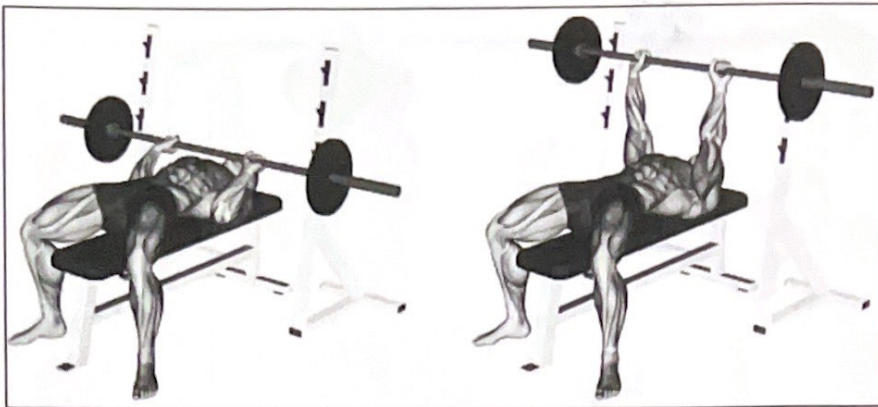
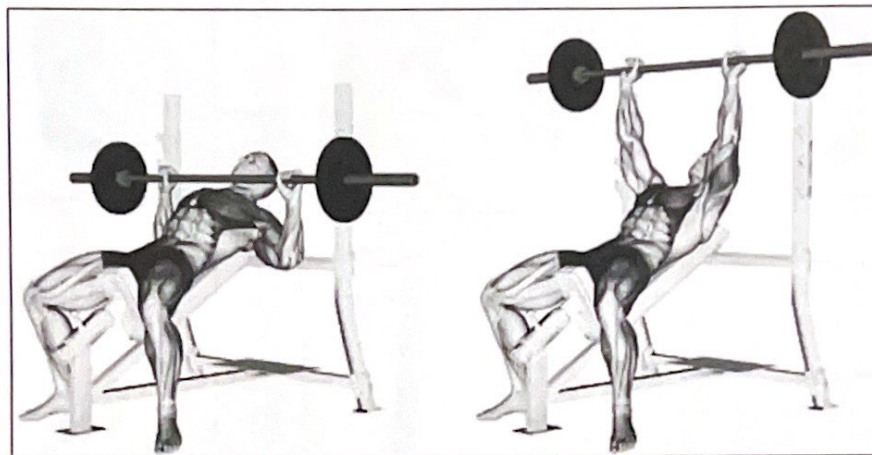


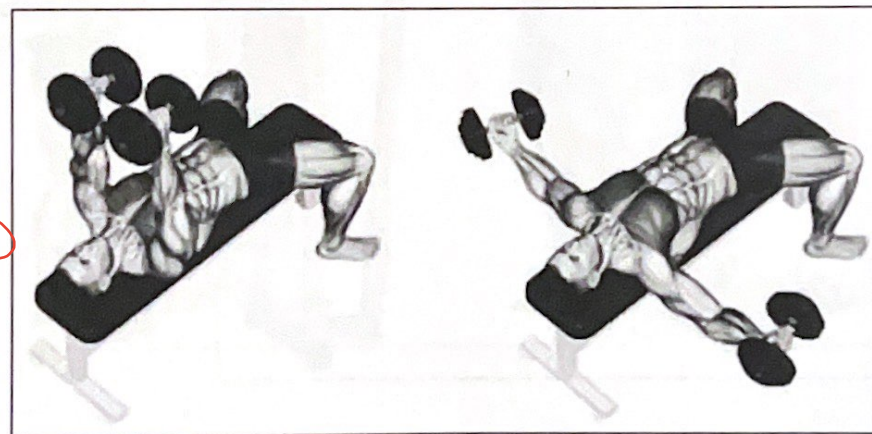
Chest And Triceps



Bench Press

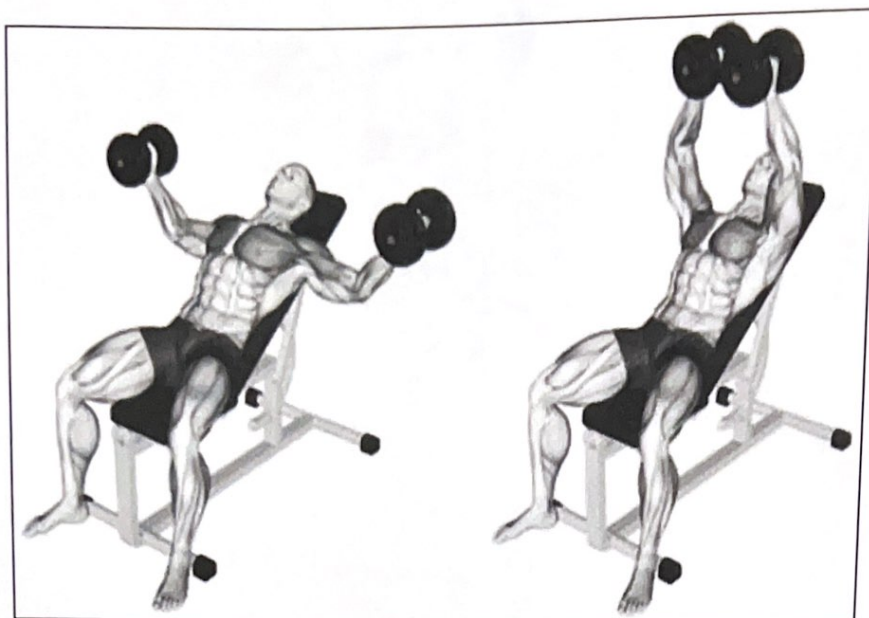


Incline Bench Press



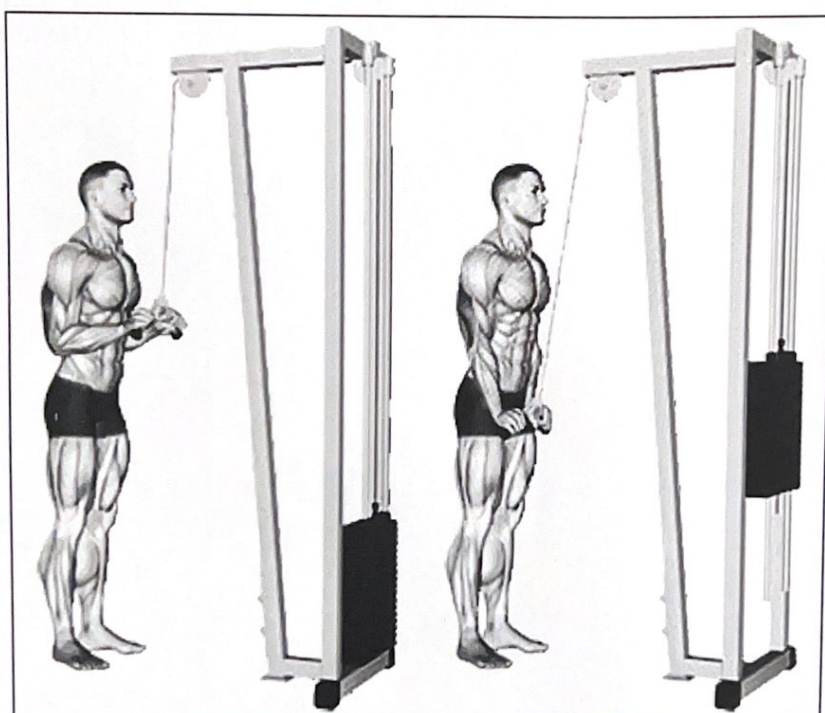
Flat Bench Dumbbell Fly

4

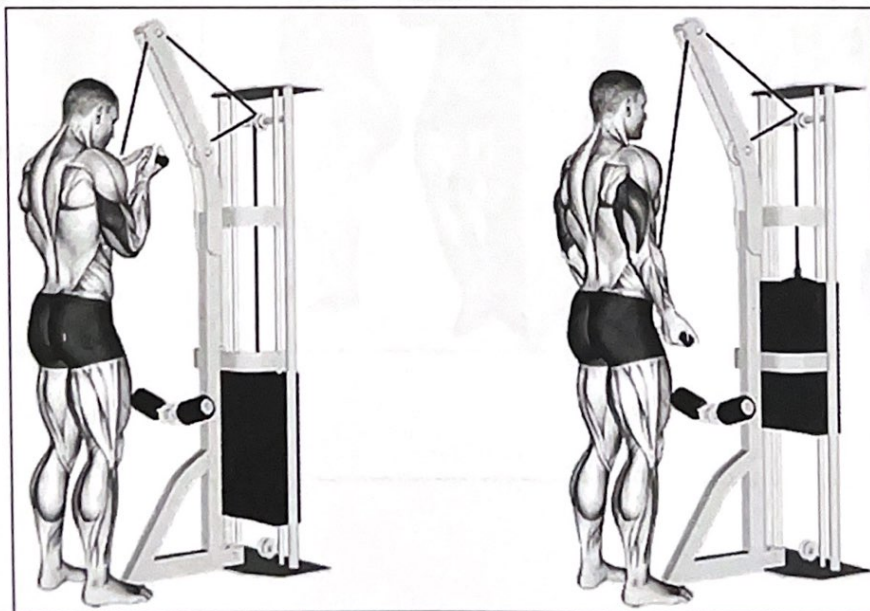
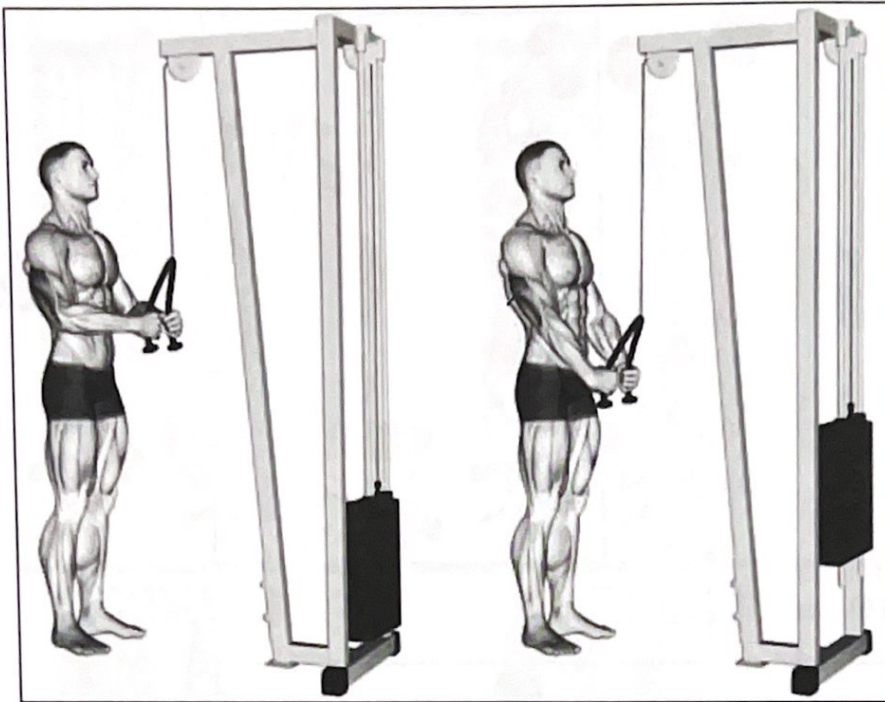


Incline
Dumbbell Fly

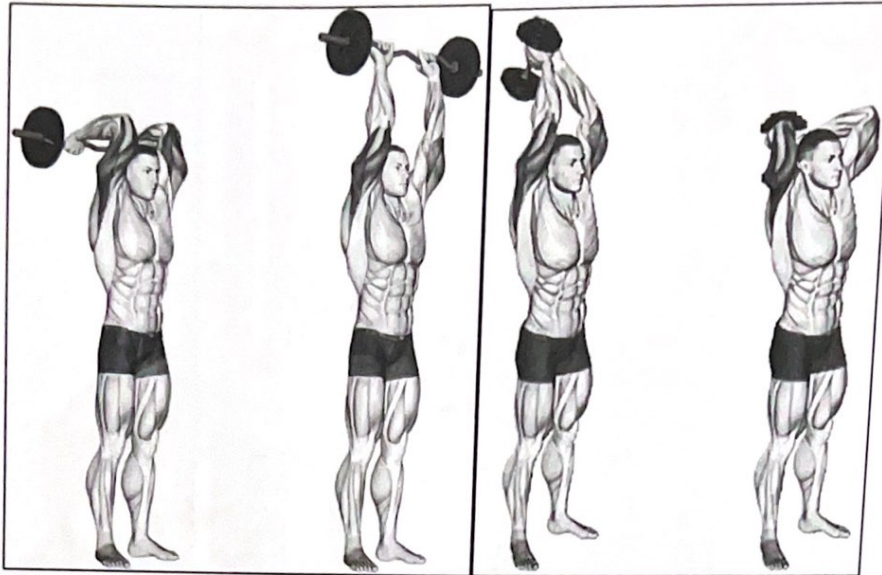
5



Cable Triceps
Extension
(rope or bar)

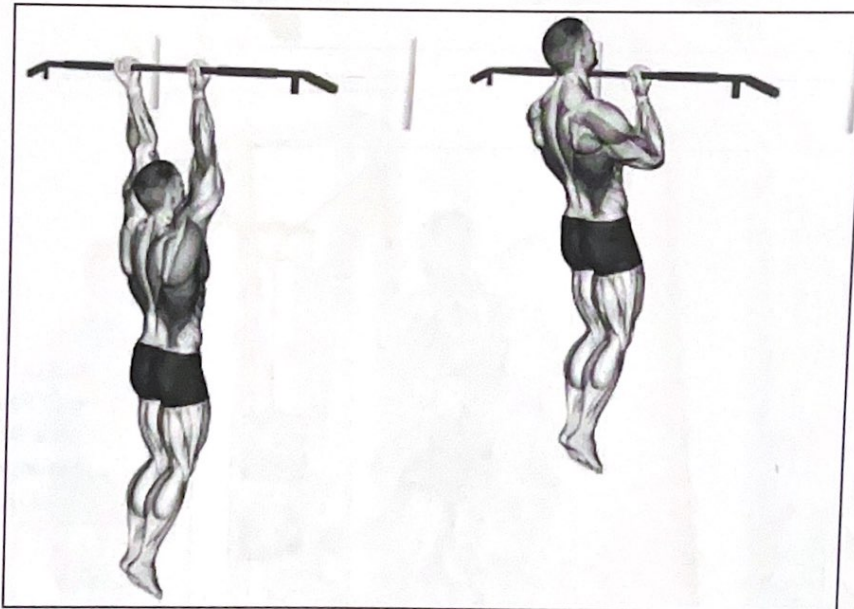


Rope Reverse
Cable Triceps
Extensions
(use rope)

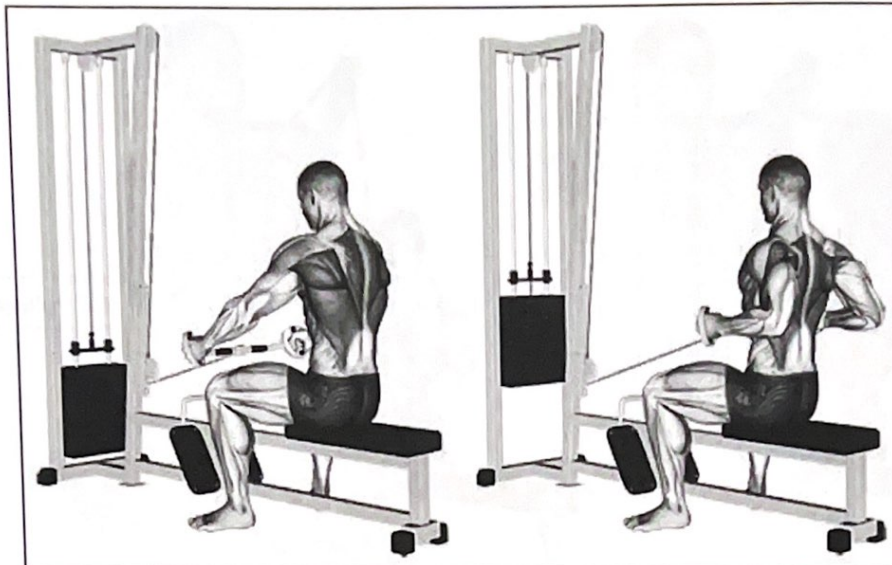


French Curls

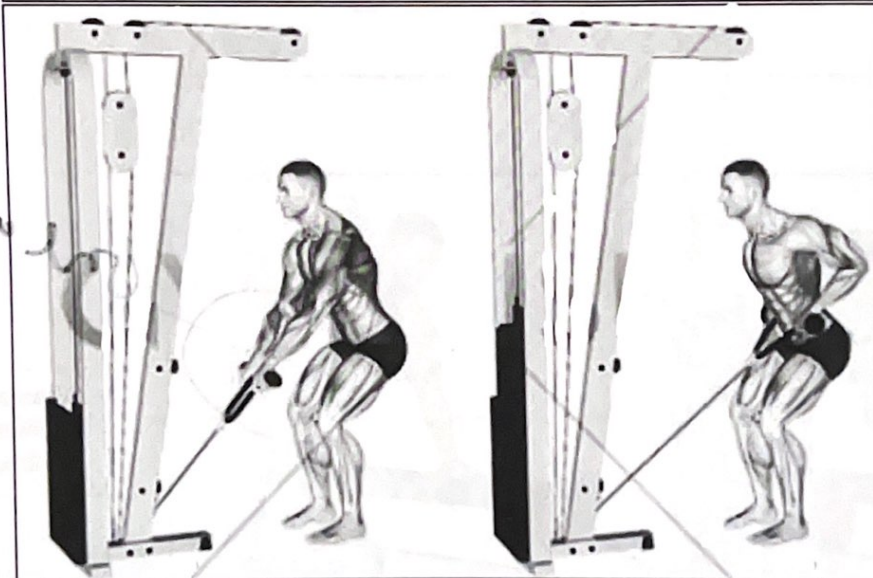
Back and Biceps



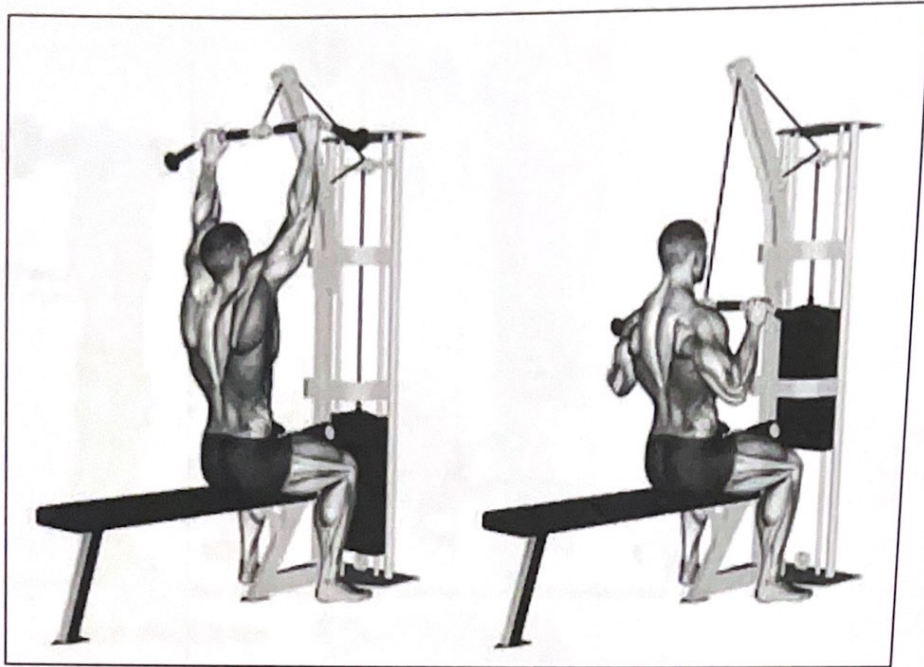
Chin-Ups



Low Row

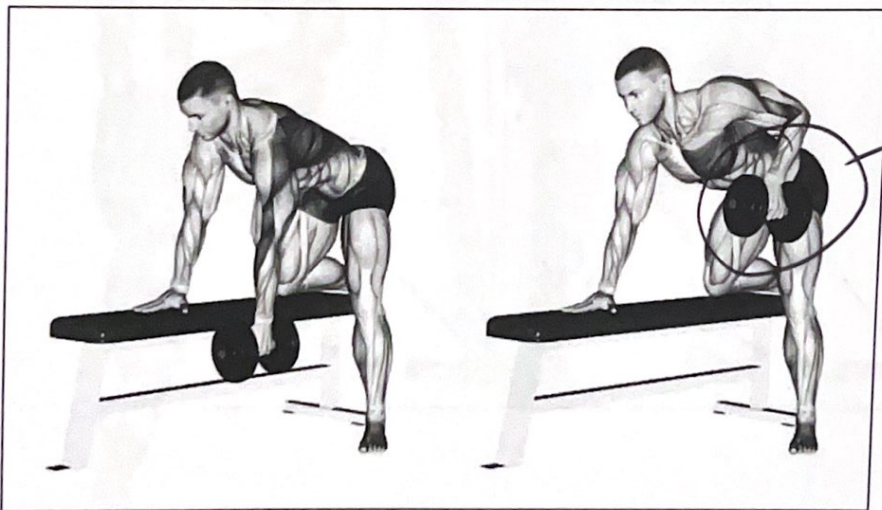


3



Lat Pulldown

4

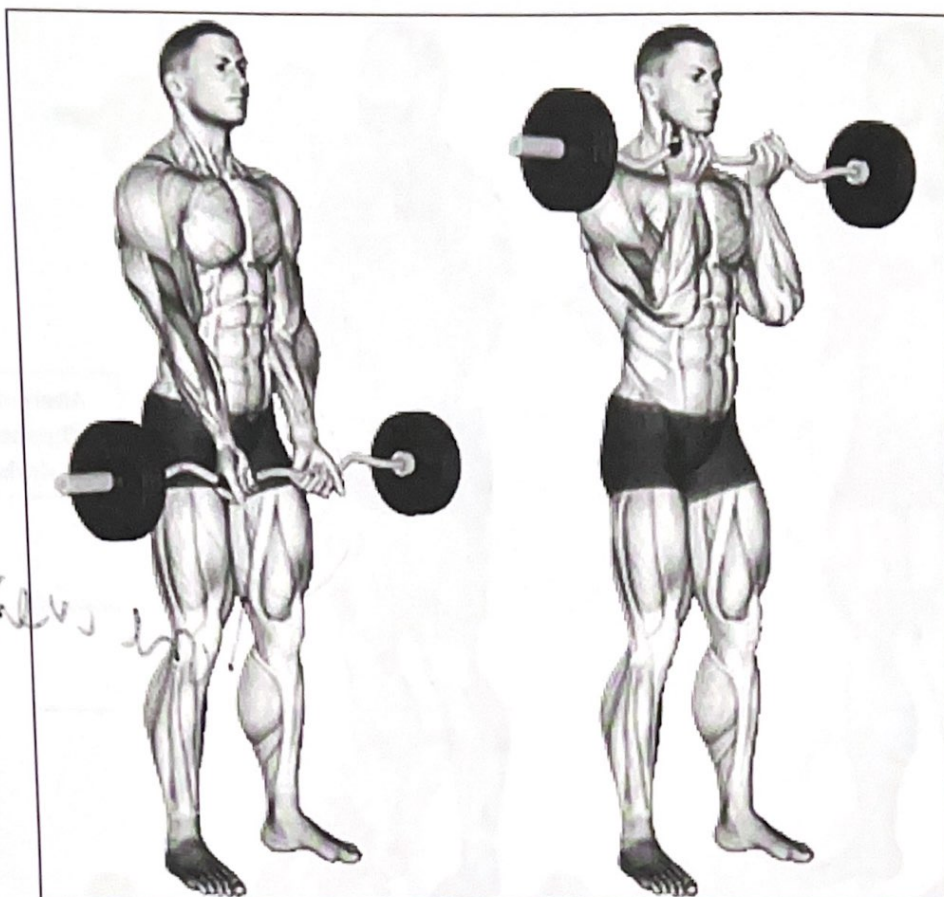


one weight

Alternating
Dumbbell
Row

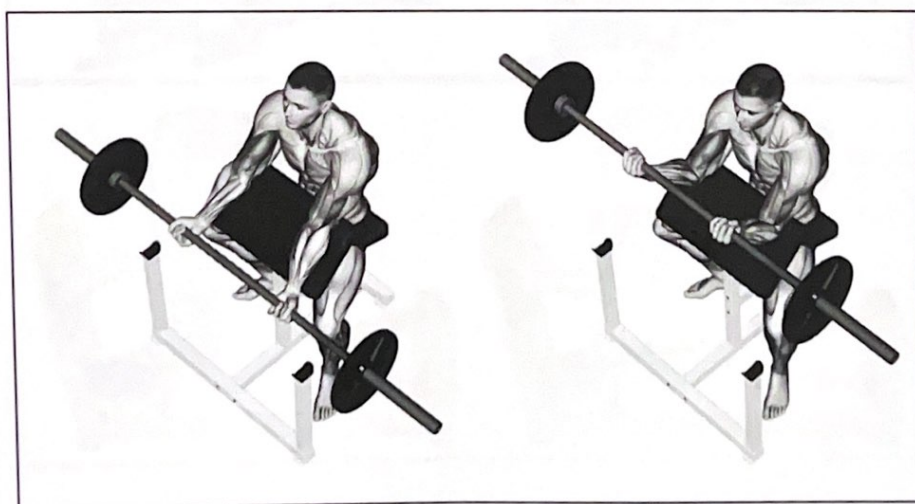
5

Adrian

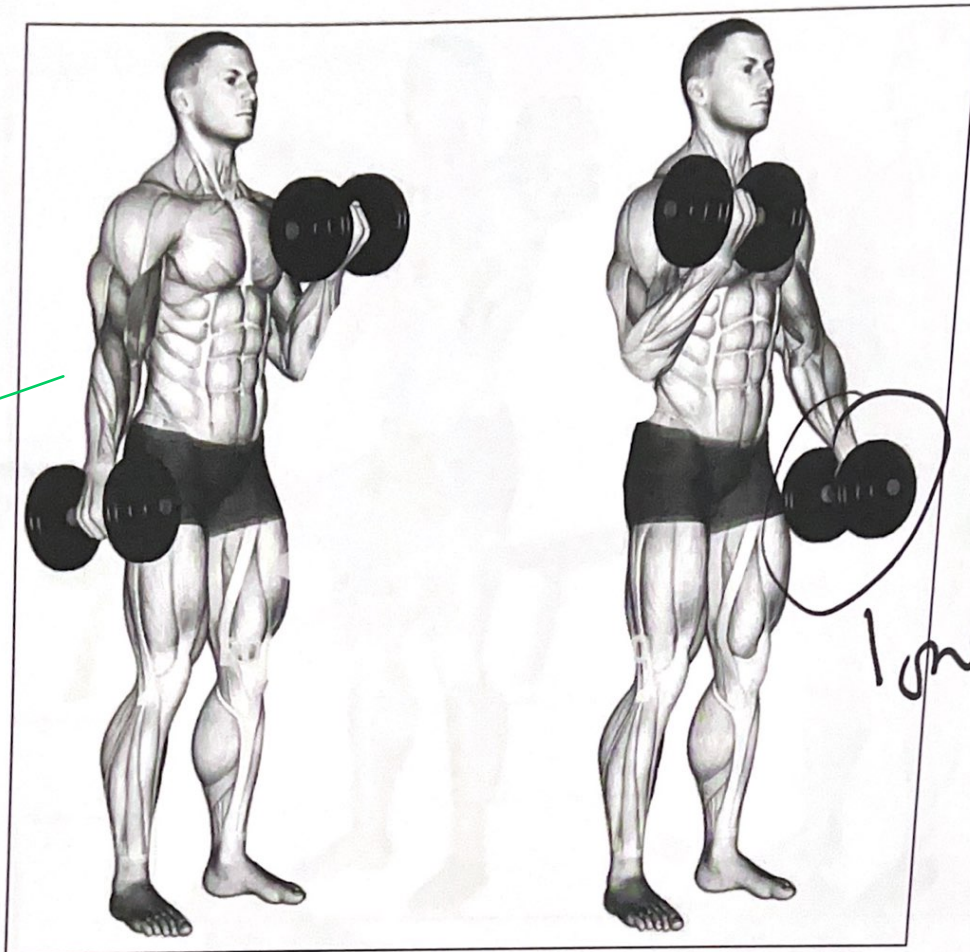


Standing EZ-Bar Curls

6



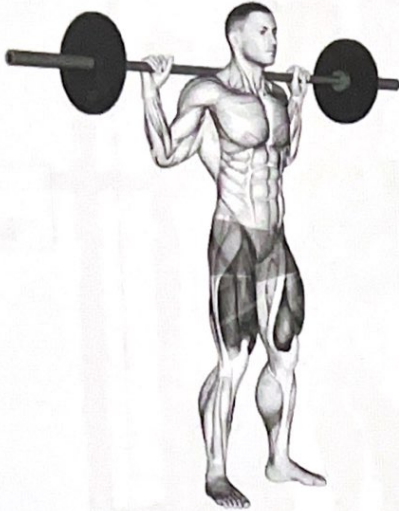
Preacher Curls



Alternating
Dumbbell
Curls

1 one weight

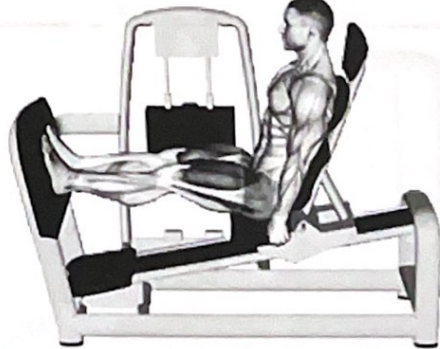
Shoulders, Legs, Abs



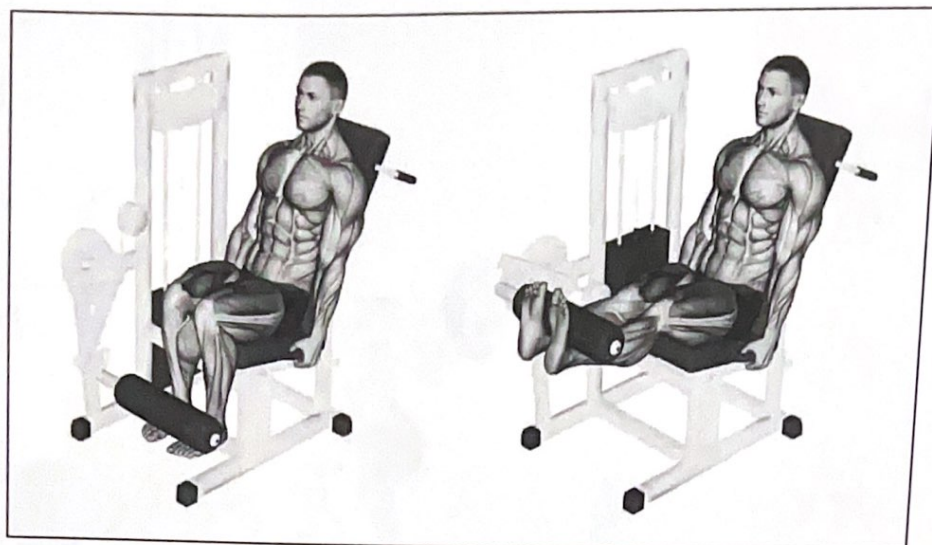
Squat



Leg Press

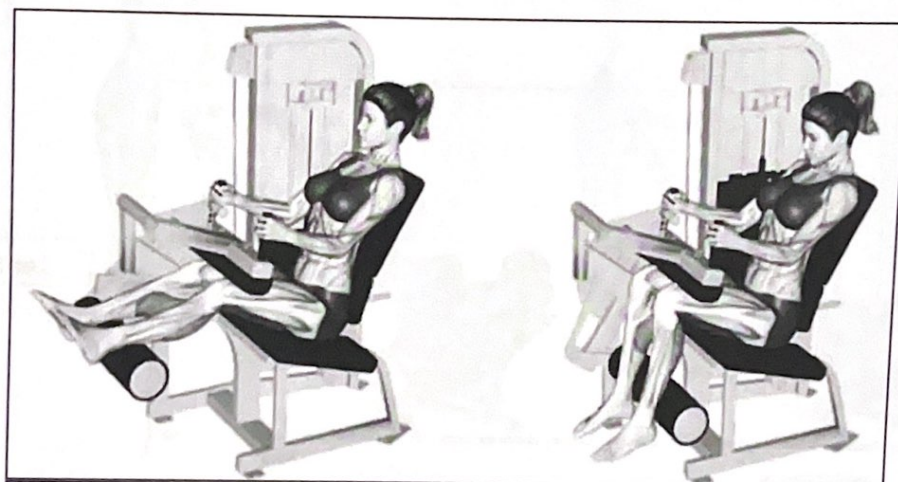


3

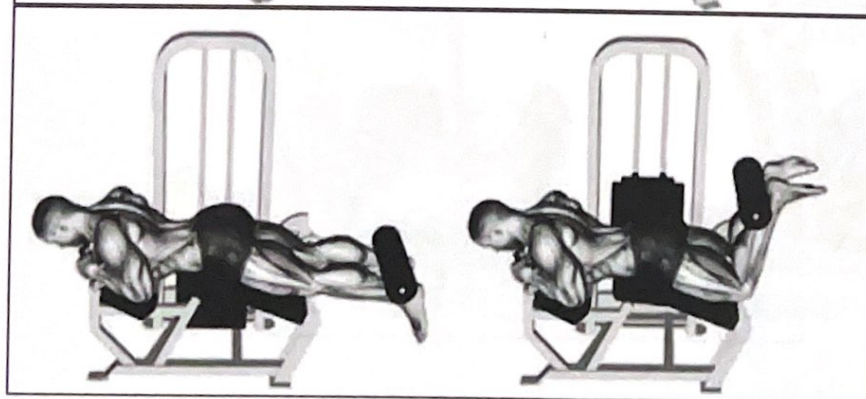


Leg
Extensions

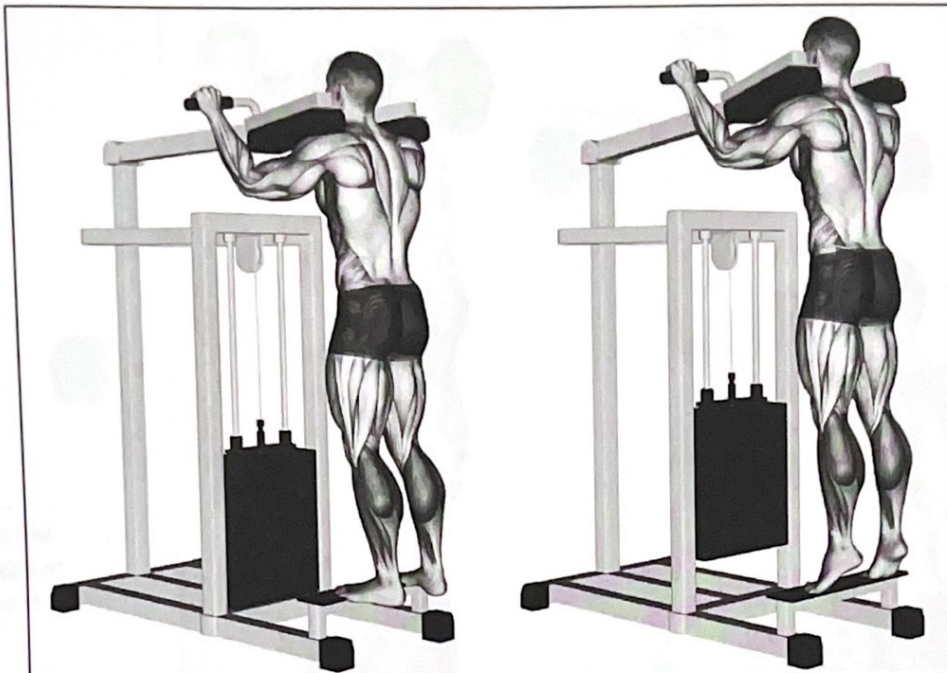
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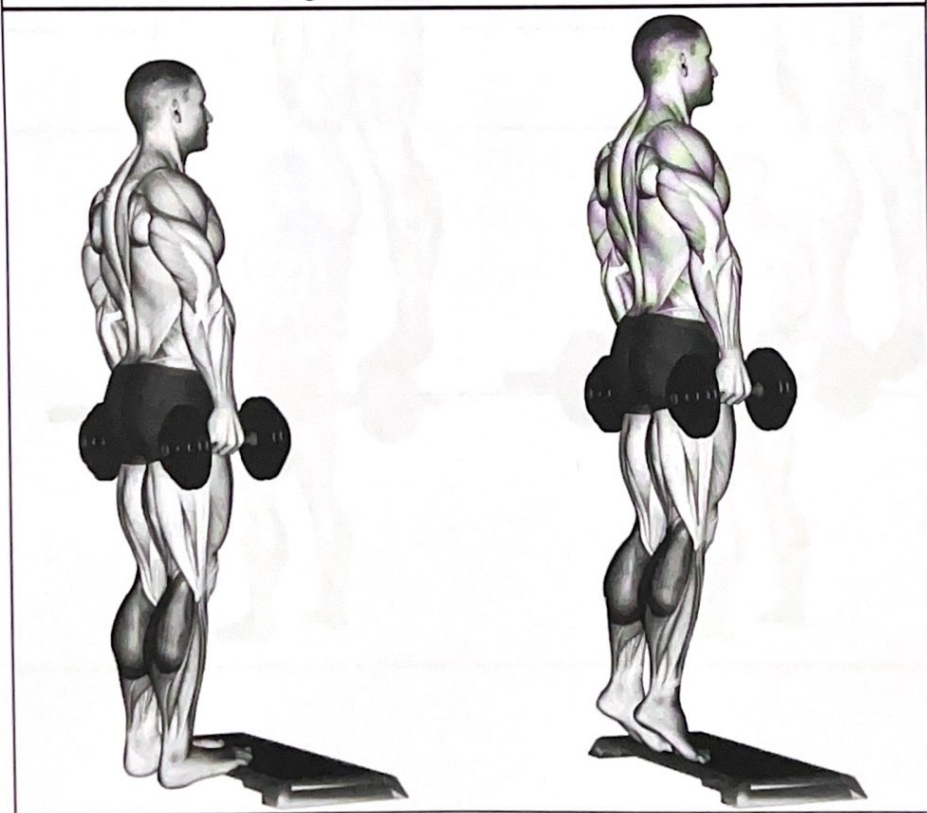
Hamstring
Curls



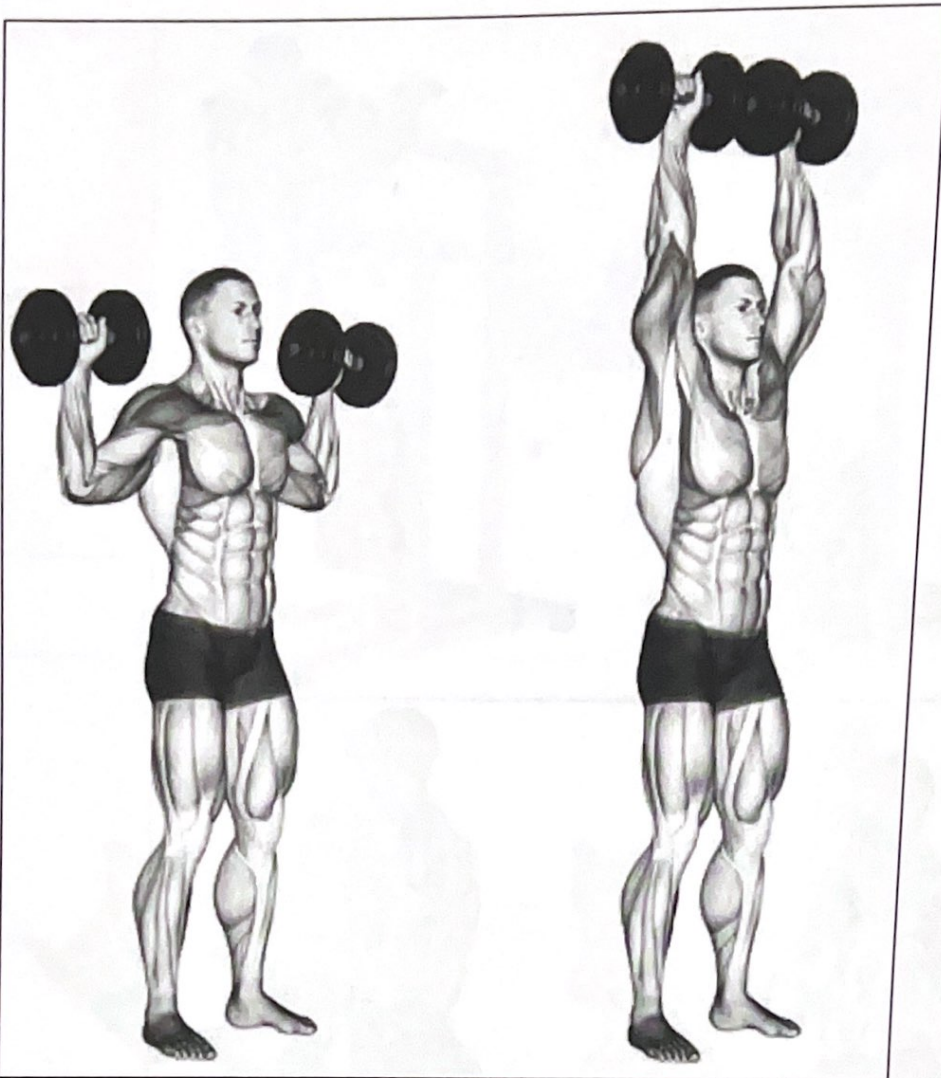
S



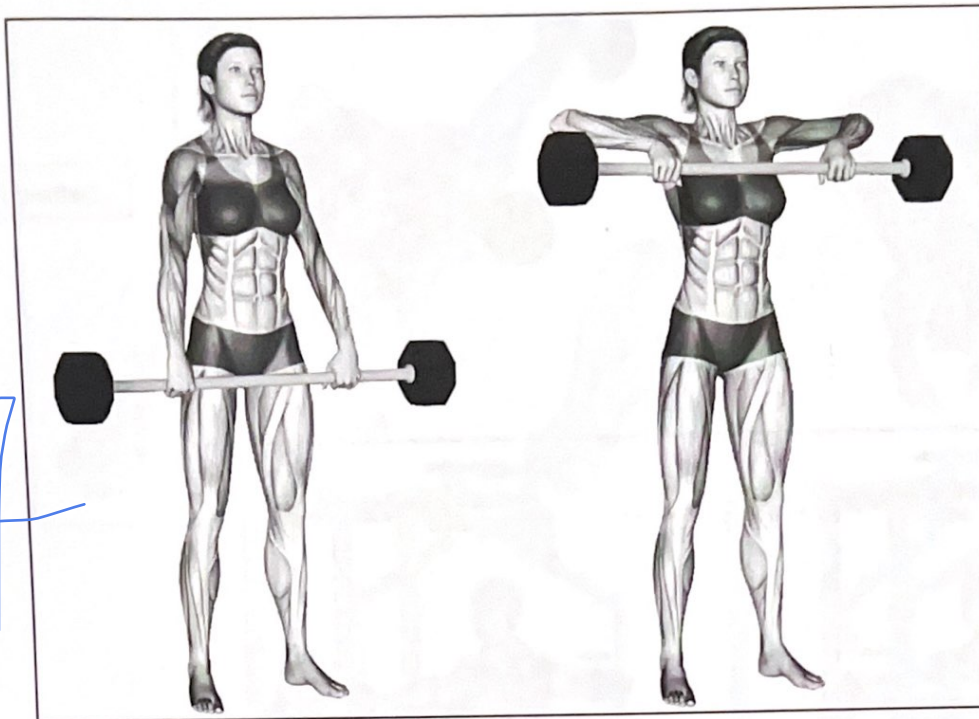
Standing Calf
Raise



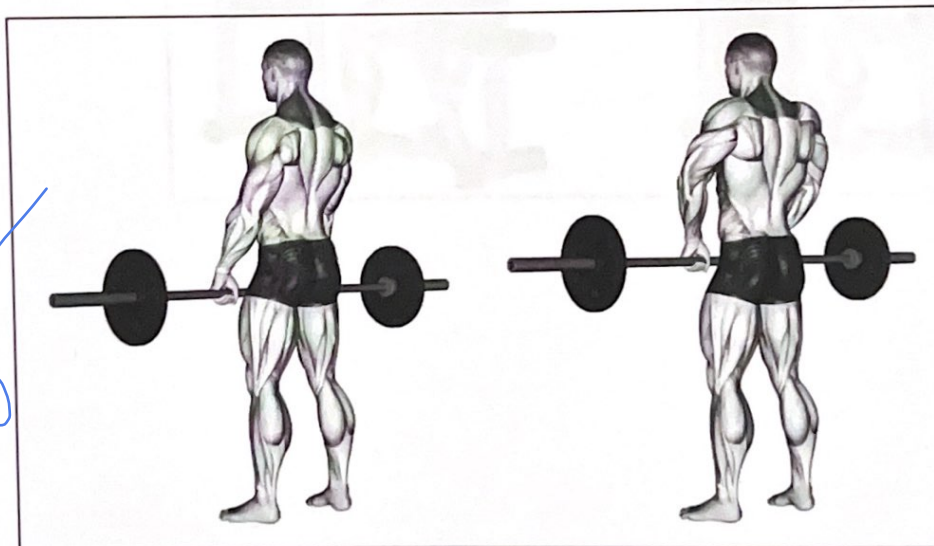
6



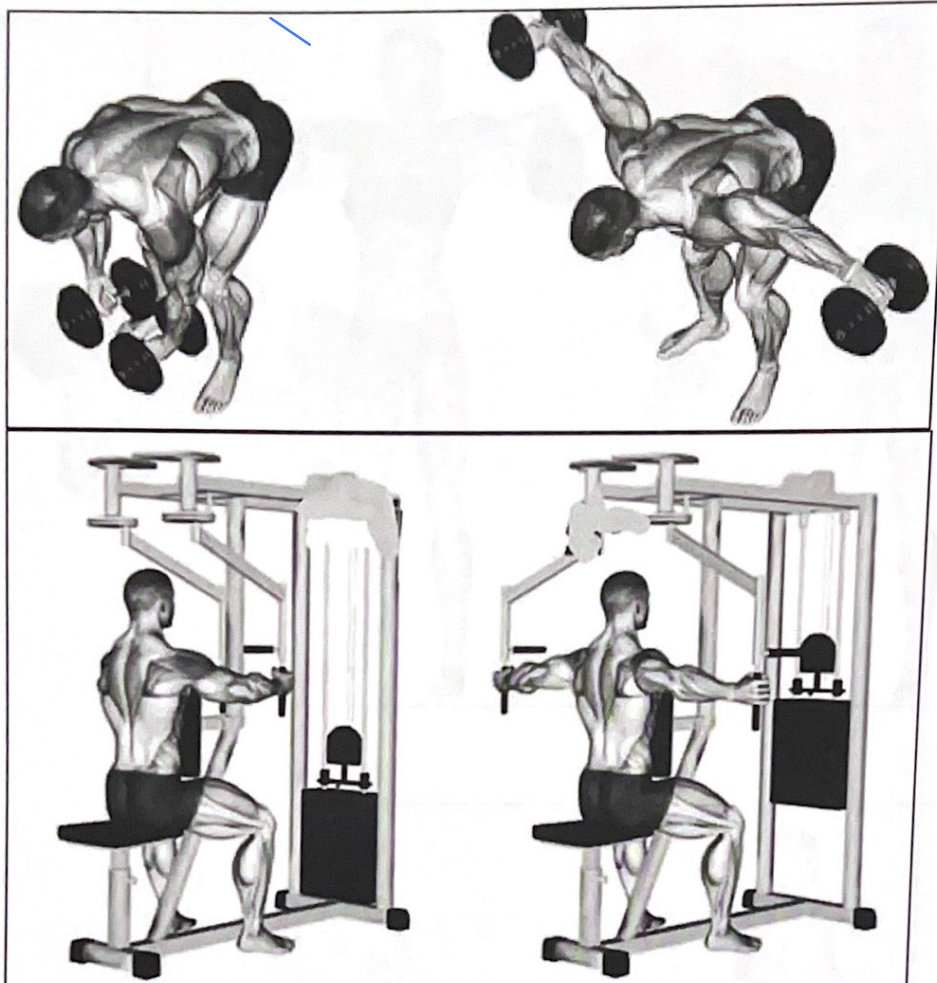
Military
Dumbbell
Press



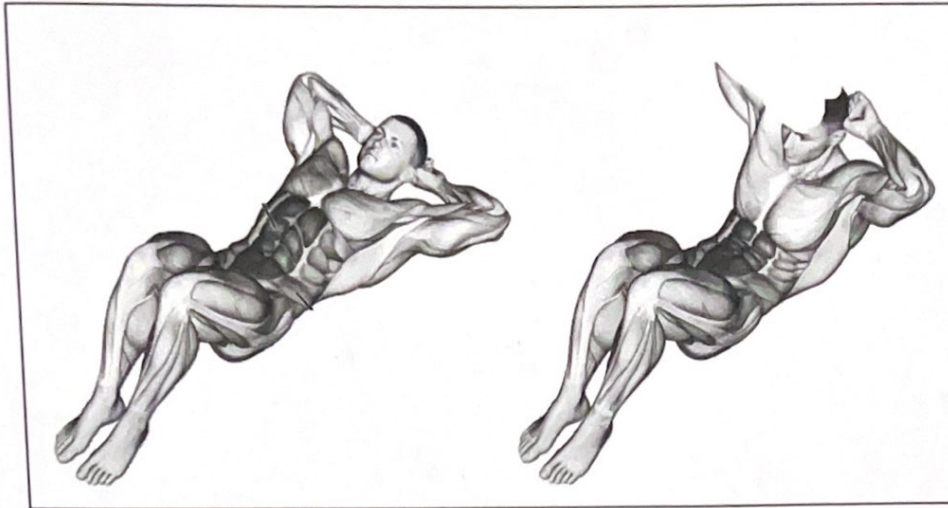
Upright Row



Shrugs



Deltoid Flys



Abdominal
Crunches