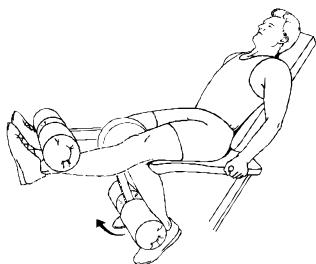


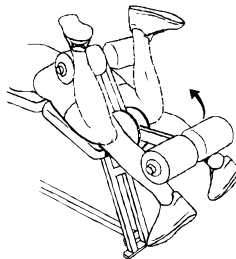
LEGS: QUADS - 1 Leg Extension



Straighten legs to locked-knee position, keeping toes flexed toward knees.

Complete 2 repetitions. Do 6 sets.

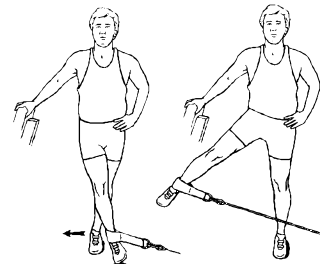
LEGS: HAMSTRINGS - 1 Prone Leg Curl



Bring heels as close to buttocks as possible, keeping feet flexed toward knees.

Complete 2 repetitions.
Do 6 sets.

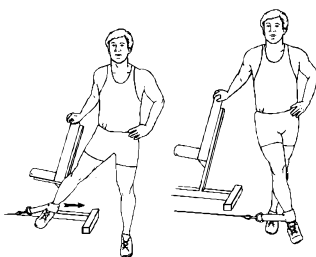
LEGS: ABDUCTORS - 3 Low Pulley Leg Abduction



Holding bench or machine for support, sweep leg outward away from body. Repeat with other leg.

Complete 2 repetitions. Do 6 sets.

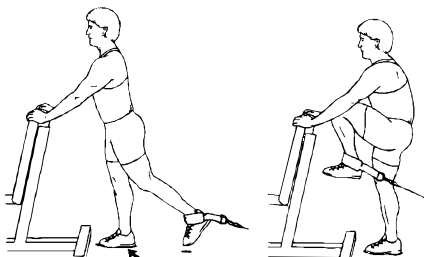
LEGS: ADDUCTORS - 3 Low Pulley Leg Adduction



Holding machine or bench for support, sweep leg inward across body. Repeat with other leg.

Complete 2 repetitions. Do 6 sets.

LEGS: HIP FLEXORS - 3 Standing Knee Lift



From starting position, hold back of bench and bring knee forward and up as high as possible. Repeat with other leg.

Complete 6 repetitions. Do 2 sets.

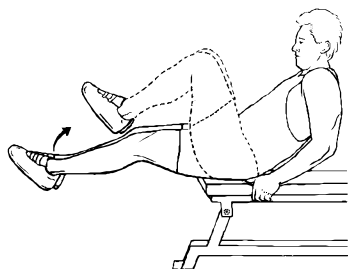
LEGS: QUADS - 2 Ninety / Ninety



Position back against wall so that knee joints form 90° angles. Hold for 90 seconds.

Complete 30 repetitions.
Do 2 sets.

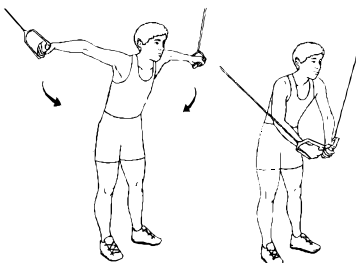
ABS - 12 Seated Knee Raise



Bending legs, pull knees toward chest.

Complete 6 repetitions. Do 2 sets.

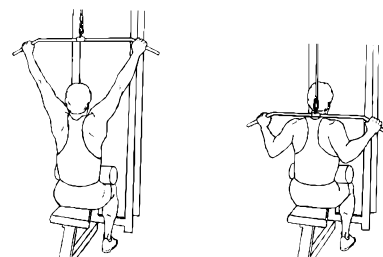
CHEST - 18 High Pulley Fly



From fully stretched position, and keeping arms slightly bent, bring hands together in wide arc motion.

Complete 6 repetitions. Do 2 sets.

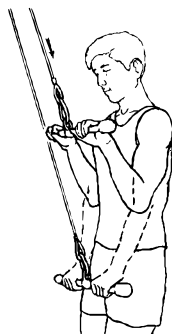
BACK: LATS - 5 Wide Grip Pull-Down



With wide grip, palms facing forward, pull bar down until it touches base of neck.

Complete 6 repetitions. Do 2 sets.

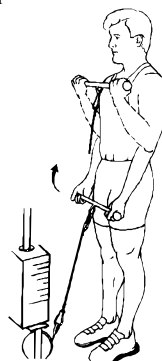
ARMS: TRICEPS - 9 Push Down Extension



With upper arms stationary, extend to straight arm position.

Complete 6 repetitions.
Do 2 sets.

ARMS: BICEPS - 9 Standing Curl



From straight arm position, curl bar to chest while keeping arms in line with torso.

Complete 6 repetitions.
Do 2 sets.

ABS - 16 Side Bend



With feet shoulder-width apart, bend sideways as far as possible, then return to straight back position. Complete all repetitions to one side, then repeat to other side.

Complete 6 repetitions.
Do 2 sets.