

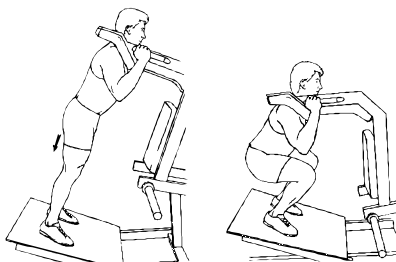
ABS - 16 Side Bend

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.



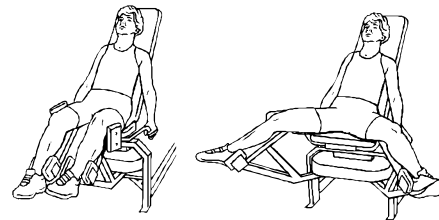
Complete ____ repetitions.
Do ____ sets.

LEGS: GLUTS - 9 Power Squat



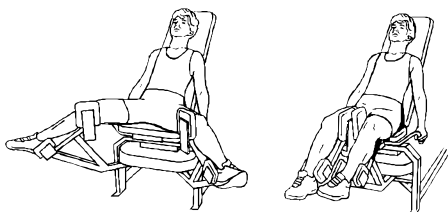
From starting position, keeping back straight and head up, bend knees until thighs are parallel to foot board.
Complete ____ repetitions. Do ____ sets.

LEGS: ABDUCTORS - 2 Seated Leg Abduction



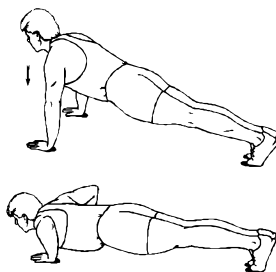
From starting position, move legs outward and slowly return to start.
Complete ____ repetitions. Do ____ sets.

LEGS: ADDUCTORS - 2 Seated Leg Adduction



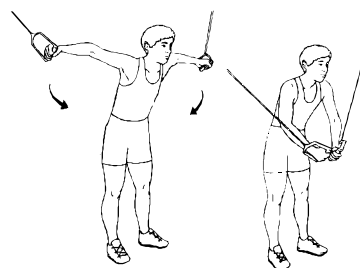
From starting position, move legs together and slowly return to start.
Complete ____ repetitions. Do ____ sets.

CHEST - 1 Standard Push-Up



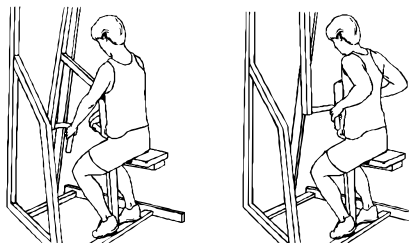
From starting position, with hands outside shoulder width and with body straight, lower body until chest touches floor.
Complete ____ repetitions. Do ____ sets.

CHEST - 18 High Pulley Fly



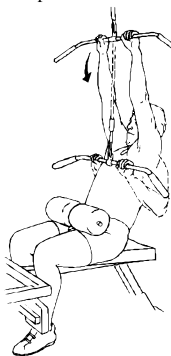
From fully stretched position, and keeping arms slightly bent, bring hands together in wide arc motion.
Complete ____ repetitions. Do ____ sets.

BACK: LATS - 11 Low Lat Pull



From starting position, with body firmly against pad and arms fully stretched, pull grips until hands are next to torso.
Complete ____ repetitions. Do ____ sets.

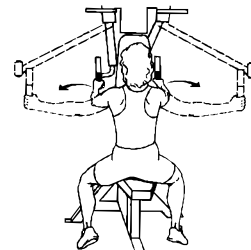
BACK: LATS - 7 Angled Narrow Grip Pull-Down



Leaning away from machine and using narrow grip, pull bar to upper chest area.

Complete ____ repetitions.
Do ____ sets.

SHOULDERS - 14 Rear Deltoid Fly

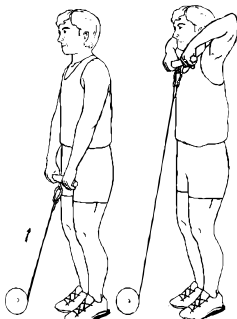


With upper body firmly against pad, rotate arms backward as far as possible.

Complete ____ repetitions.
Do ____ sets.

BACK: TRAPS - 3 Upright Row

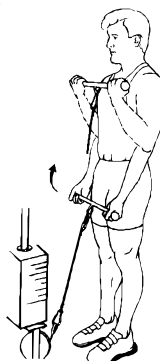
With close grip, pull bar to chin, keeping elbows high.



Complete ____ repetitions.
Do ____ sets.

ARMS: BICEPS - 9 Standing Curl

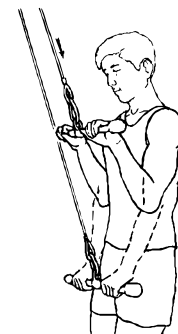
From straight arm position, curl bar to chest while keeping arms in line with torso.



Complete ____ repetitions.
Do ____ sets.

ARMS: TRICEPS - 9 Push Down Extension

With upper arms stationary, extend to straight arm position.



Complete ____ repetitions.
Do ____ sets.