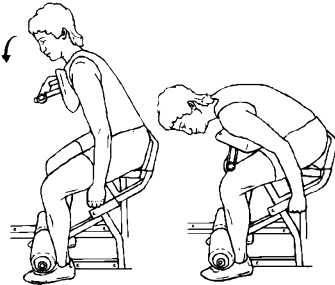
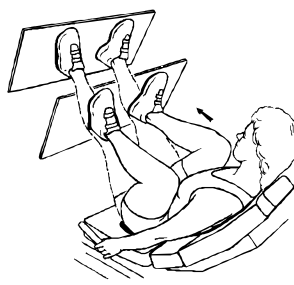


ABS - 2 Crunch



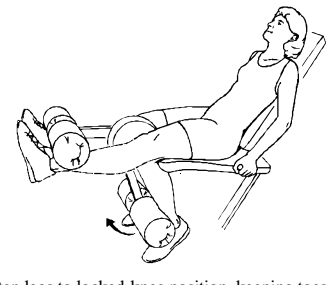
Curl upper body toward knees.
 Complete ____ repetitions. Do ____ sets.

LEGS: GLUTS - 8 Leg Press



Press weight until legs are just short of locked-knee position.
 Complete ____ repetitions. Do ____ sets.

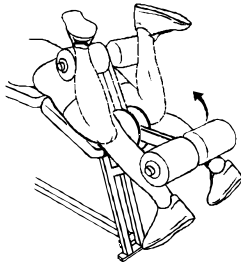
LEGS: QUADS - 1 Leg Extension



Straighten legs to locked-knee position, keeping toes flexed toward knees.
 Complete ____ repetitions. Do ____ sets.

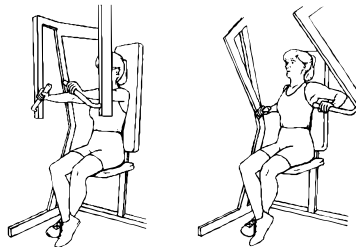
LEGS: HAMSTRINGS - 1 Prone Leg Curl

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



Complete ____ repetitions.
 Do ____ sets.

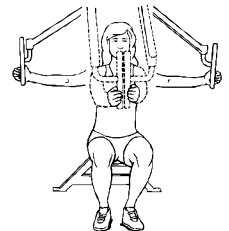
CHEST - 6 Bench Press



From starting position, lower grips to sides of chest while keeping elbows out, away from body. Press to straight arm position.
 Complete ____ repetitions. Do ____ sets.

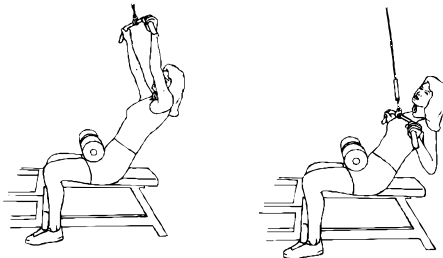
CHEST - 17 Pec Fly

Keeping arms straight, rotate arms until hands touch in front of body.



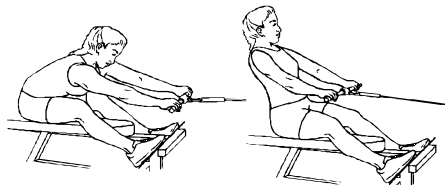
Complete ____ repetitions. Do ____ sets.

BACK: LATS - 6 Angled Wide Grip Pull-Down



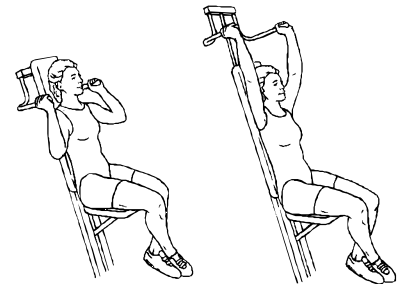
Leaning away from machine and using wide grip, pull bar to upper chest area.
 Complete ____ repetitions. Do ____ sets.

BACK: LOW - 4 Stiff Arm Row



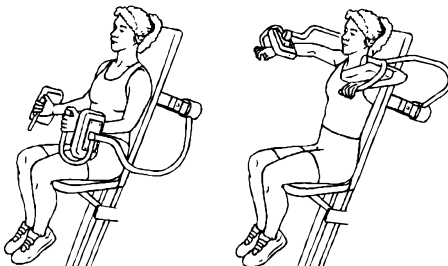
From stretched position, keep arms straight and straighten back until slightly past perpendicular to floor.
 Complete ____ repetitions. Do ____ sets.

SHOULDERS - 19 Seated Press



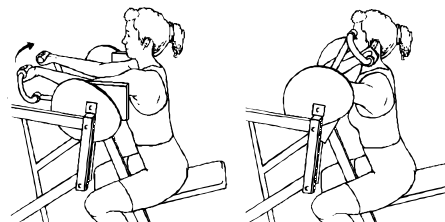
From starting position, press grips to straight arm position.
 Complete ____ repetitions. Do ____ sets.

SHOULDERS - 10 Lateral Deltoid Raise



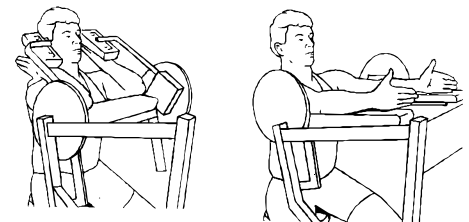
With elbows bent at 90°, raise upper arms to just above shoulder height.
 Complete ____ repetitions. Do ____ sets.

ARMS: BICEPS - 11 Seated Curl



Adjust seat so upper arms are parallel to support pad. Curl grips to shoulders.
 Complete ____ repetitions. Do ____ sets.

ARMS: TRICEPS - 10 Seated Tricep Extension



Adjust seat so shoulders are slightly higher than support pad. Extend to straight arm position.
 Complete ____ repetitions. Do ____ sets.