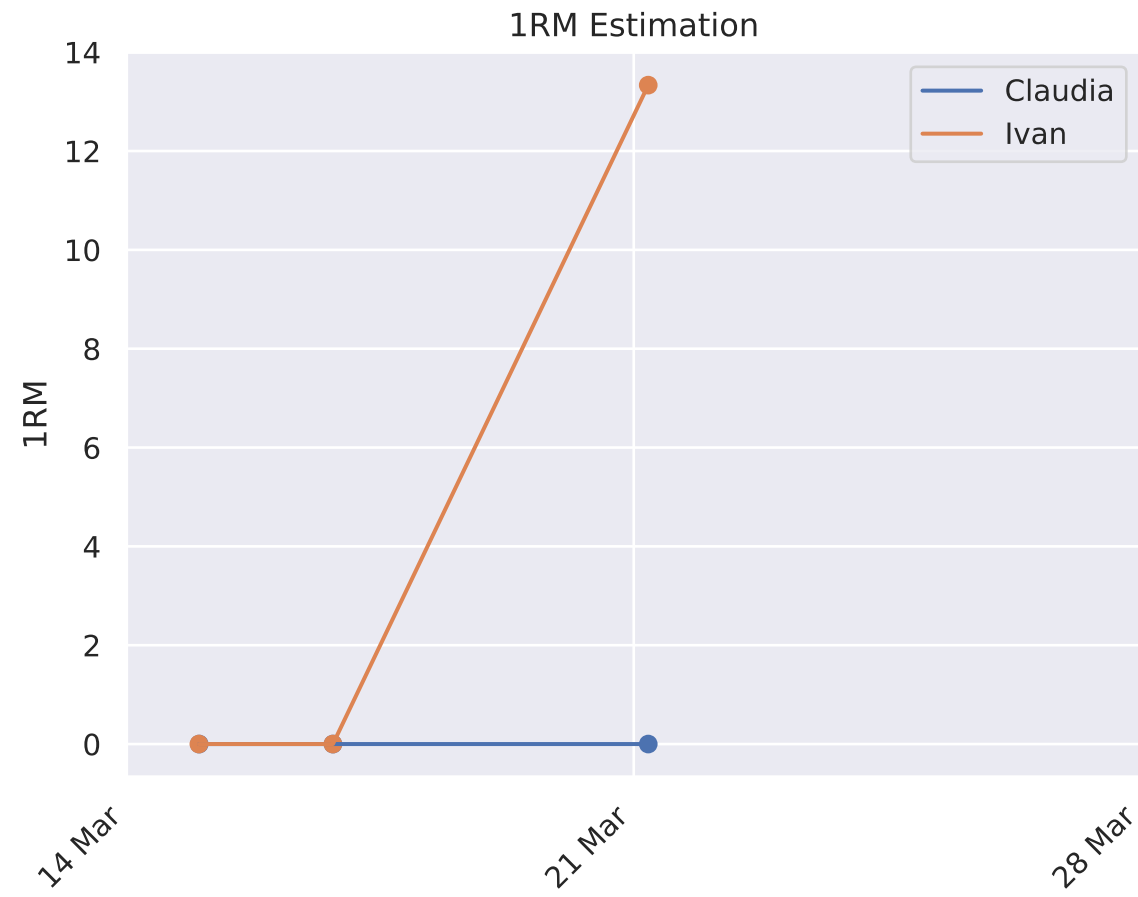
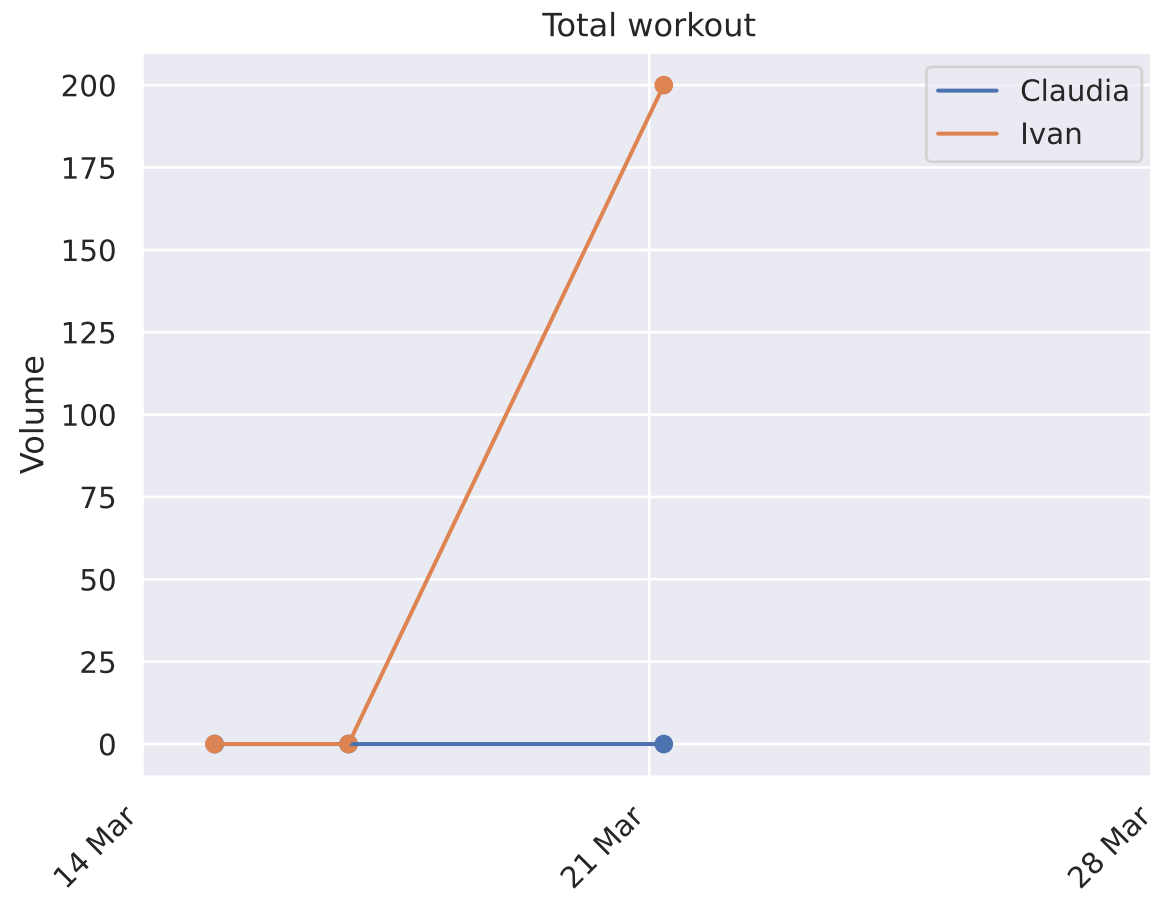


Workouts (Volume x Day)

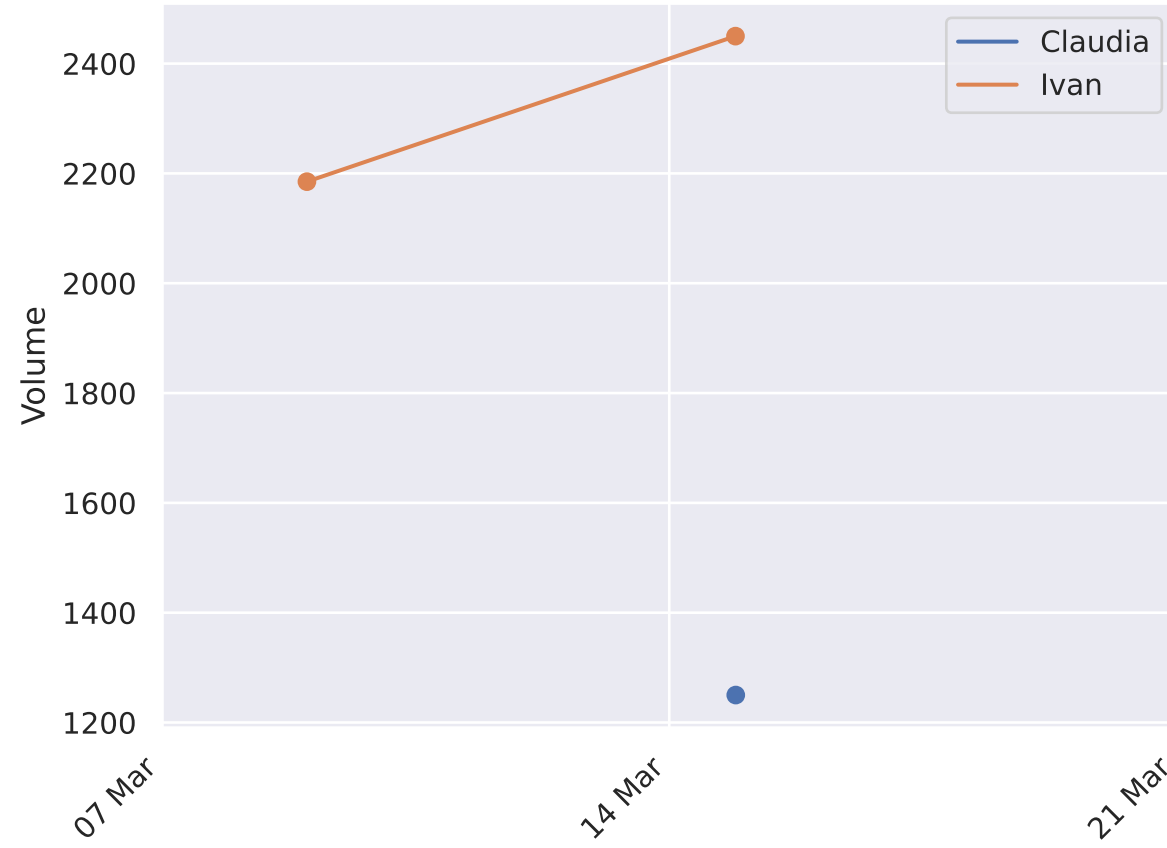


Back Extension

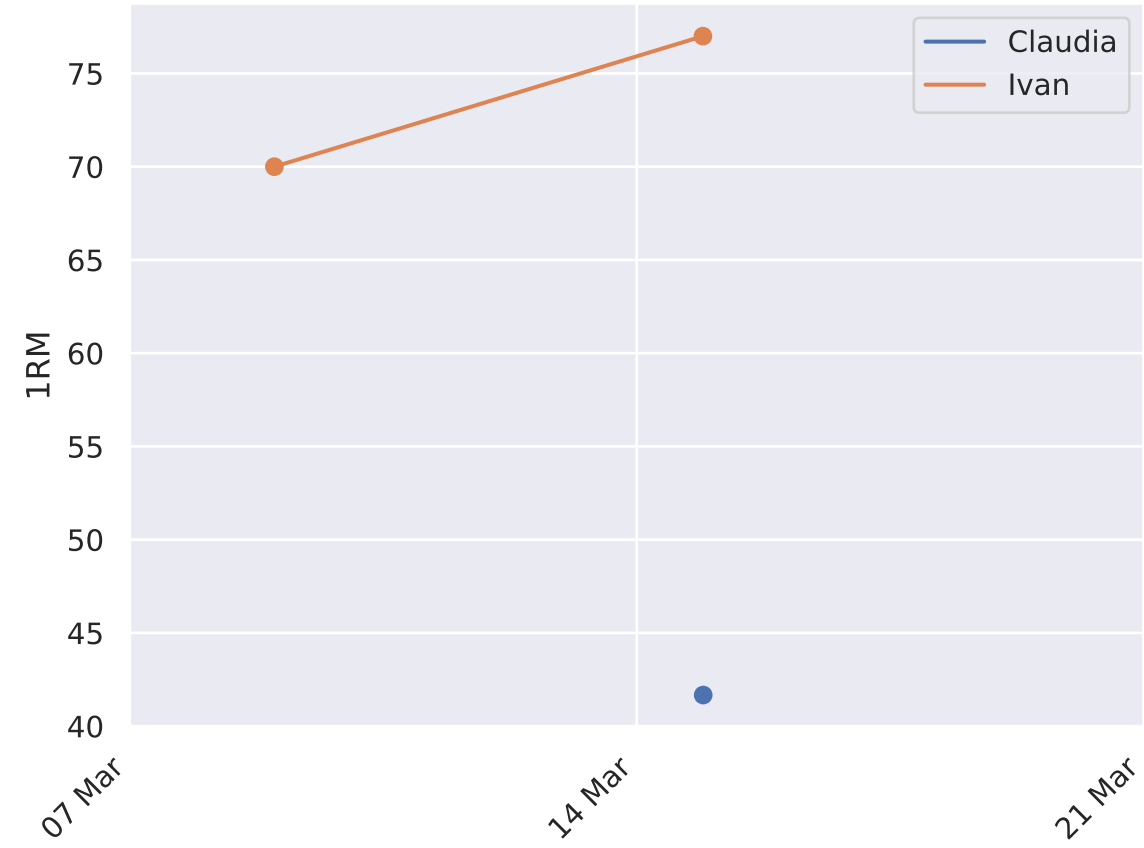


Bench Press (Barbell)

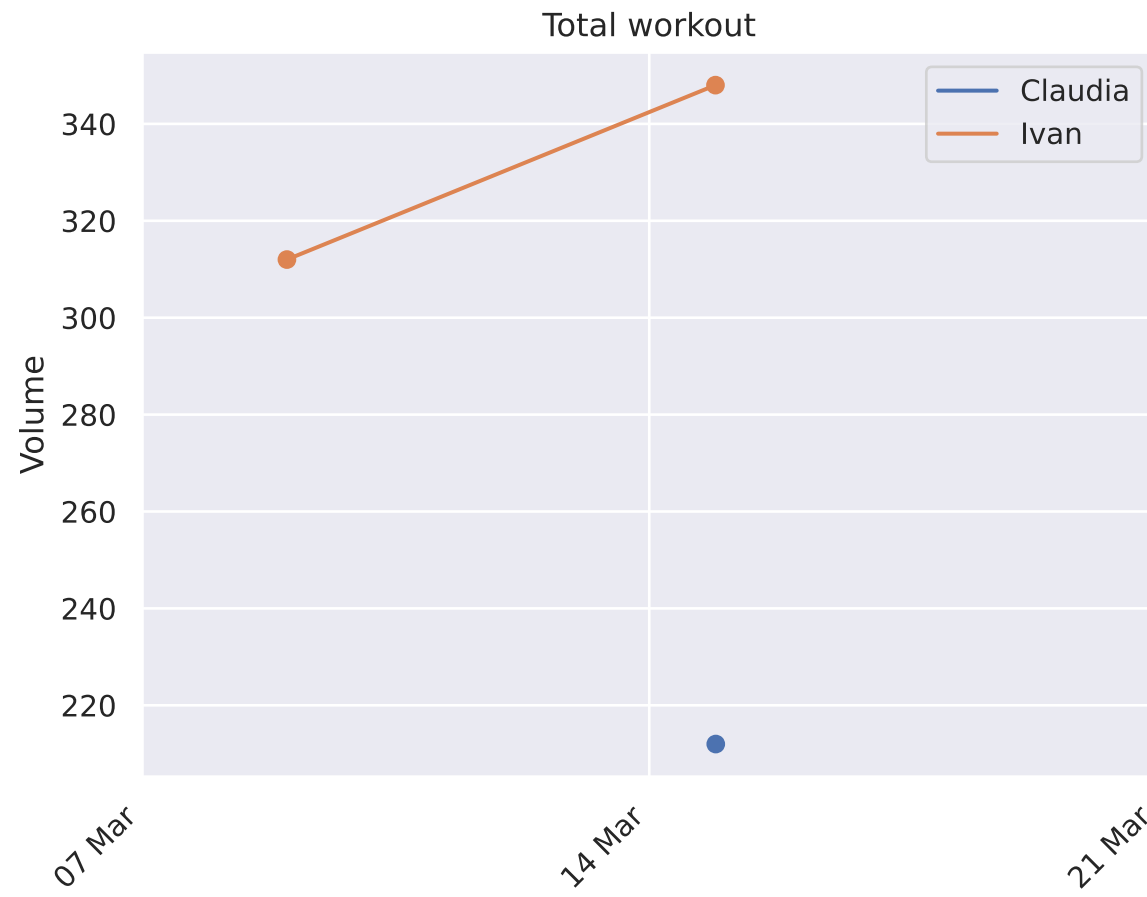
Total workout



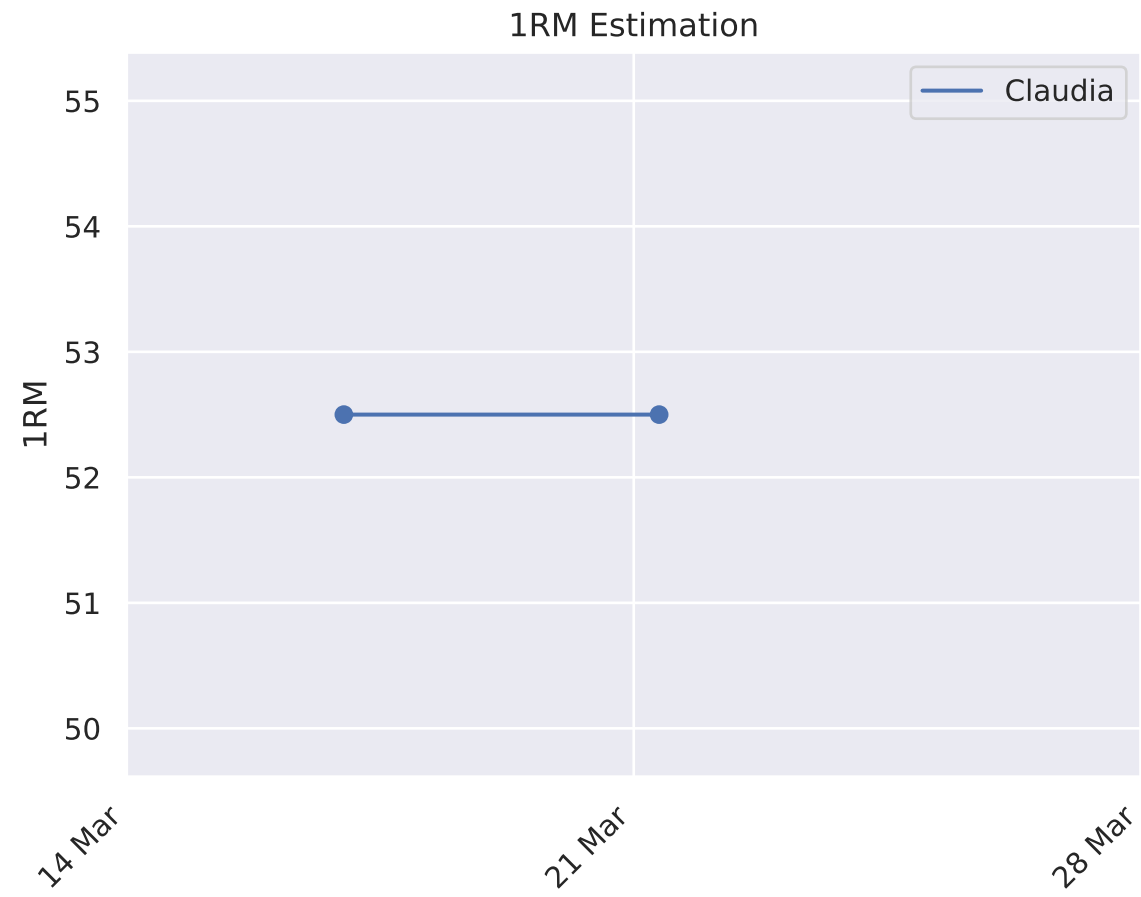
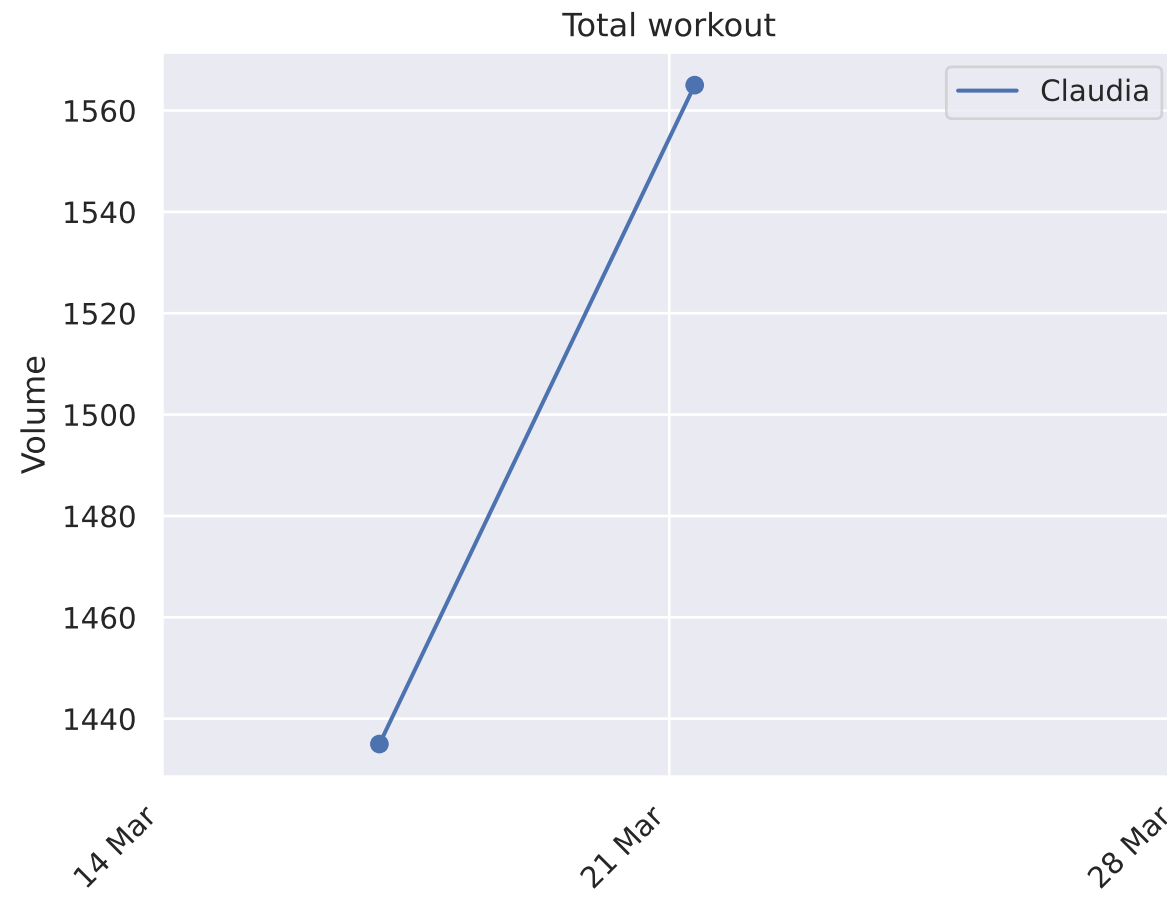
1RM Estimation



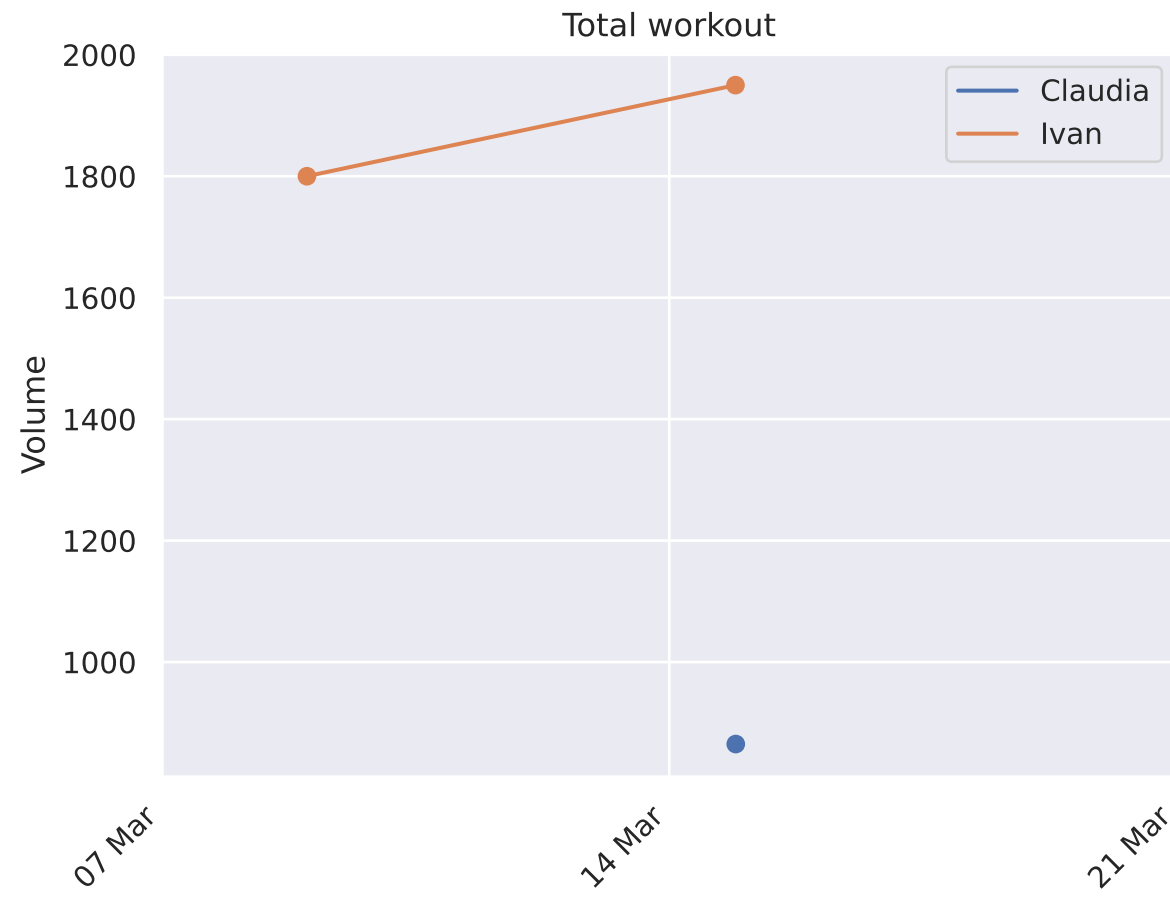
Bicep Curl (Dumbbell)



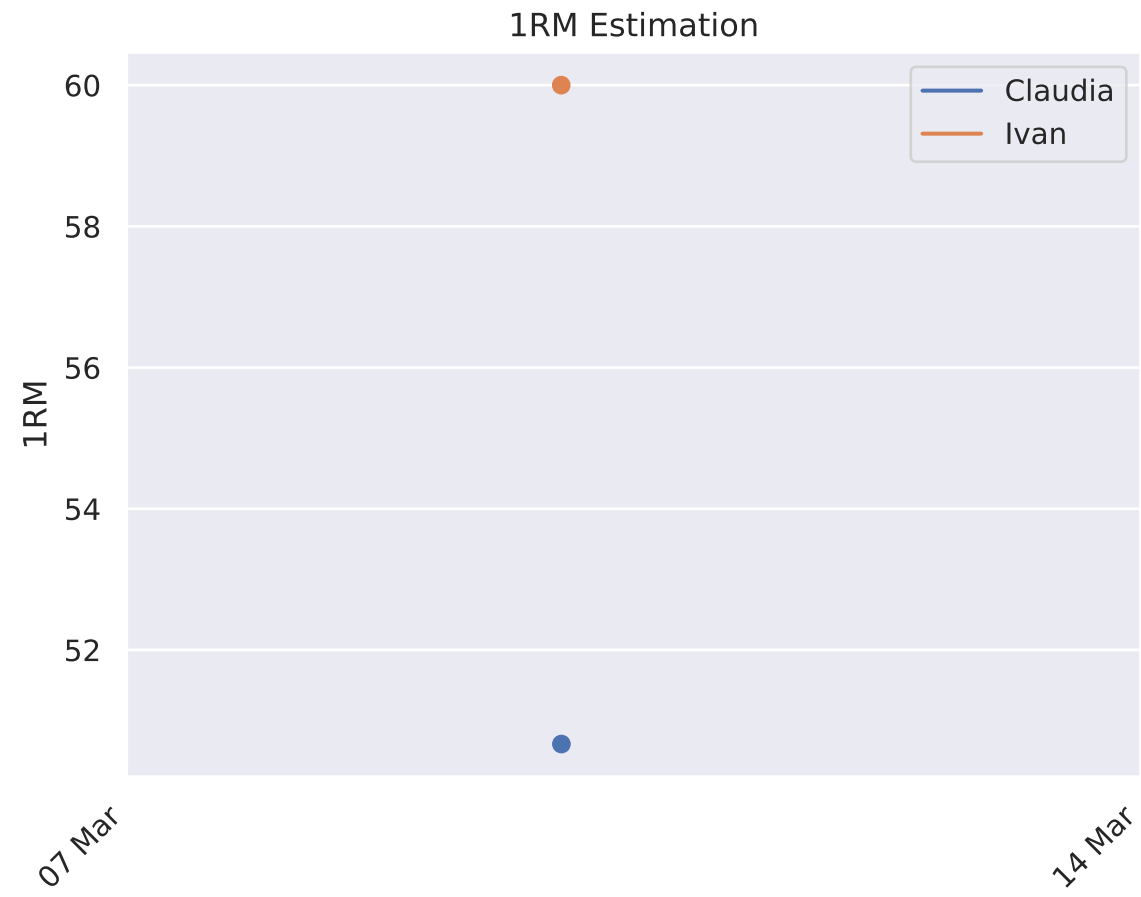
Chest Dip (Assisted)



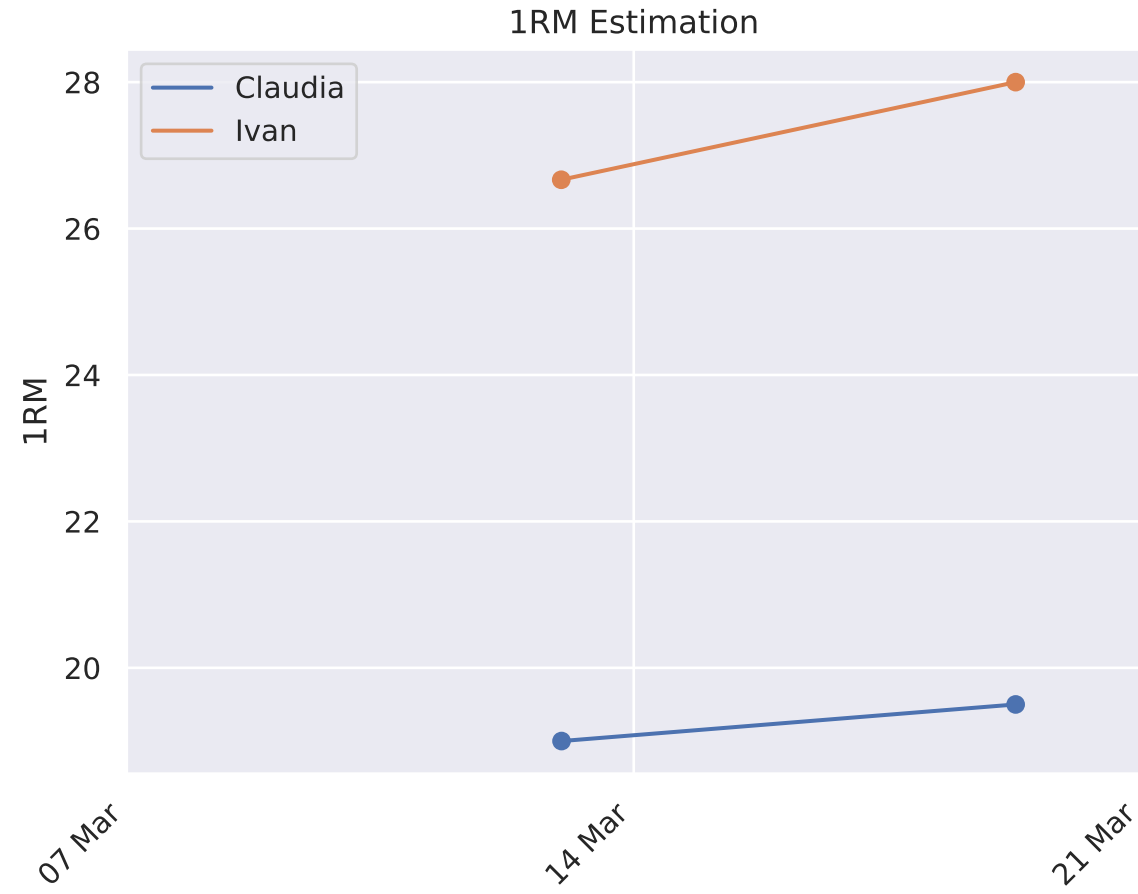
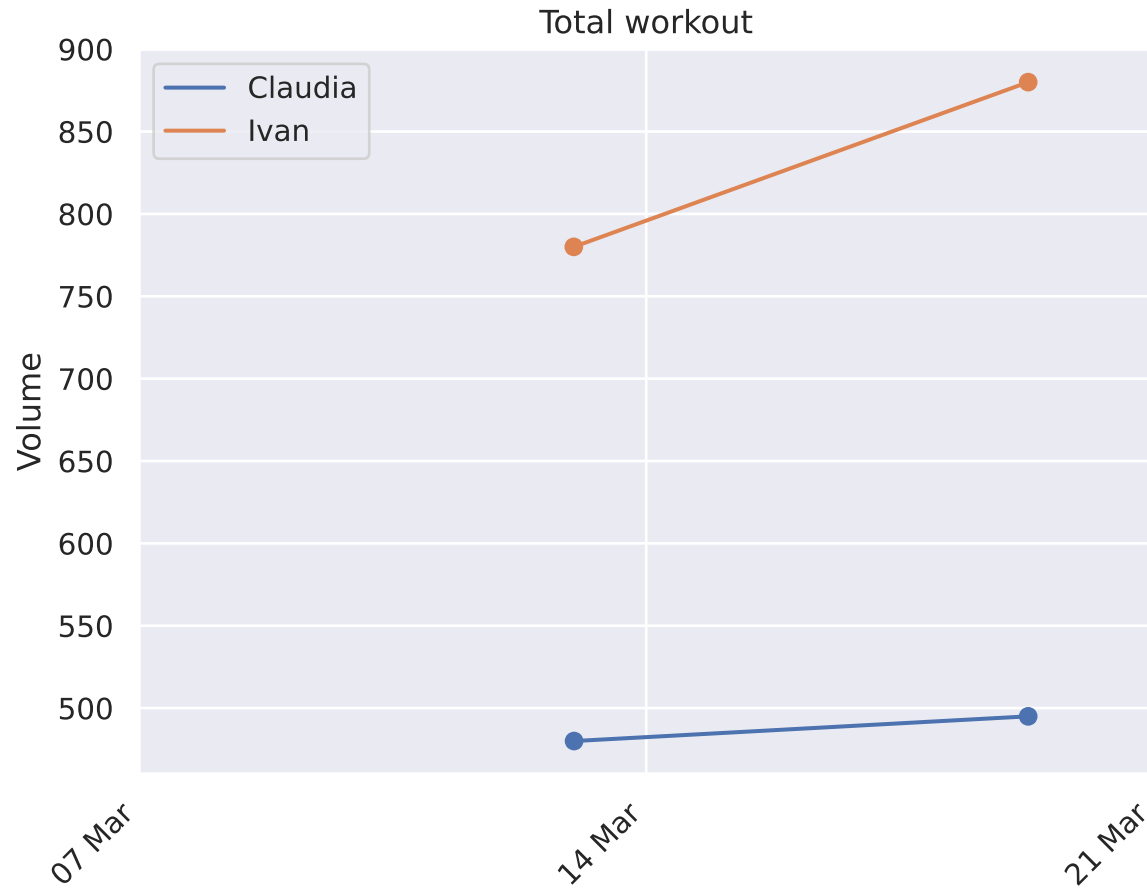
Chest Fly



Crunch (Machine)

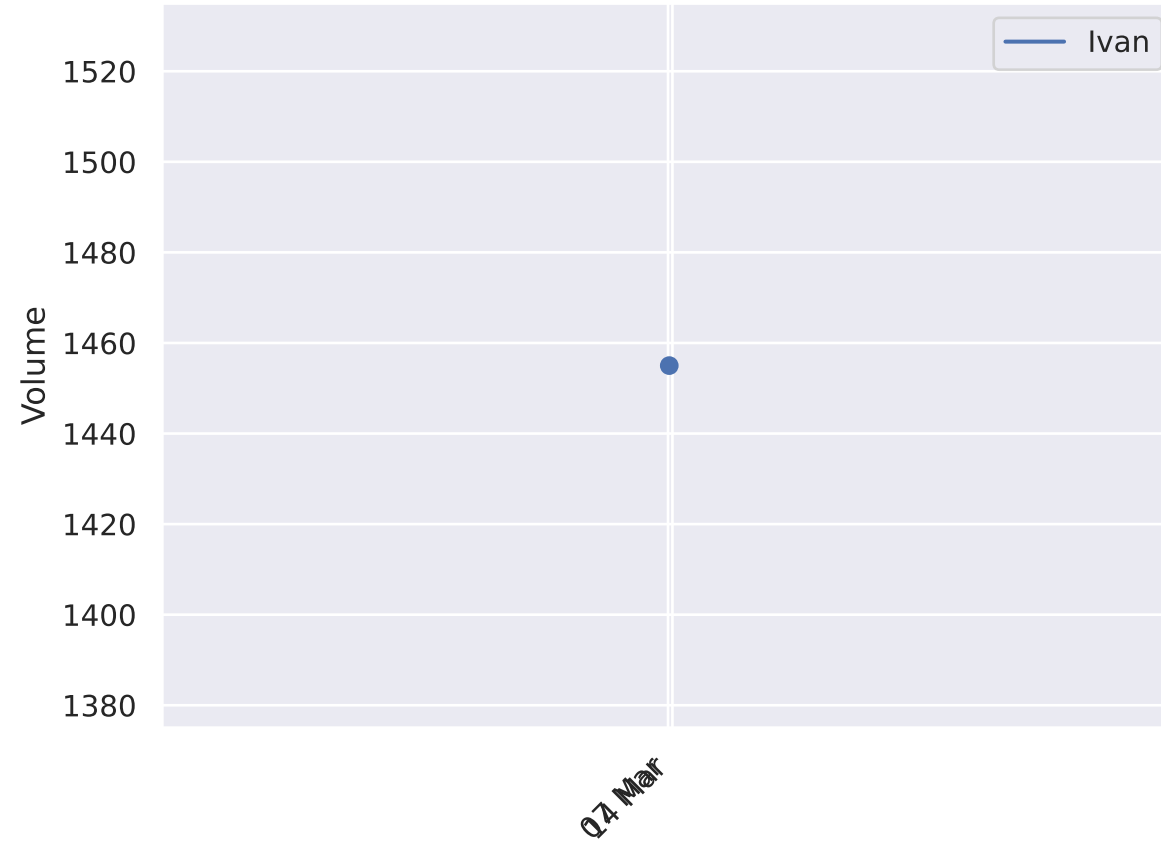


Front Raise (Cable)

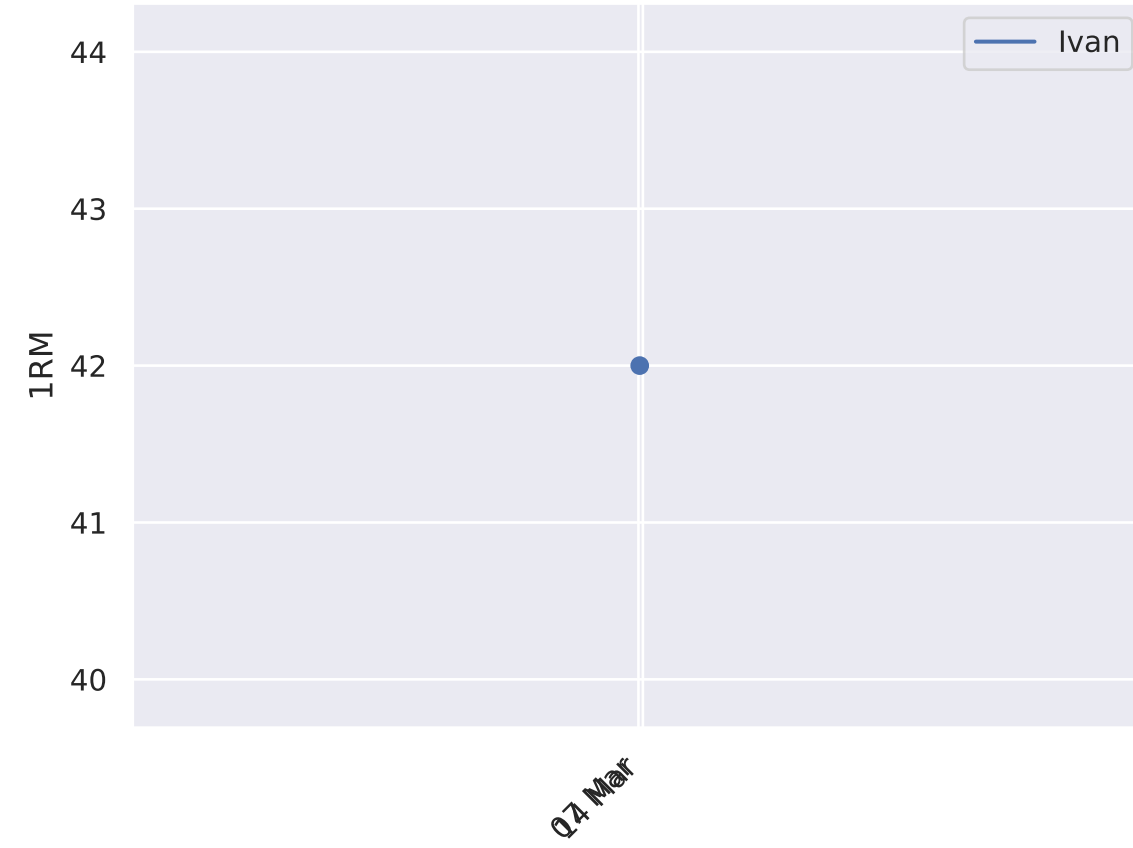


Hammer Curl (Cable)

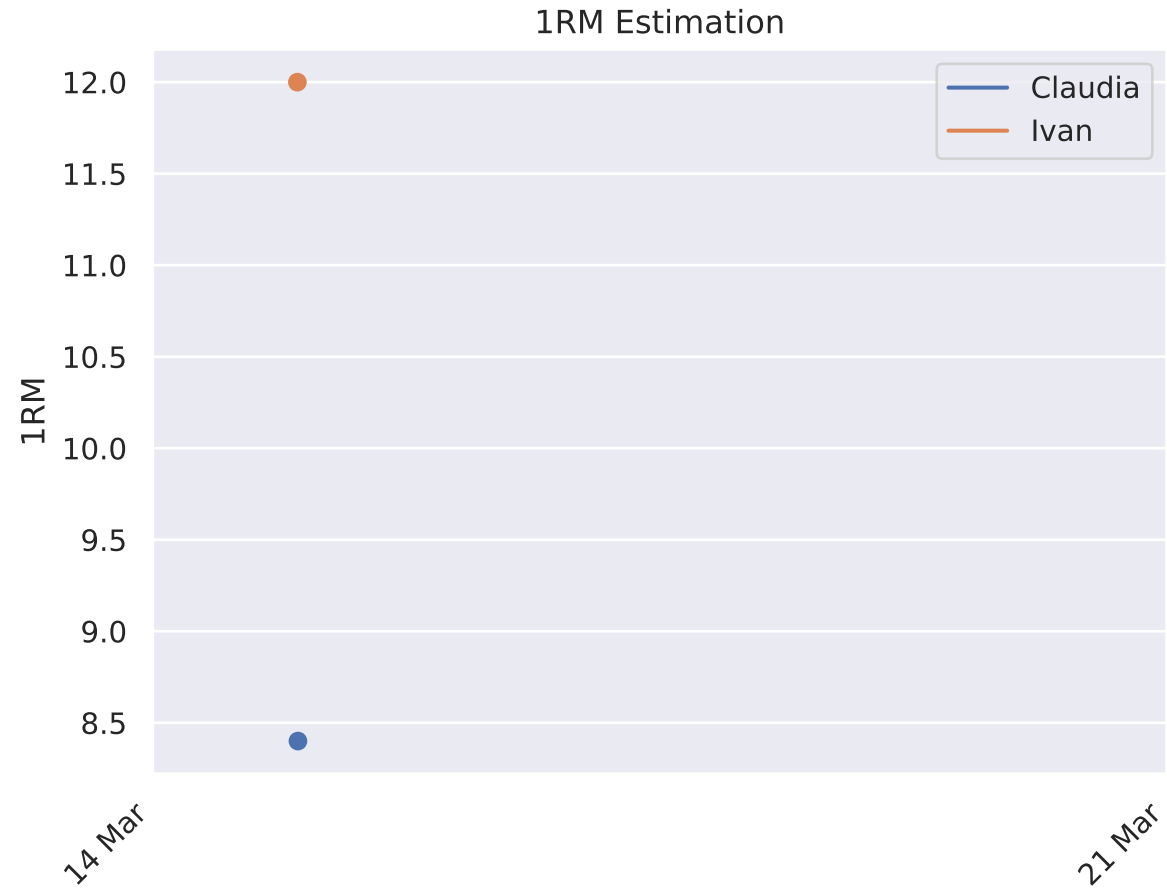
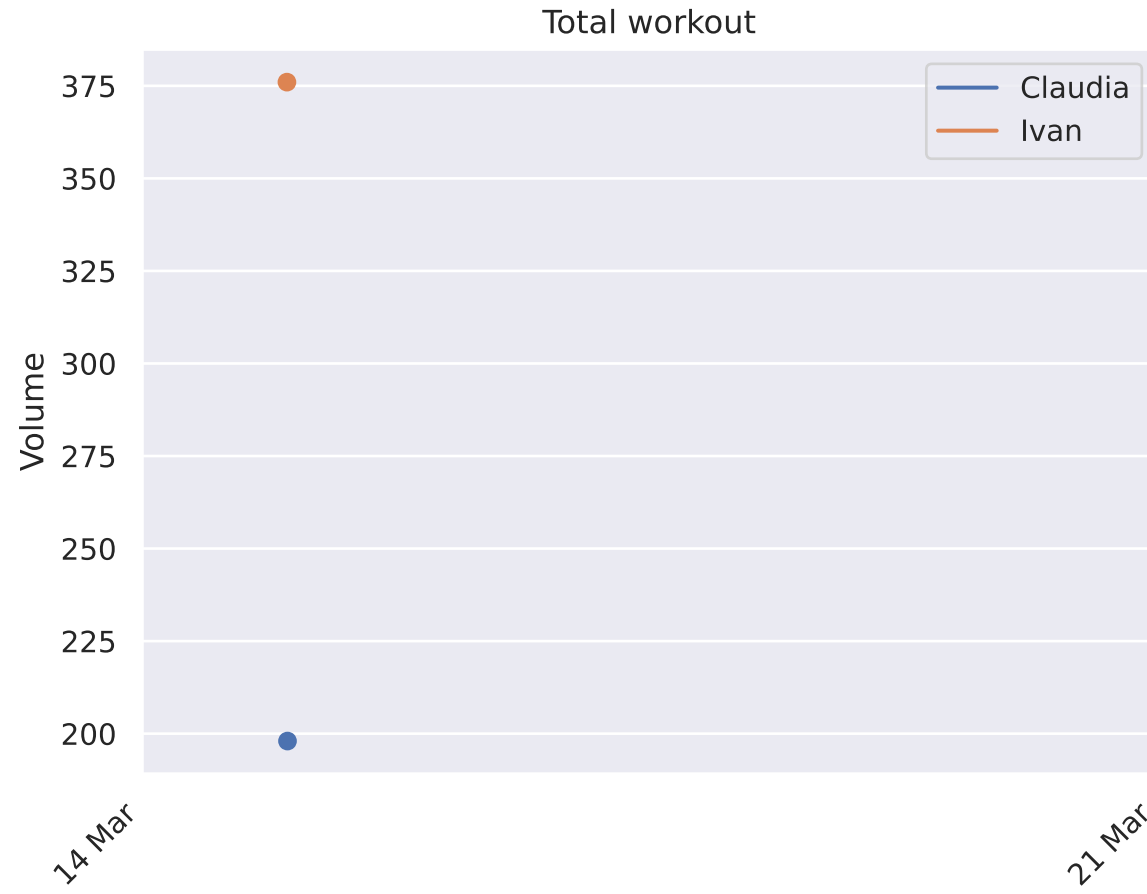
Total workout



1RM Estimation

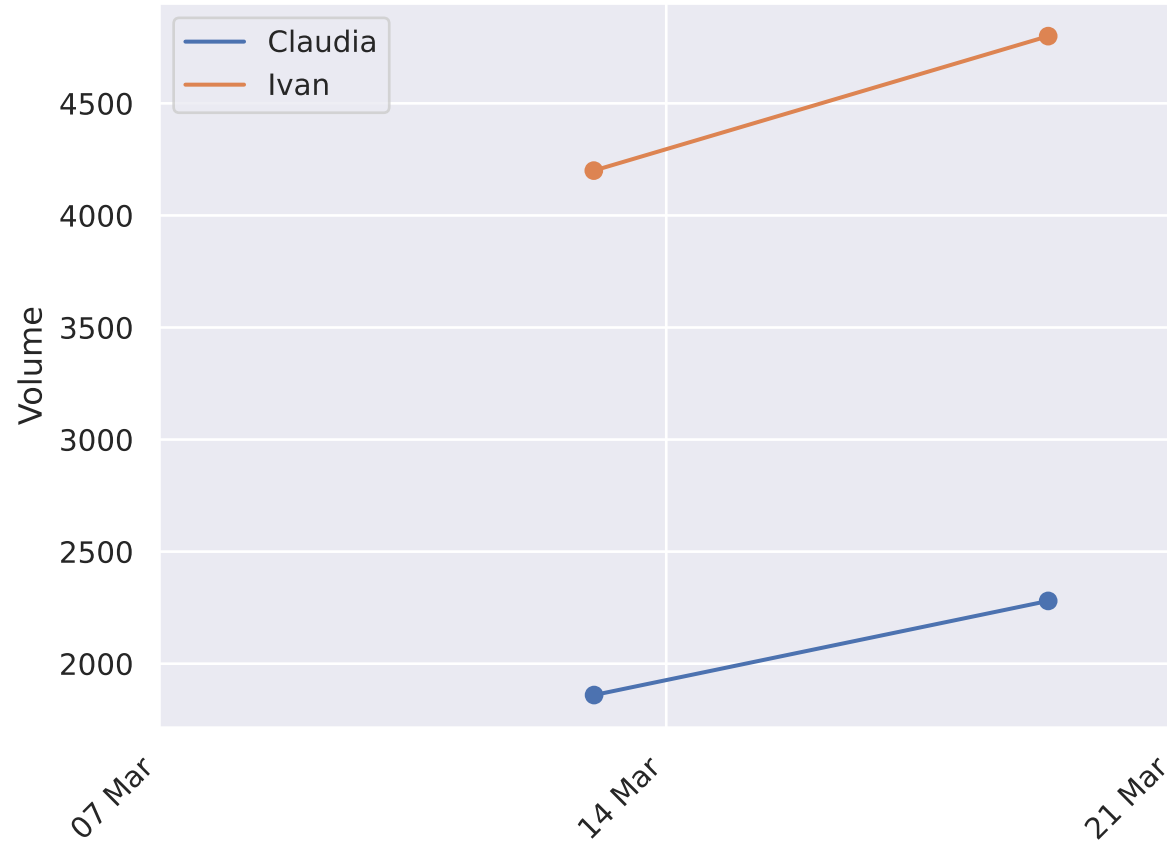


Hammer Curl (Dumbbell)

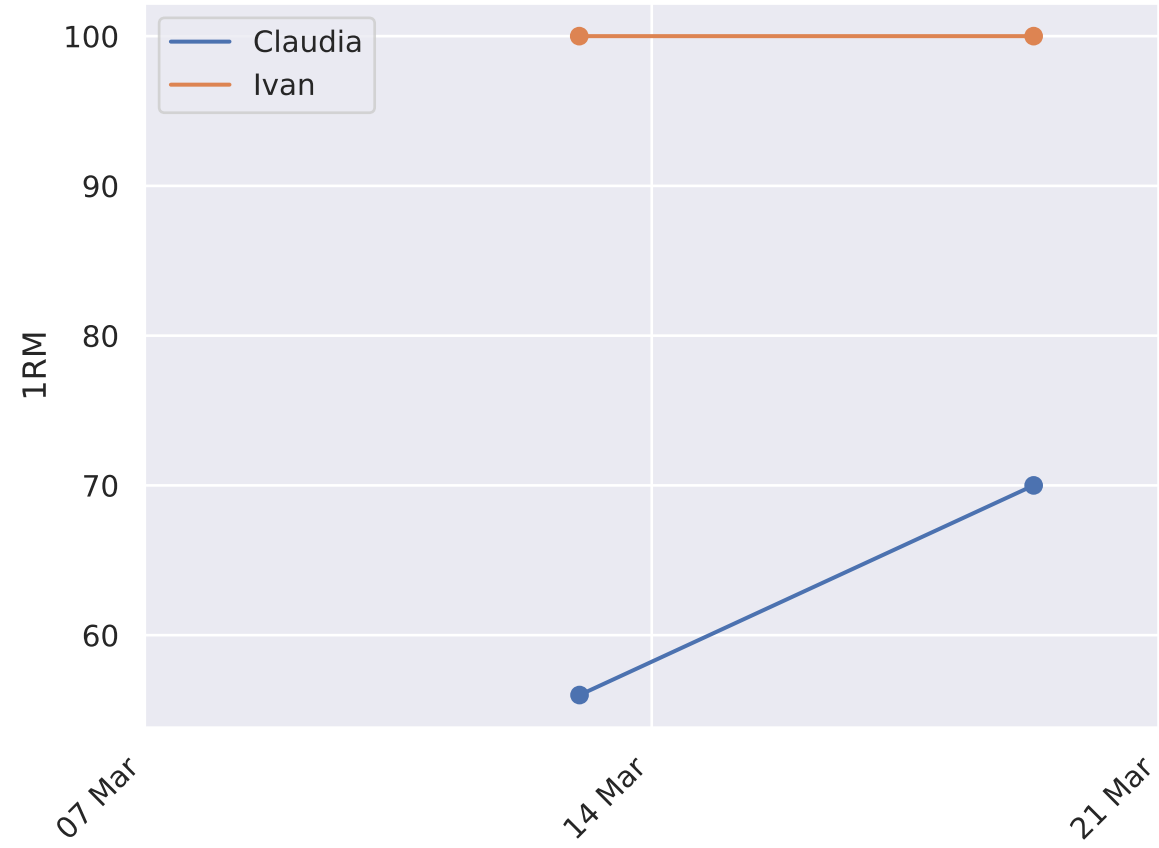


Hip Abductor (Machine)

Total workout

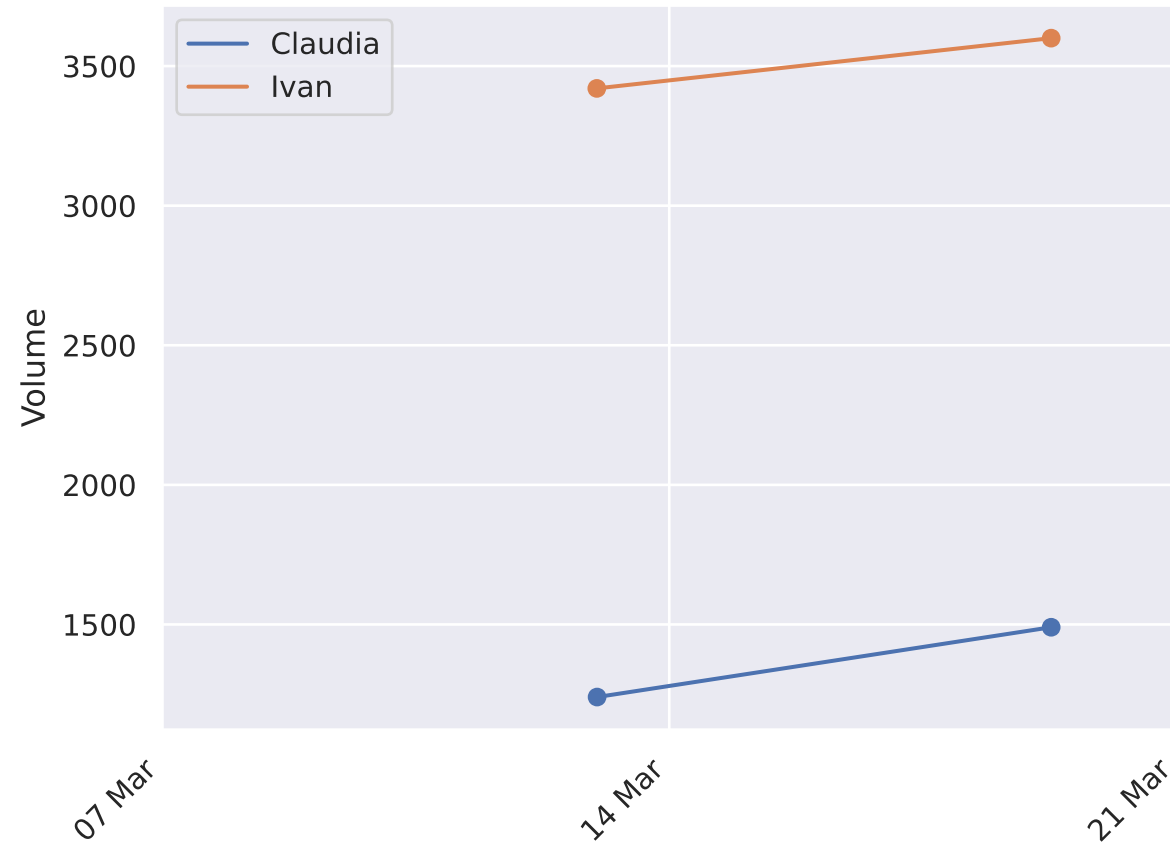


1RM Estimation

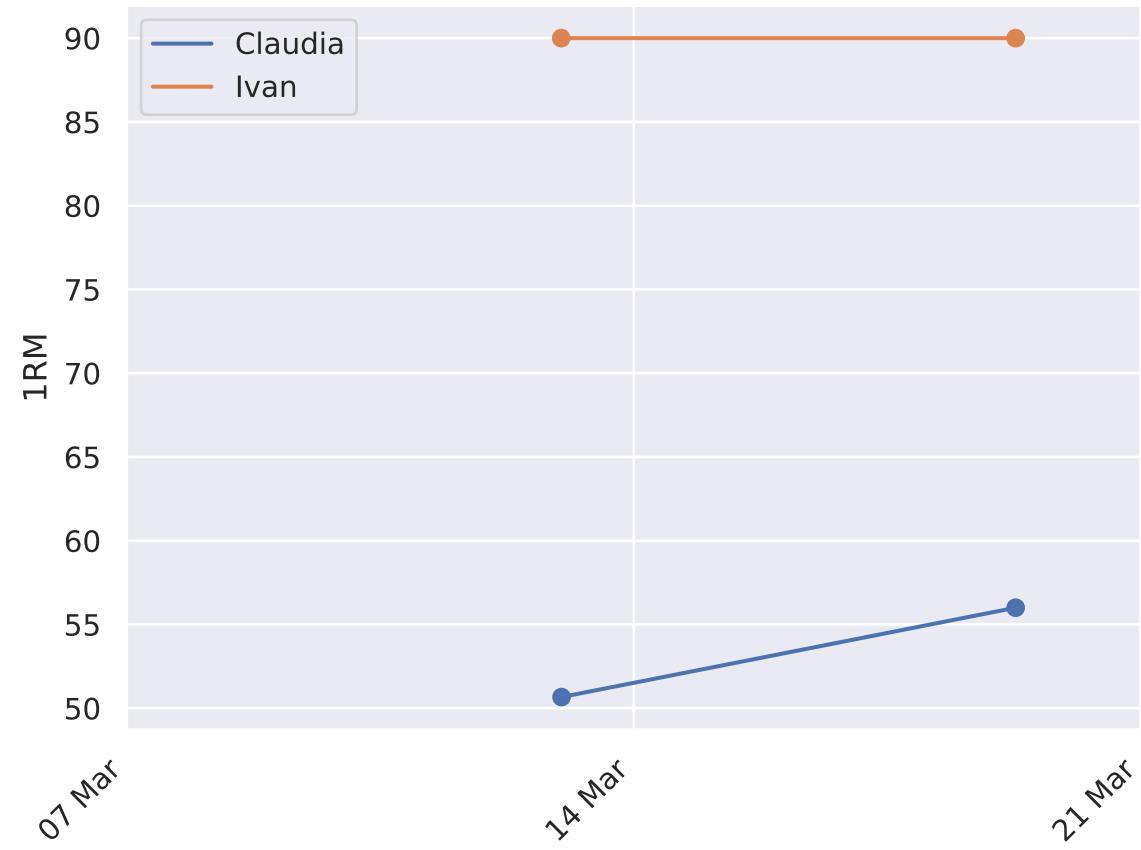


Hip Adductor (Machine)

Total workout

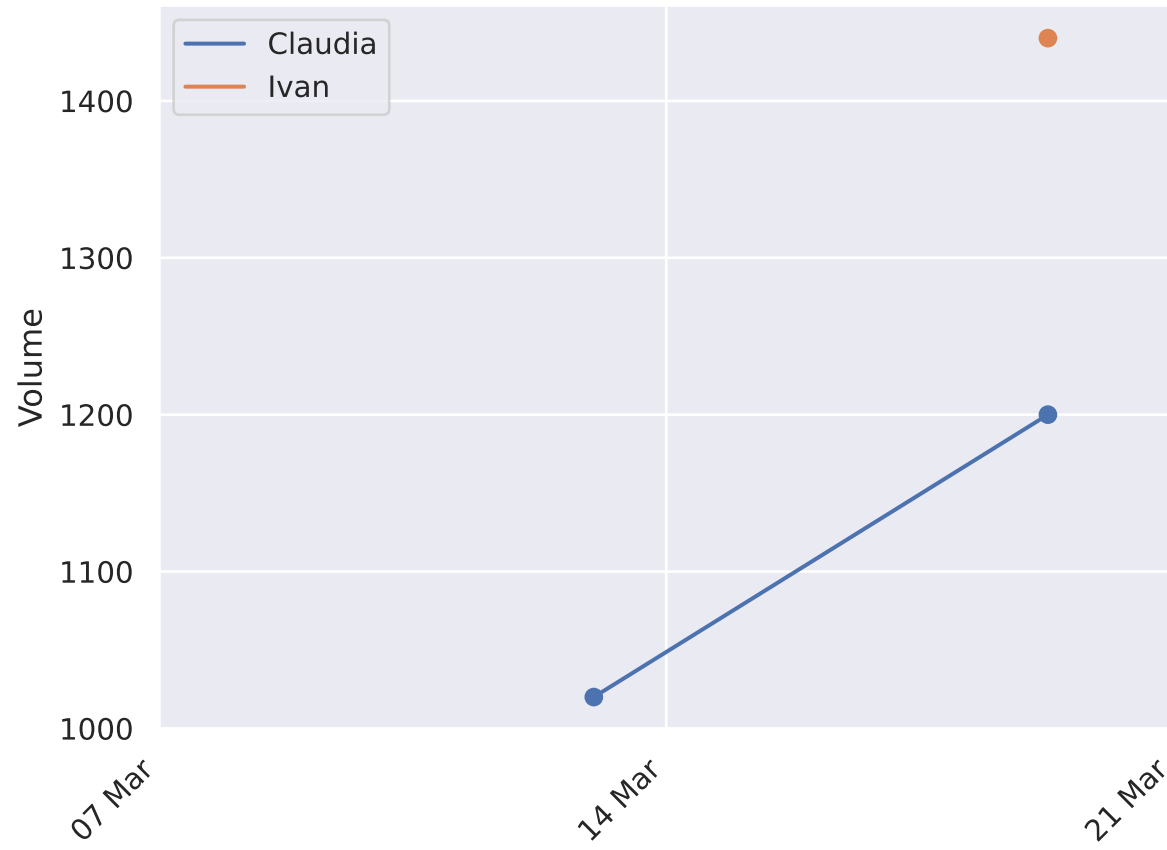


1RM Estimation

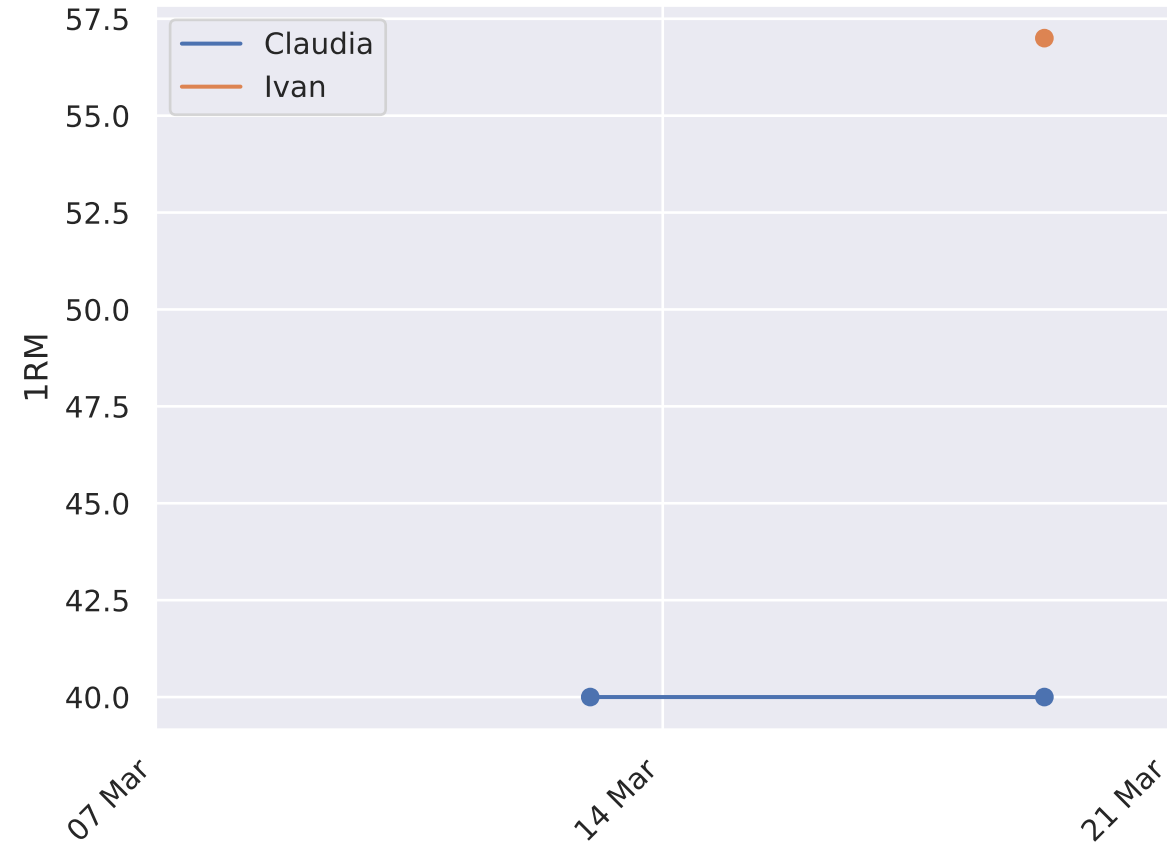


Hip Thrust (Barbell)

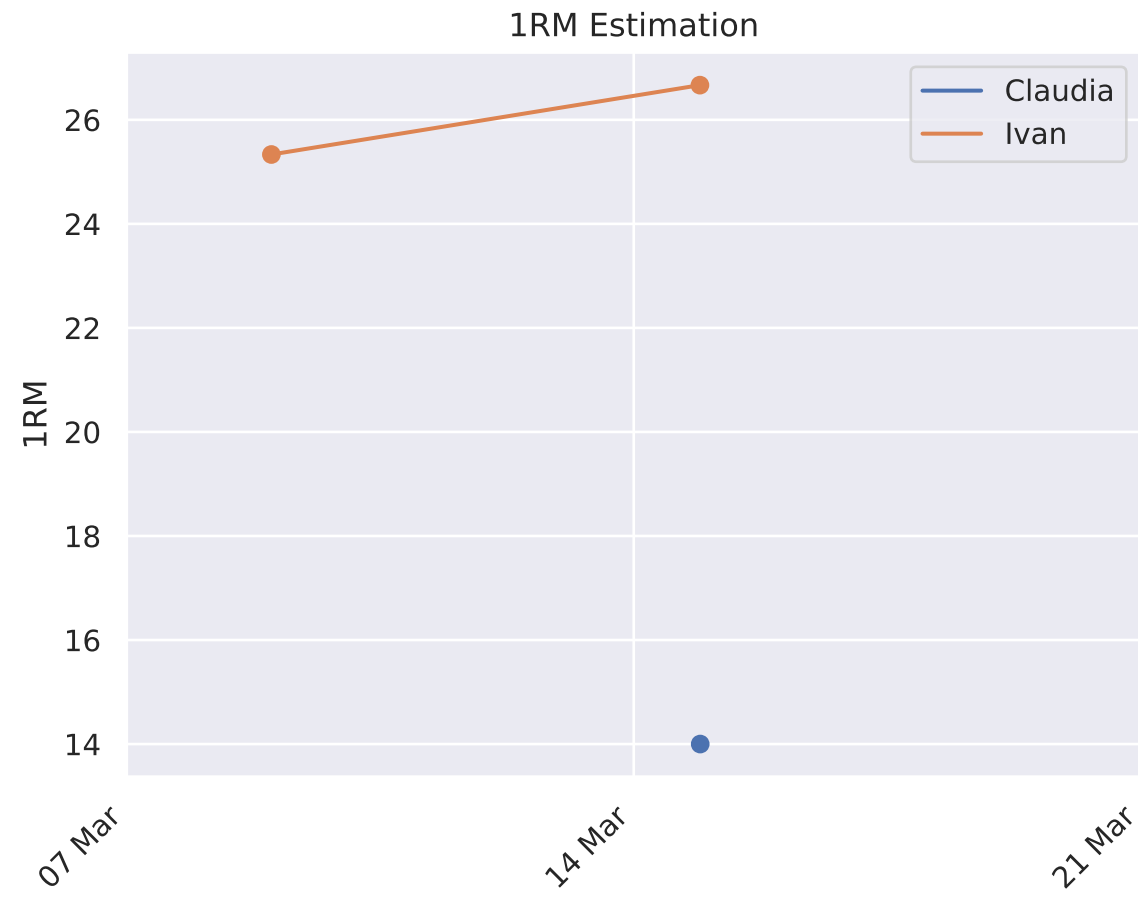
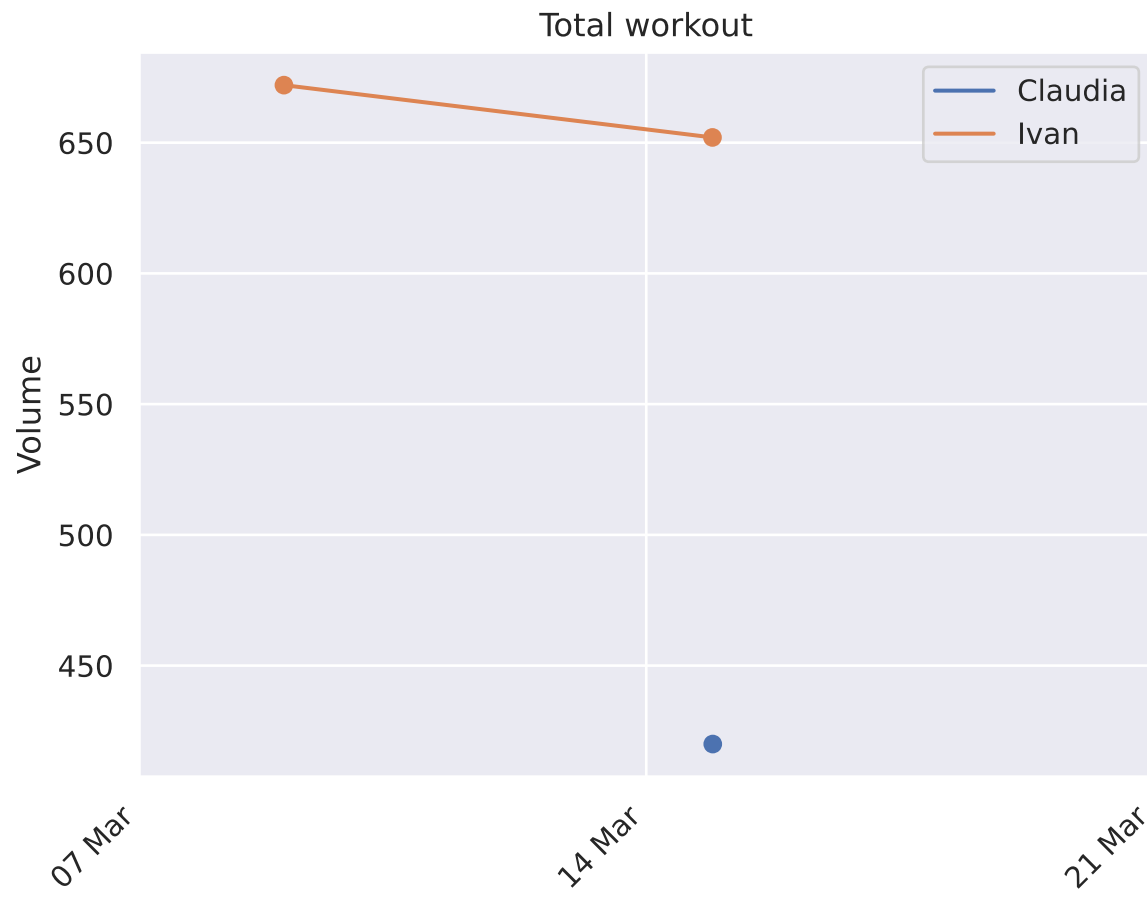
Total workout



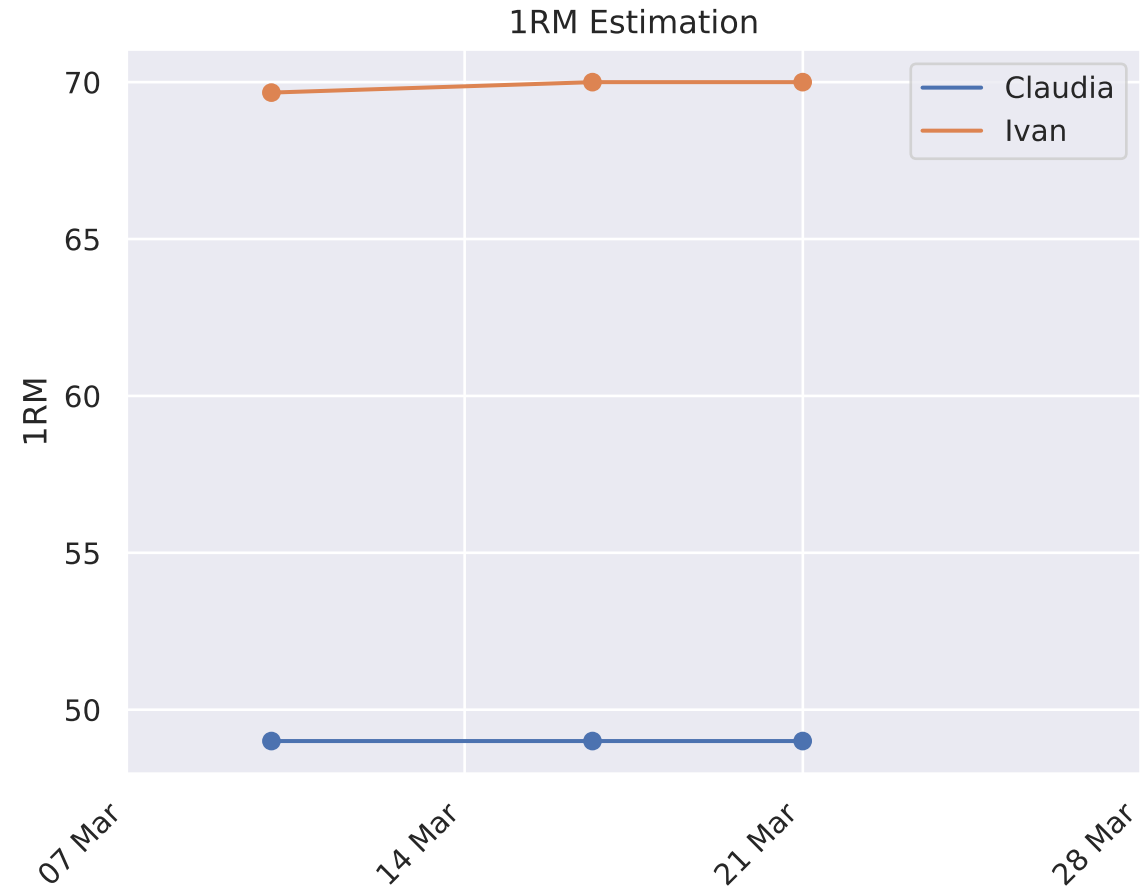
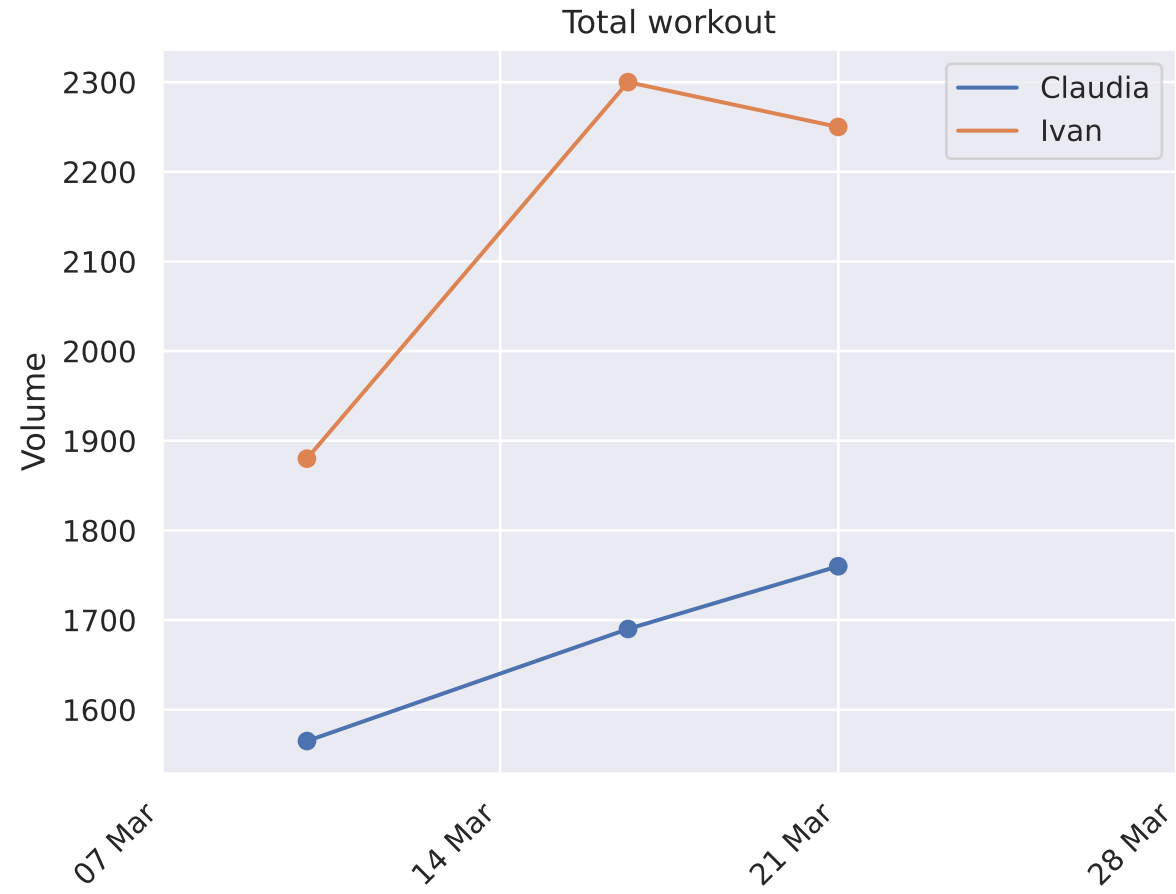
1RM Estimation



Incline Bench Press (Dumbbell)

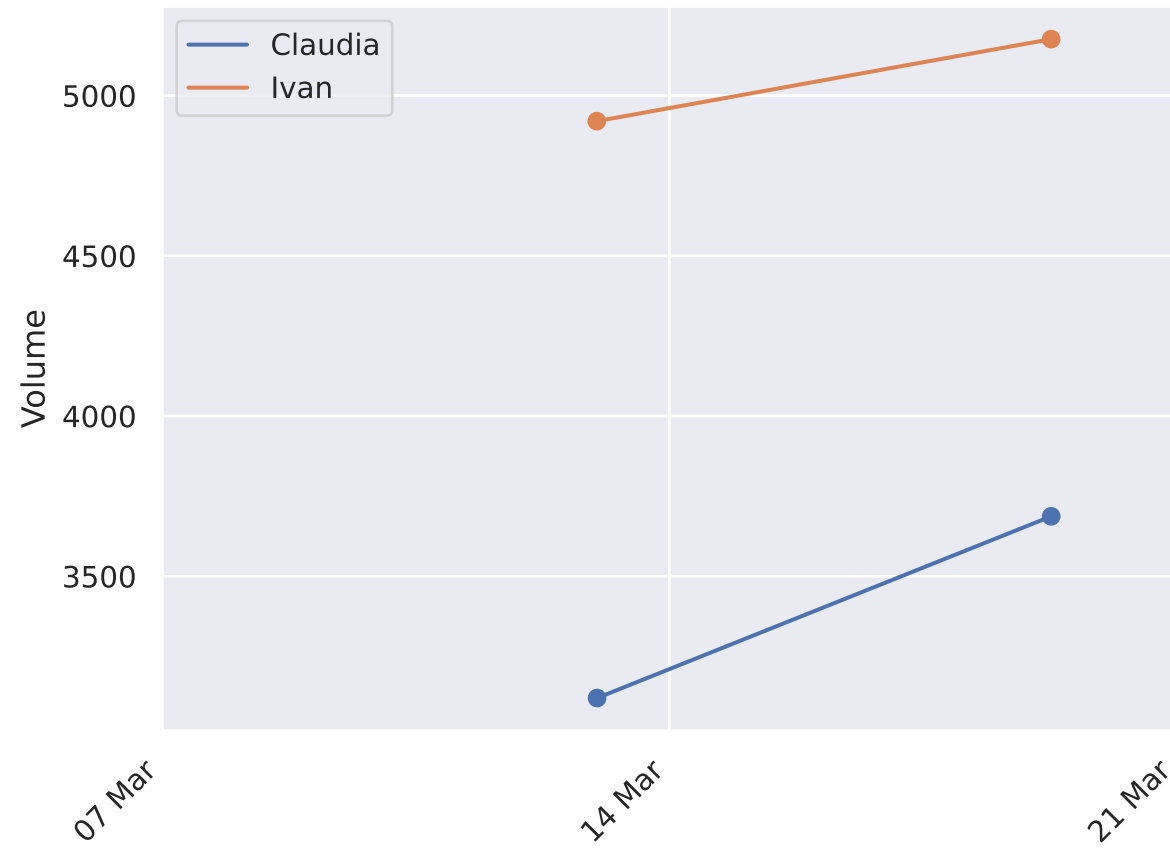


Lat Pulldown (Cable)

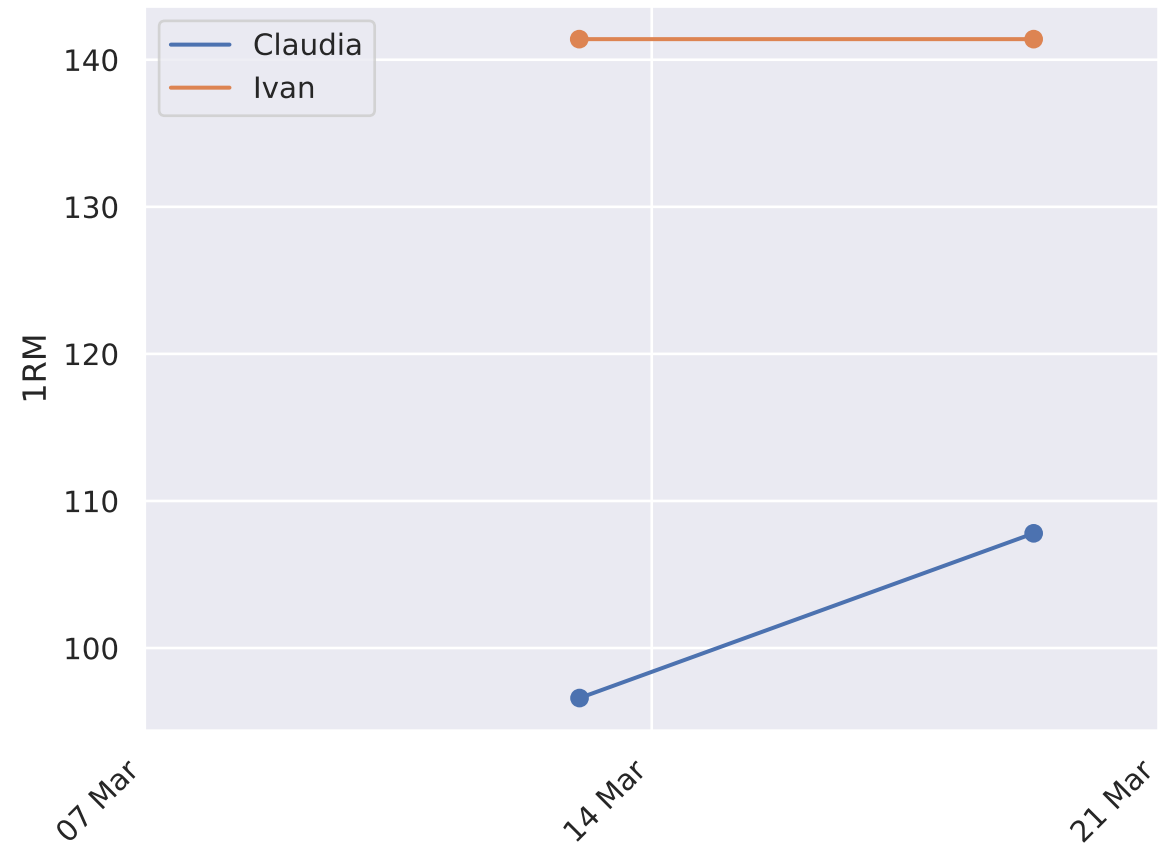


Leg Press

Total workout

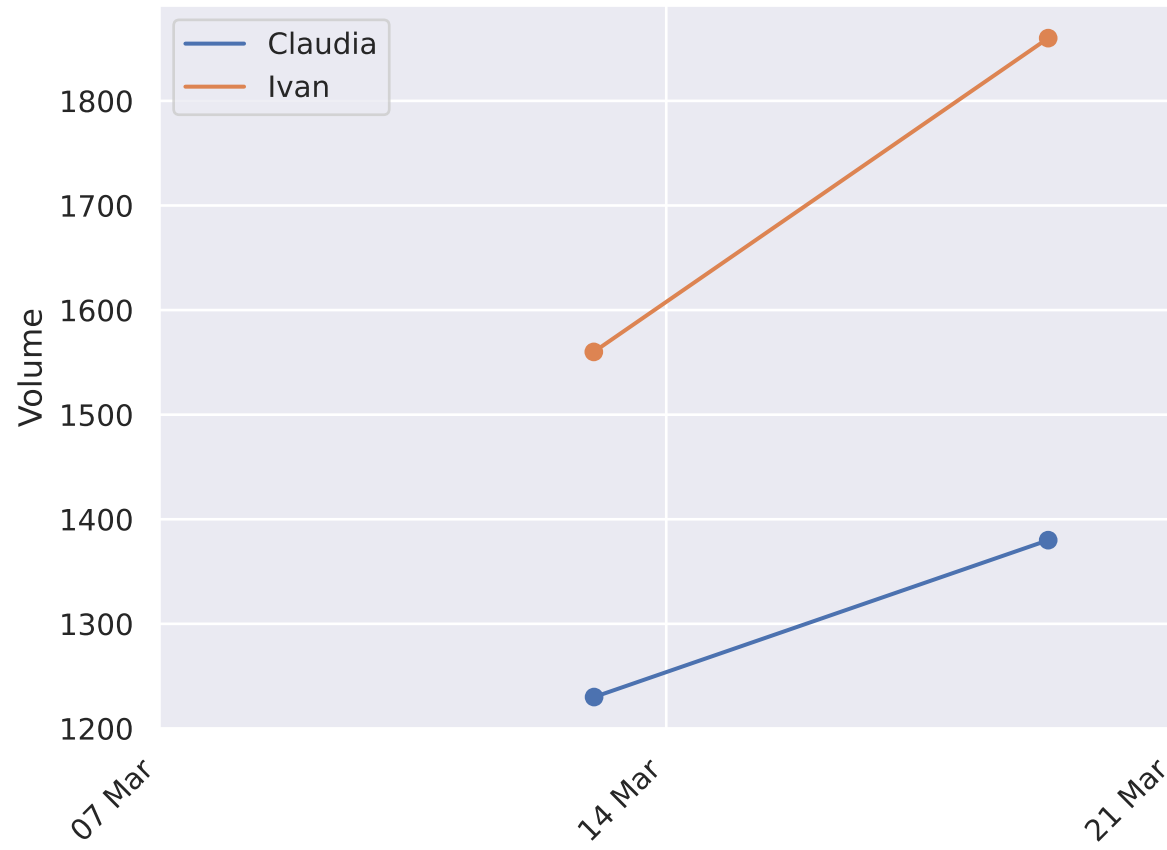


1RM Estimation

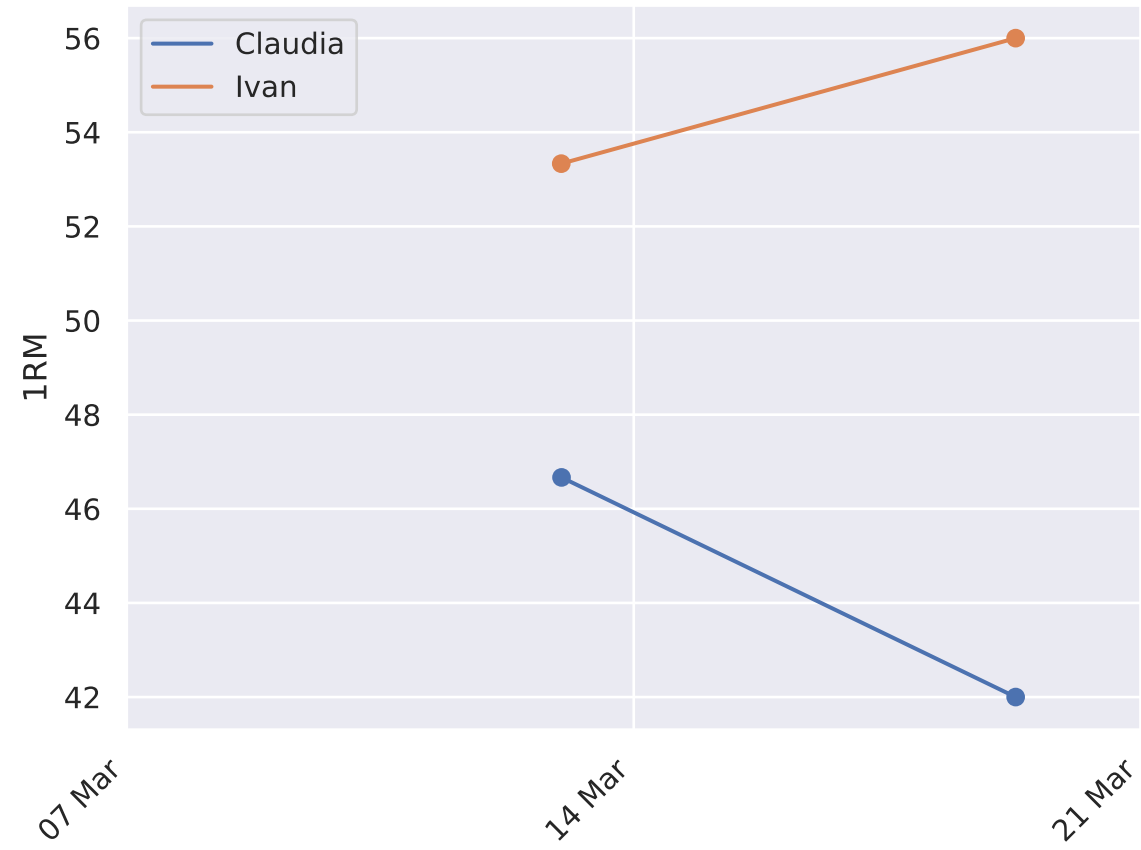


Lying Leg Curl (Machine)

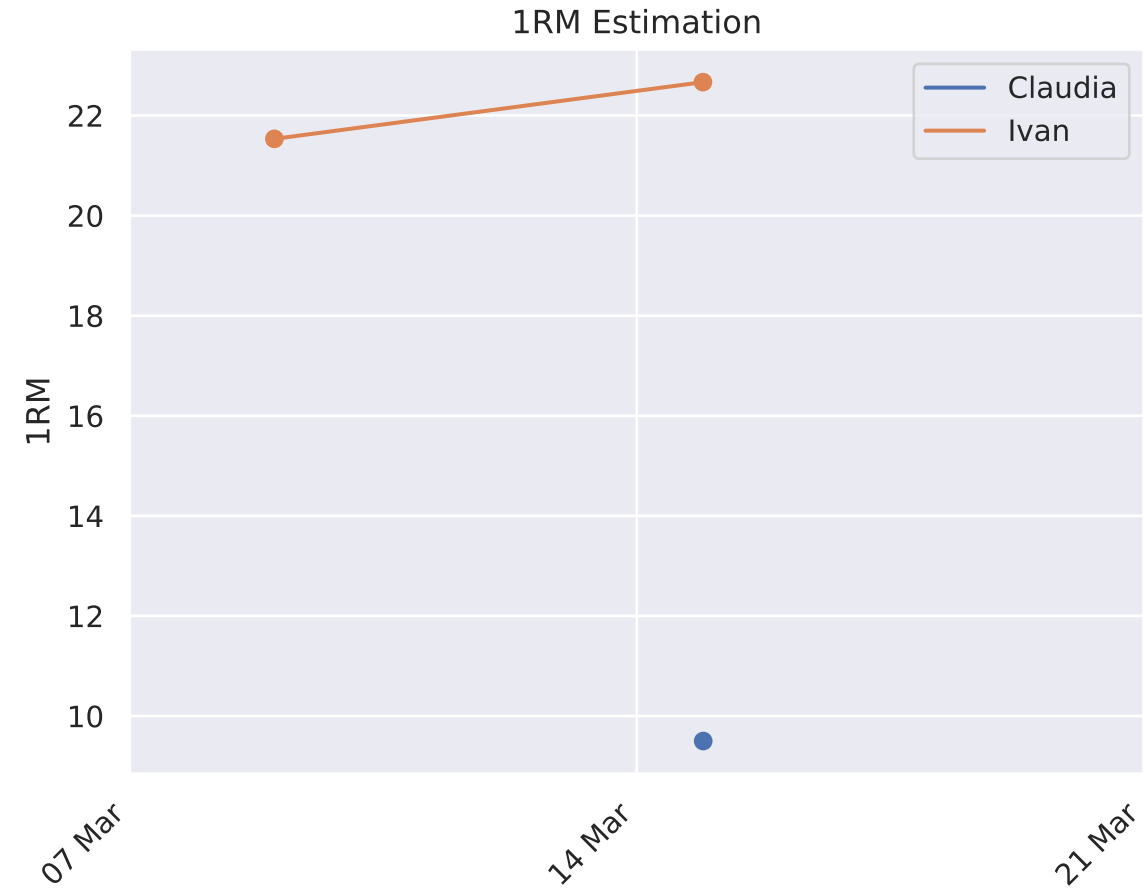
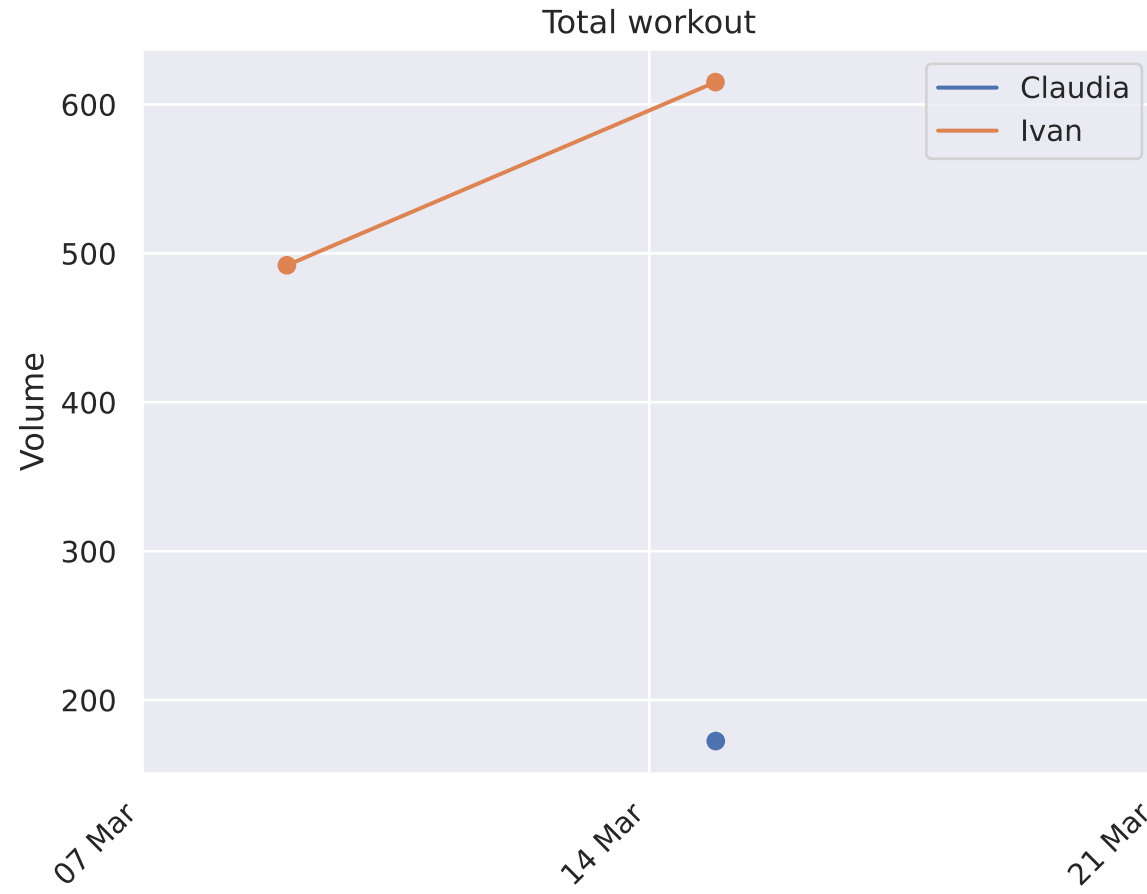
Total workout



1RM Estimation

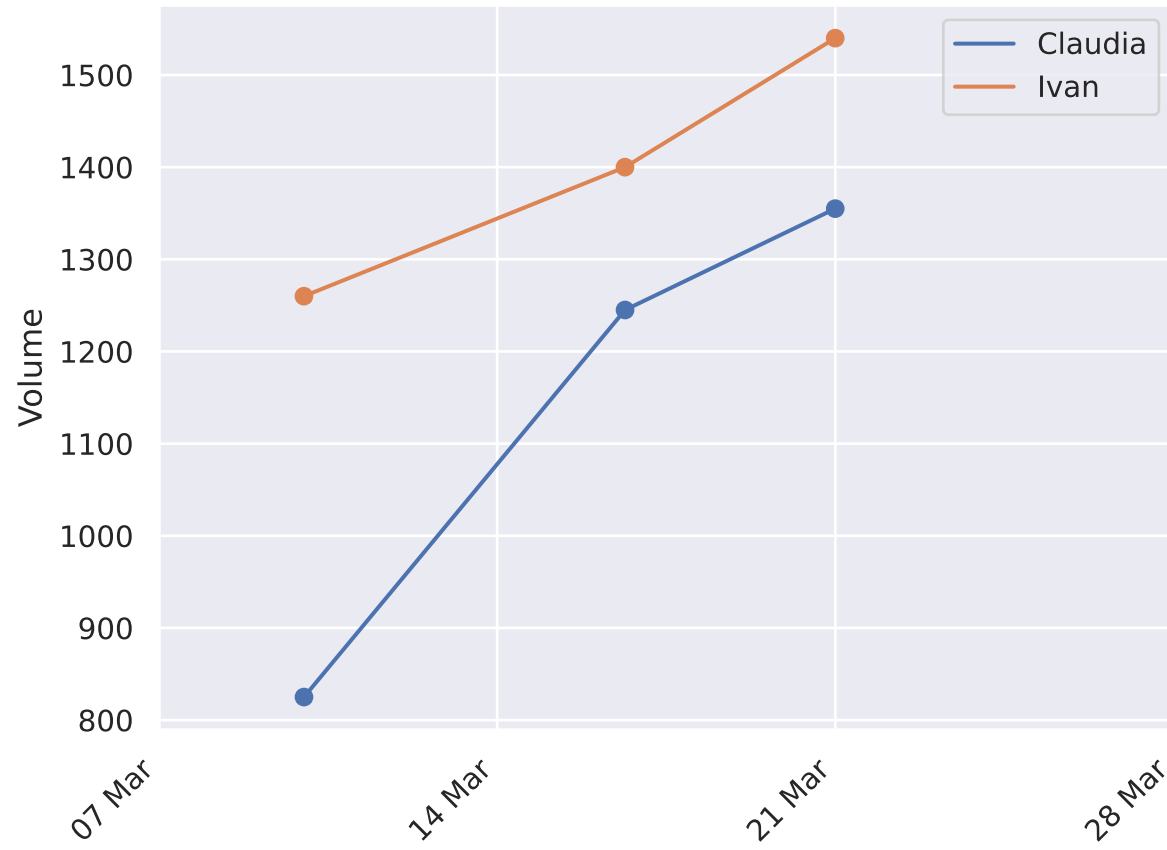


Preacher Curl (Barbell)

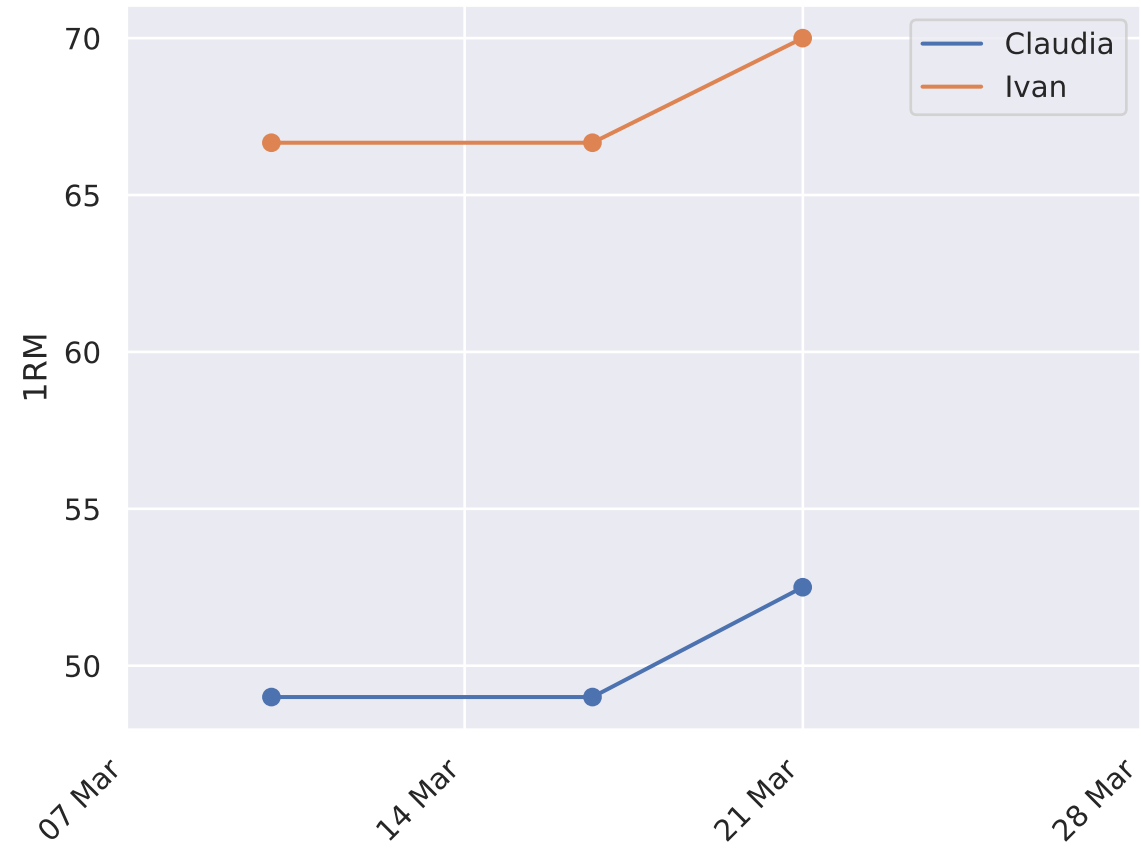


Pull Up (Assisted)

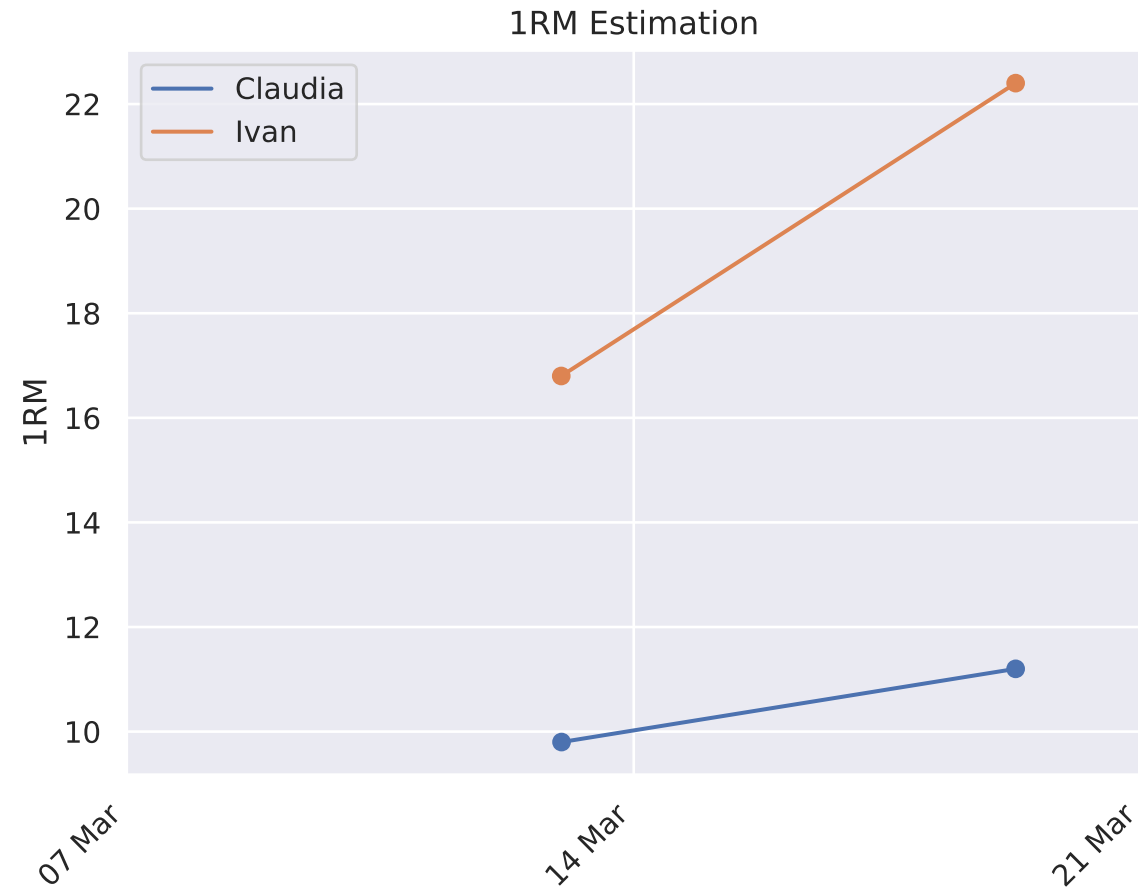
Total workout



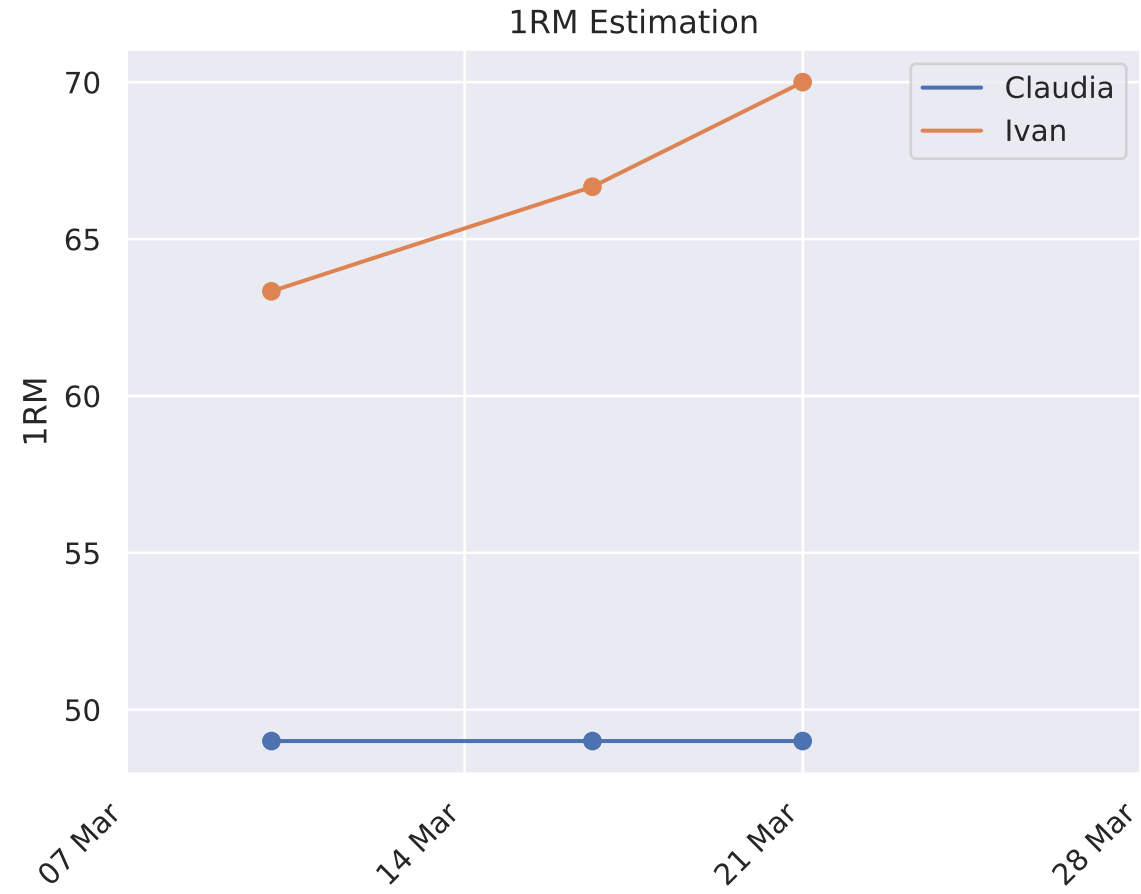
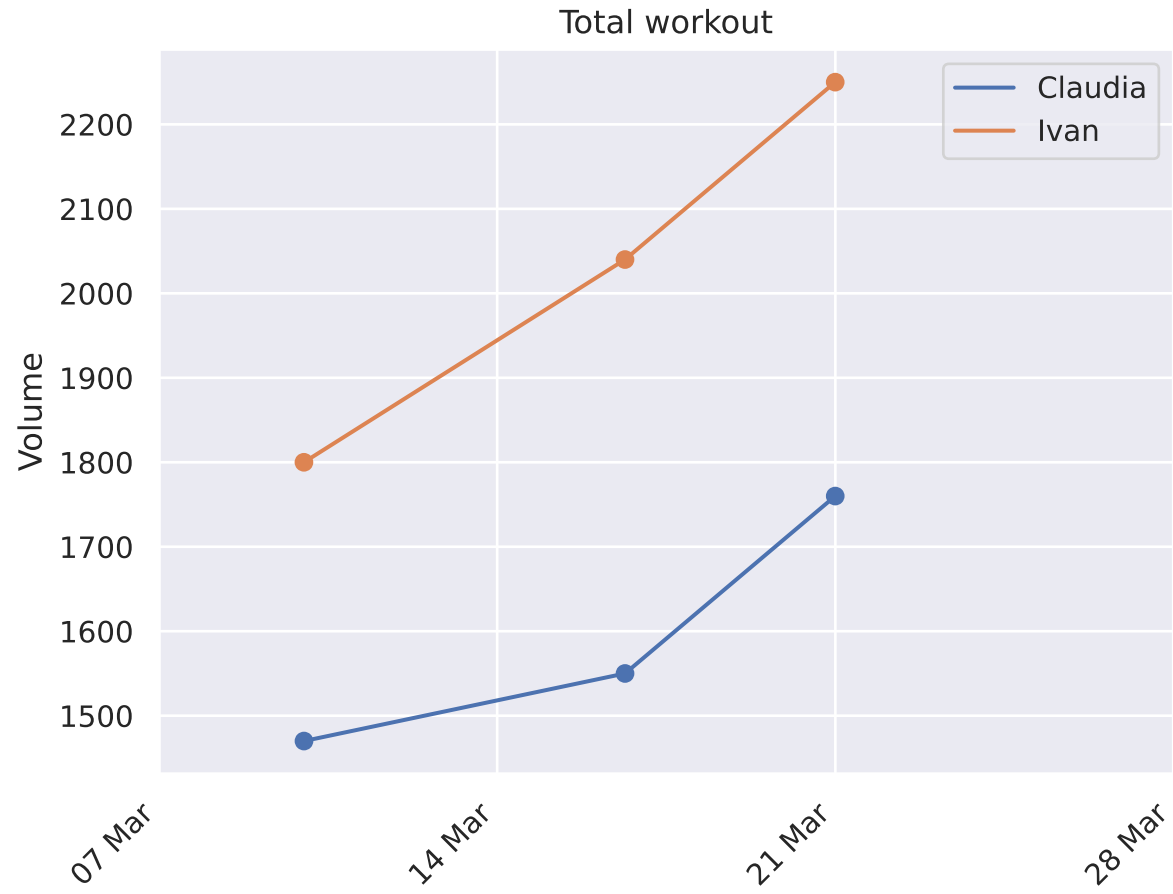
1RM Estimation



Seated Overhead Press (Dumbbell)

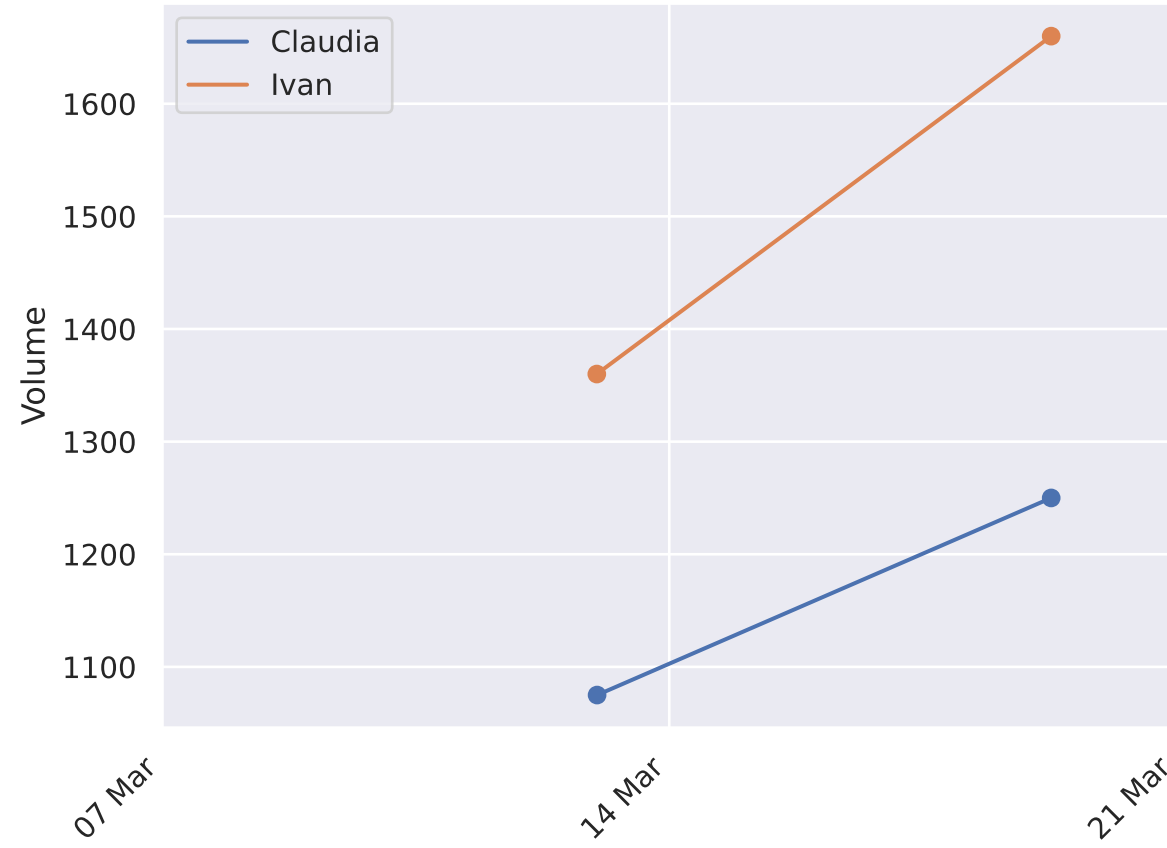


Seated Row (Cable)

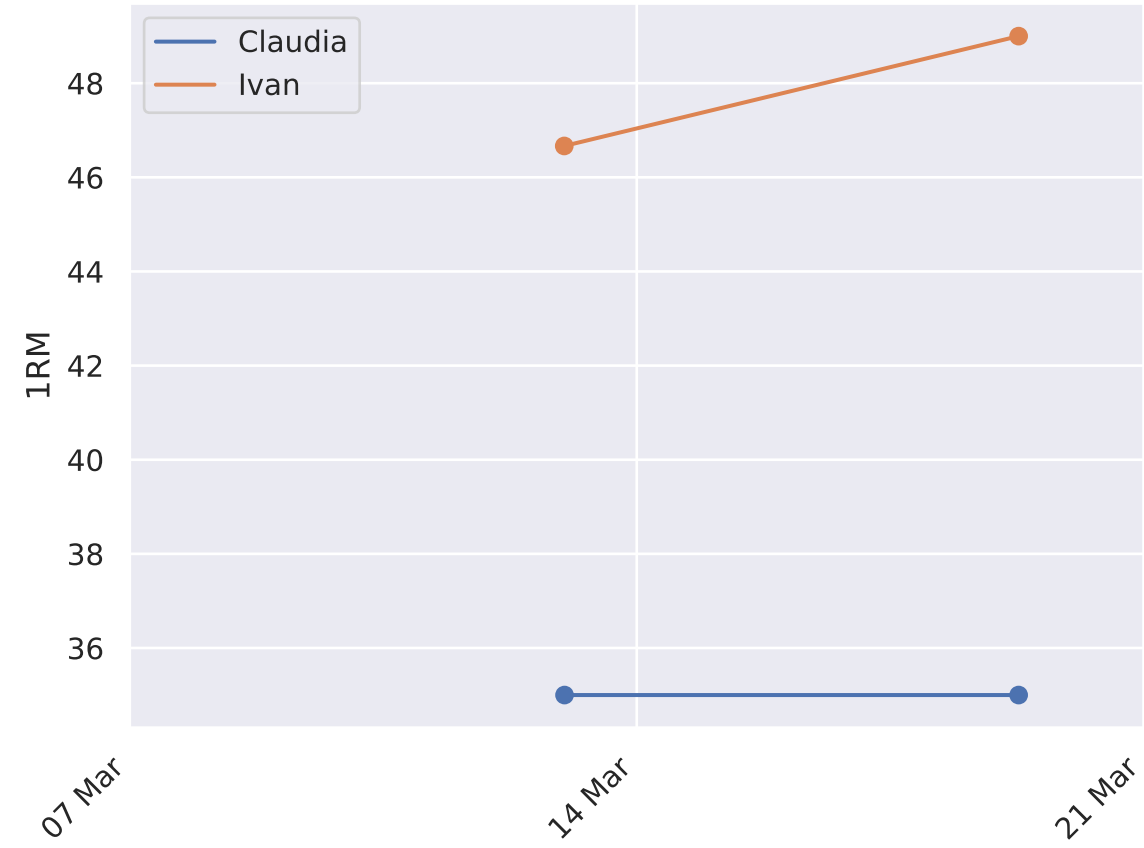


Shoulder Press (Machine)

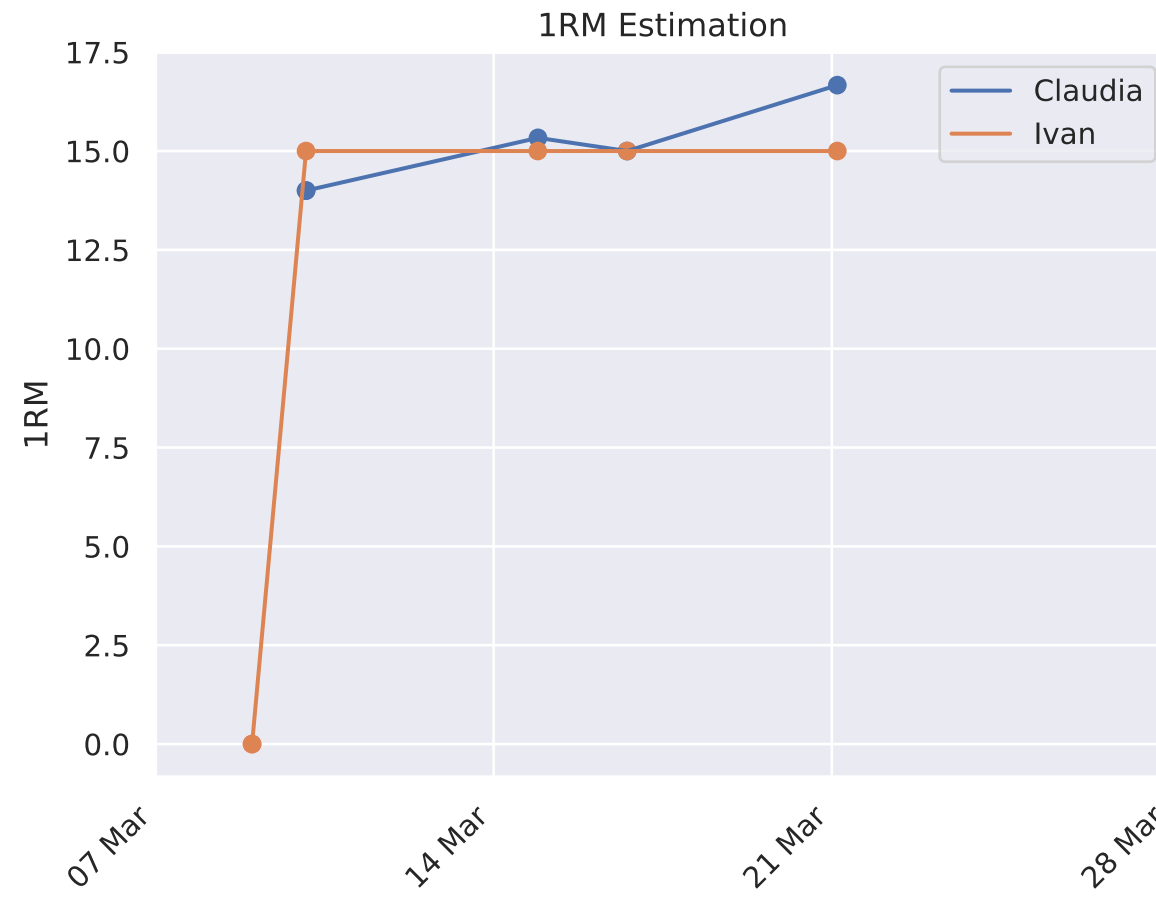
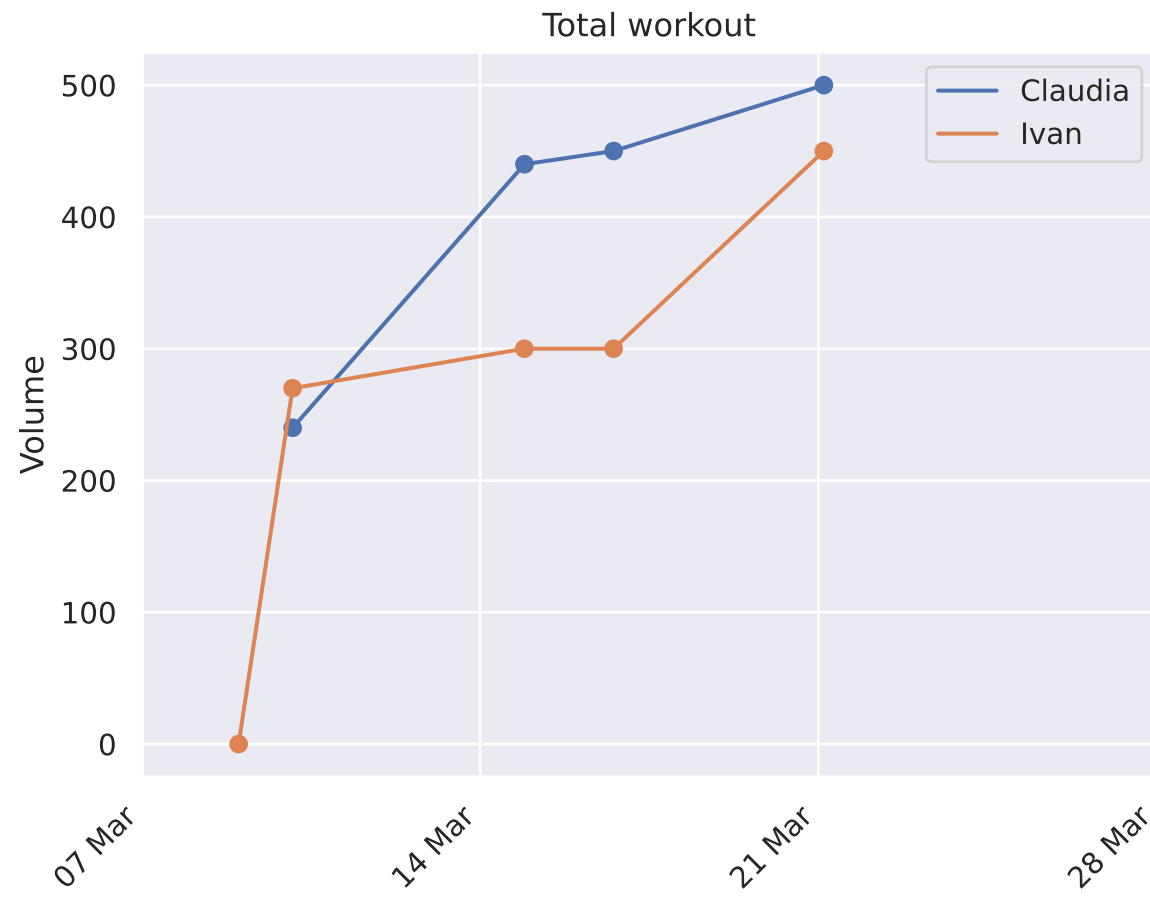
Total workout



1RM Estimation

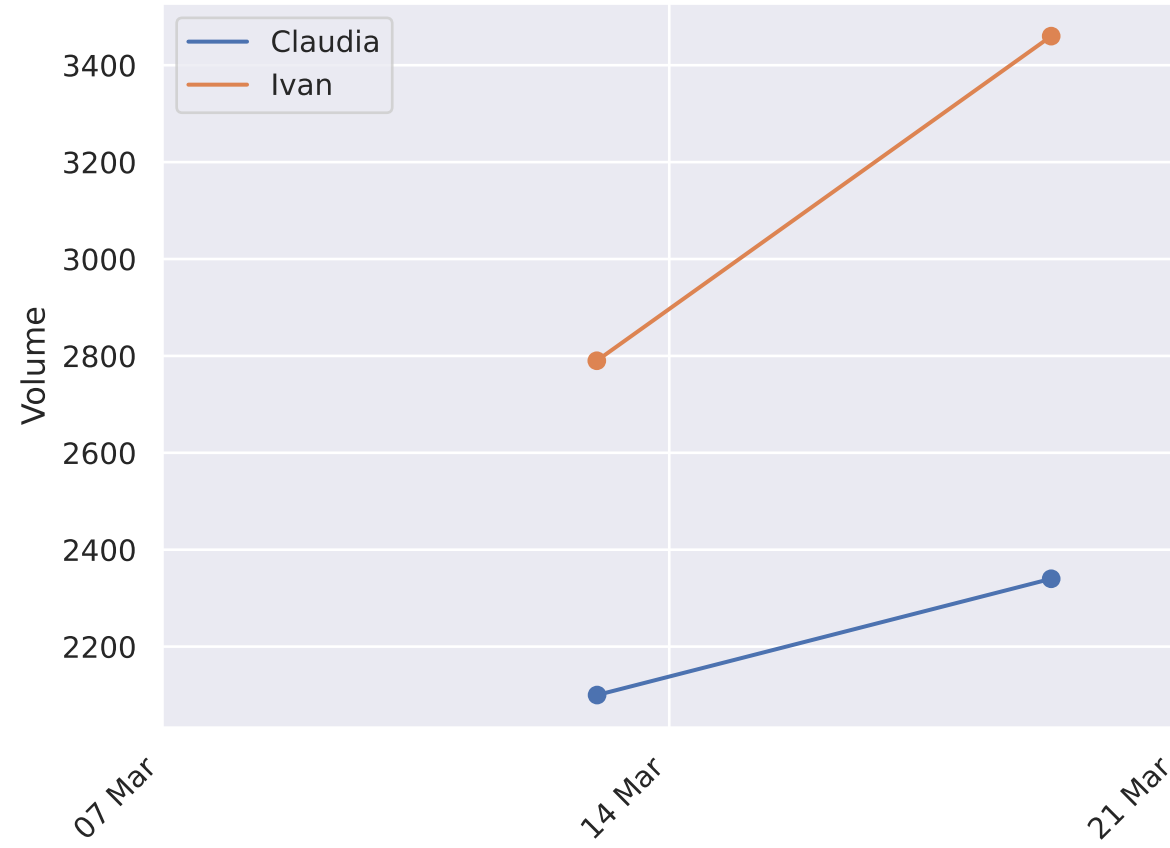


Sit Up

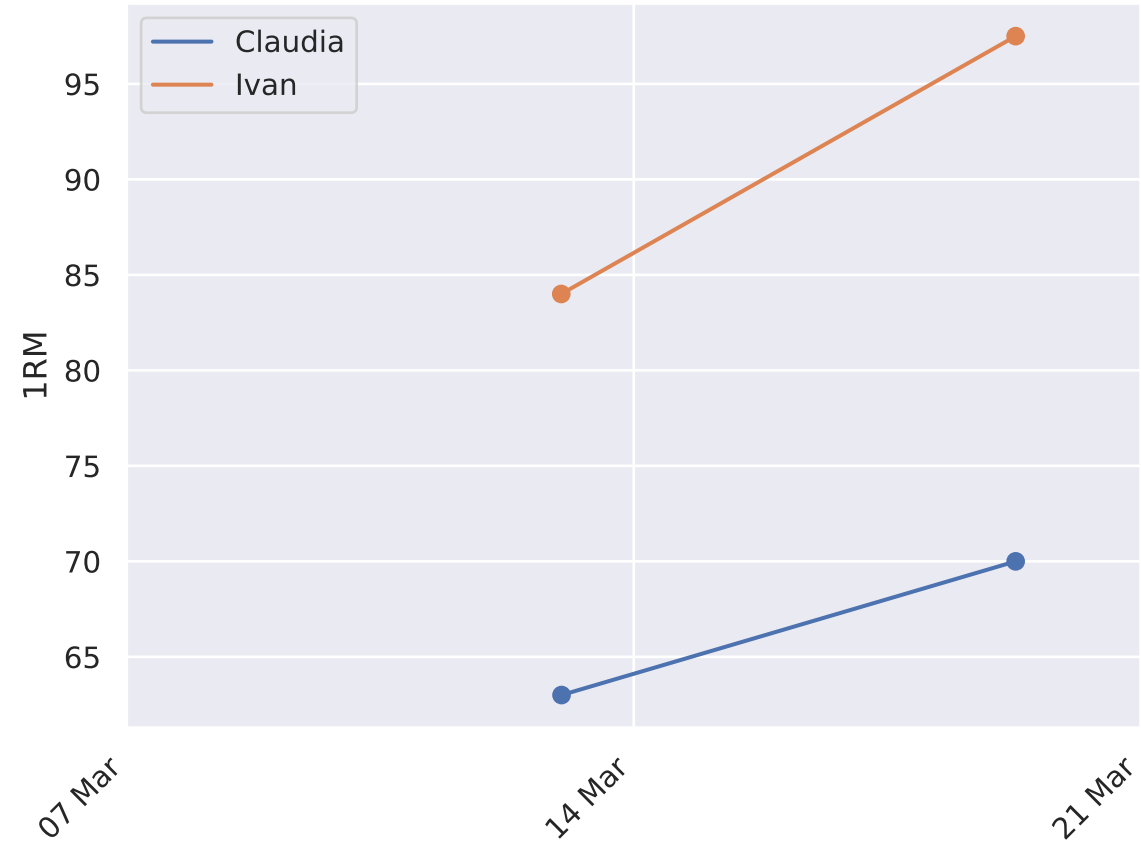


Standing Calf Raise (Machine)

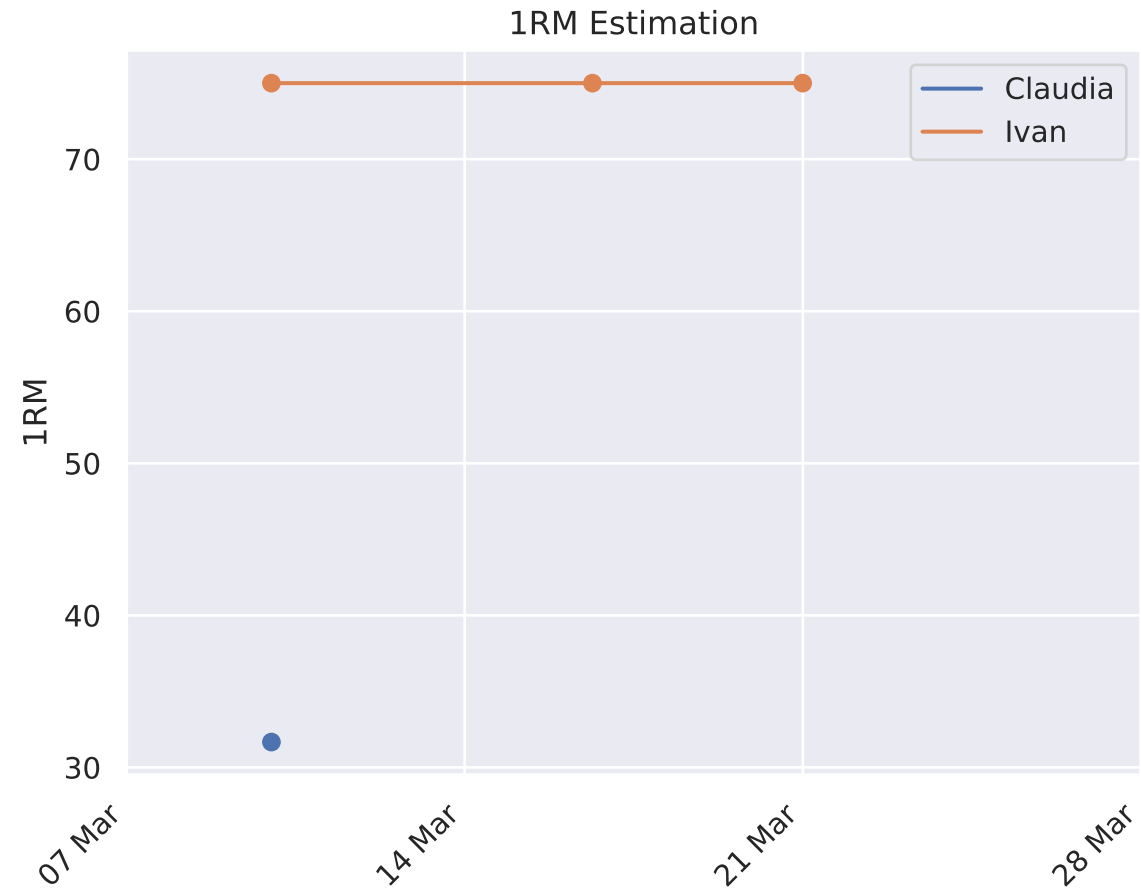
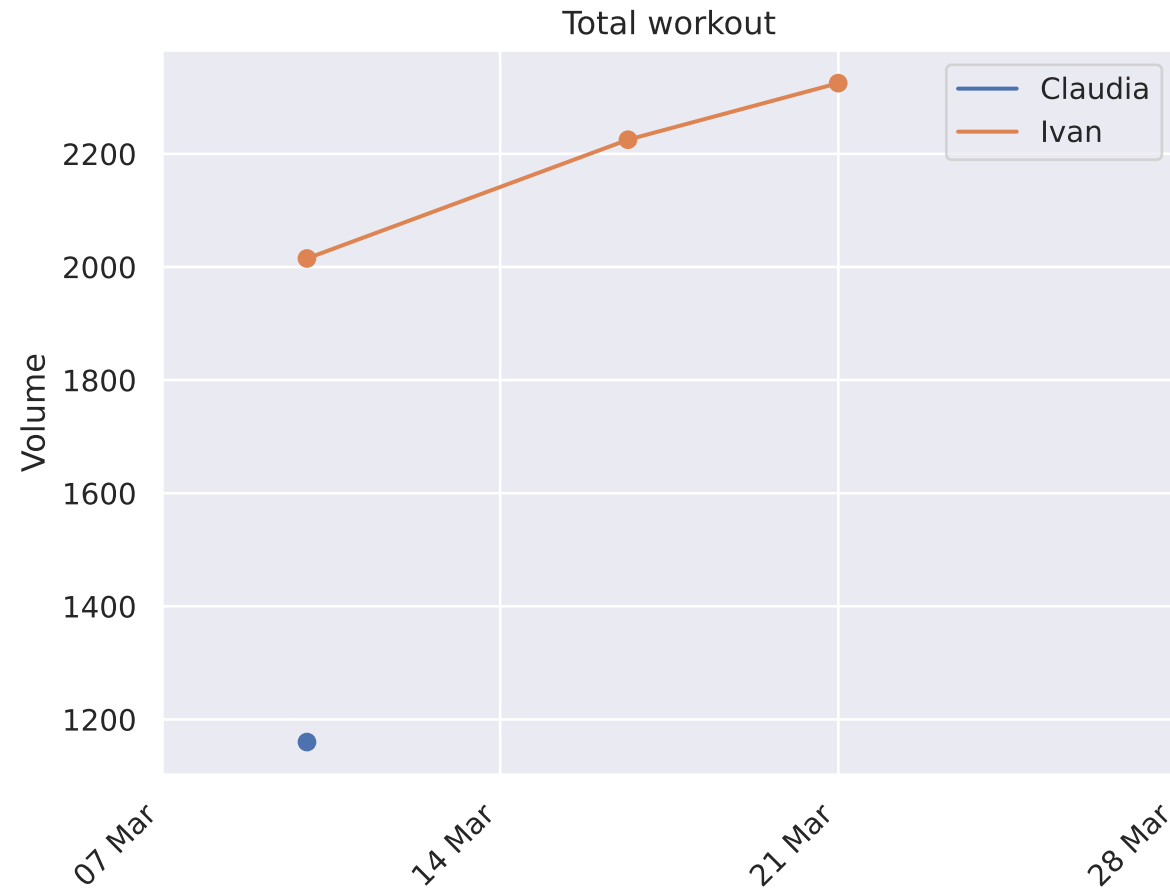
Total workout



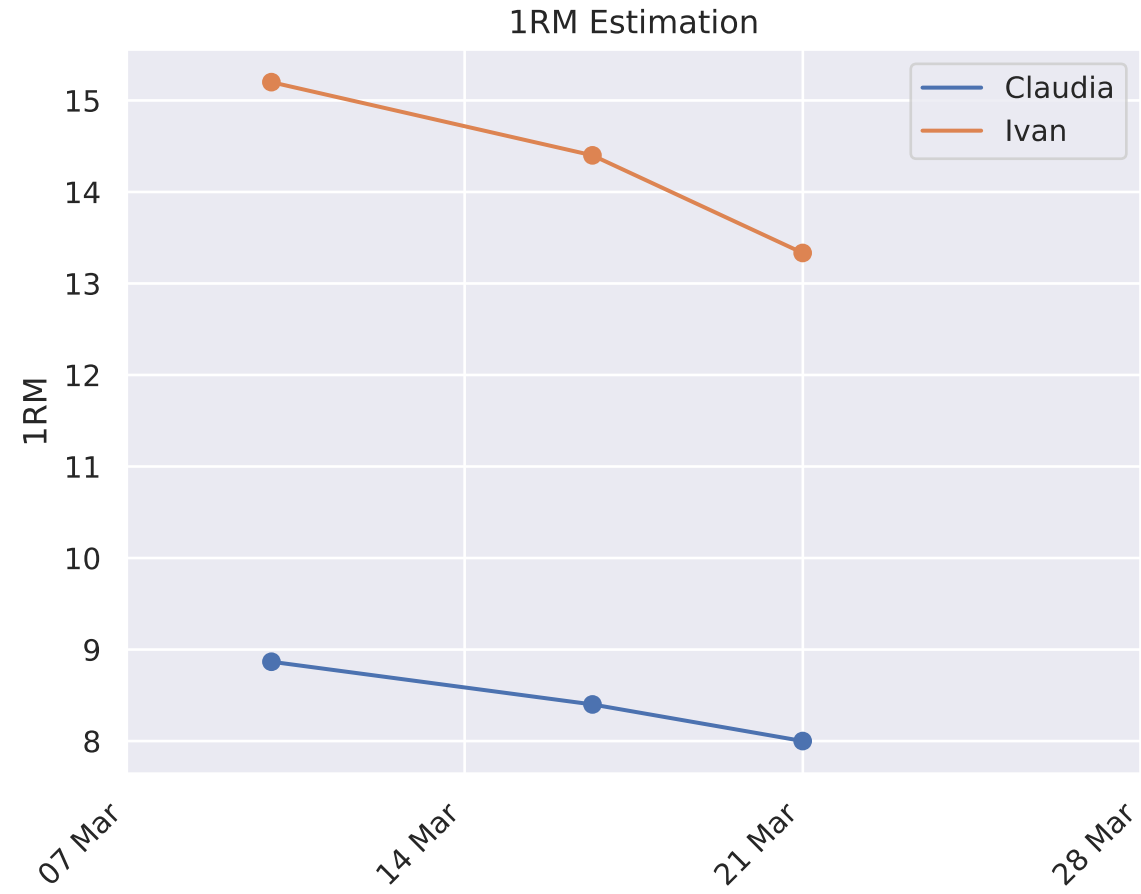
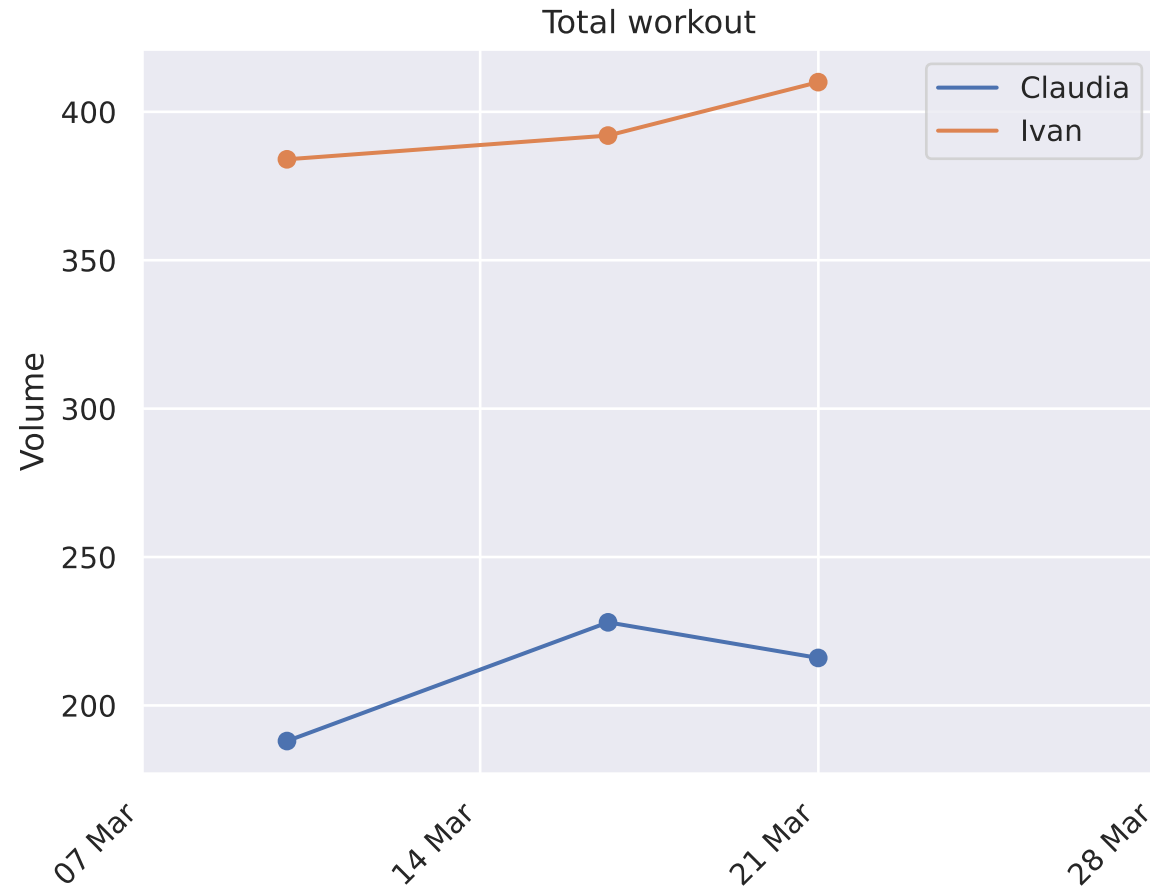
1RM Estimation



Triceps Dip (Assisted)

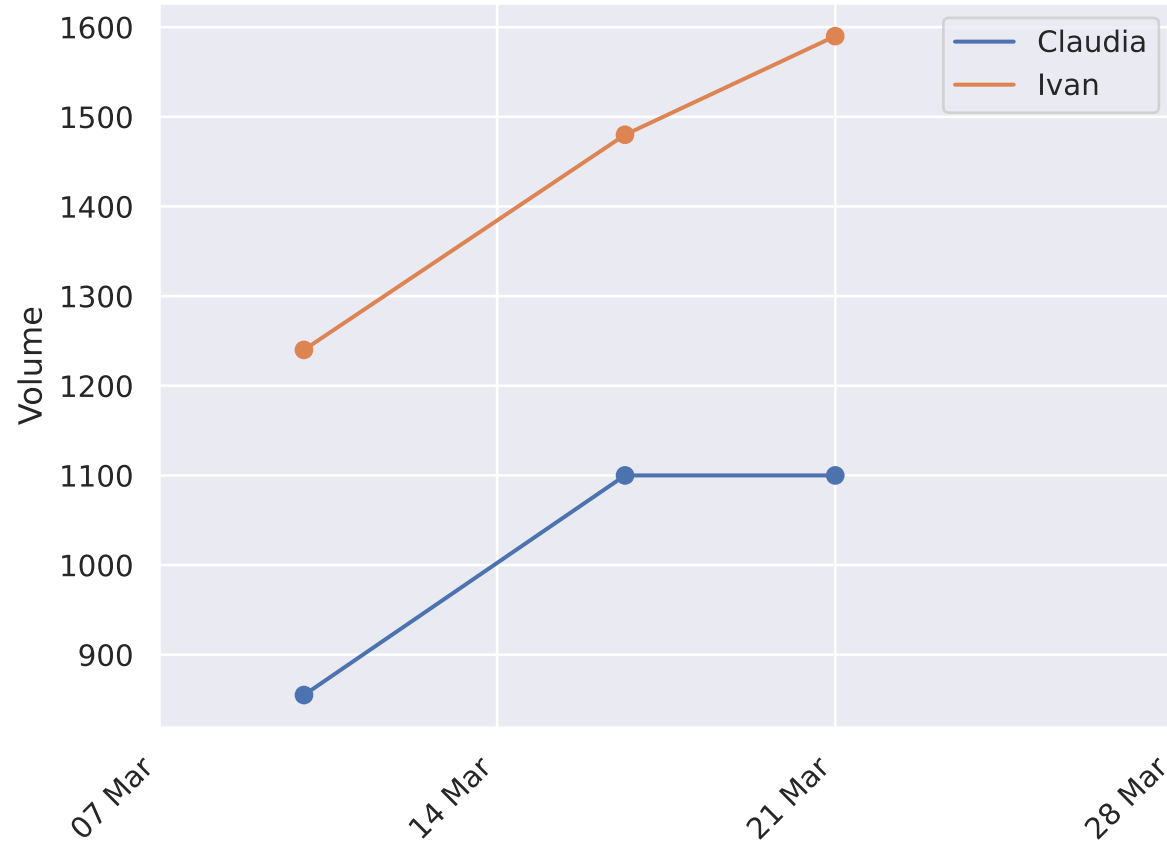


Triceps Extension (Dumbbell)



Triceps Pushdown (Cable - Straight Bar)

Total workout



1RM Estimation

