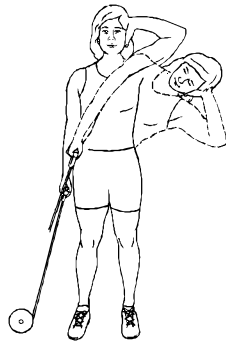


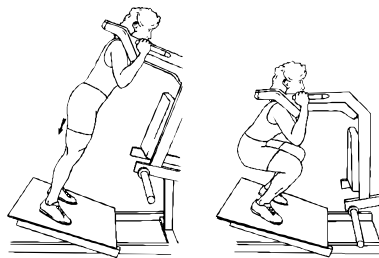
ABS - 16 Side Bend

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.

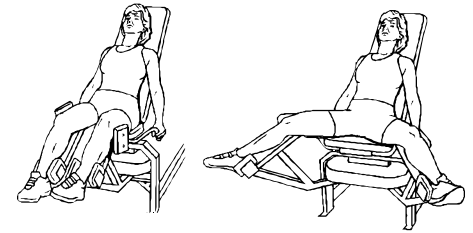
LEGS: GLUTS - 9 Power Squat



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

Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.

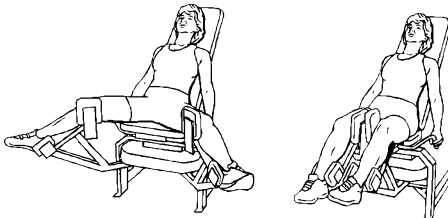
LEGS: ABDUCTORS - 2 Seated Leg Abduction



From starting position, move legs outward and slowly return to start.

Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.

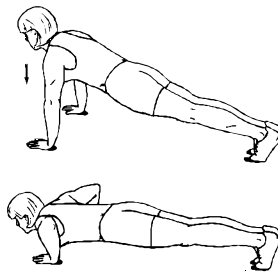
LEGS: ADDUCTORS - 2 Seated Leg Adduction



From starting position, move legs together and slowly return to start.

Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.

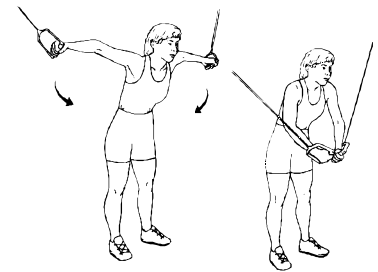
CHEST - 1 Standard Push-Up



From starting position, with hands outside shoulder width and with body straight, lower body until chest touches floor.

Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.

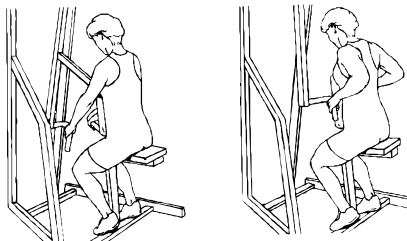
CHEST - 18 High Pulley Fly



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

Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.

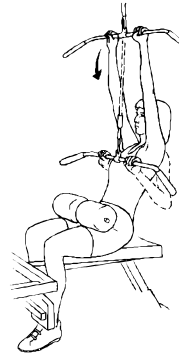
BACK: LATS - 11 Low Lat Pull



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

Complete \_\_\_\_ repetitions. Do \_\_\_\_ sets.

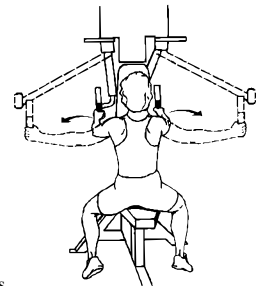
BACK: LATS - 7 Angled Narrow Grip Pull-Down



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

Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

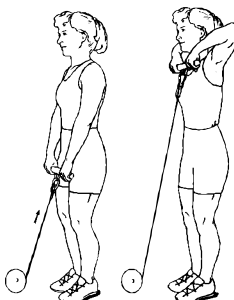
SHOULDERS - 14 Rear Deltoid Fly



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

Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

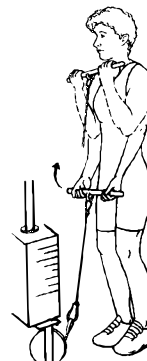
BACK: TRAPS - 3 Upright Row



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

Complete \_\_\_\_ repetitions.  
 Do \_\_\_\_ sets.

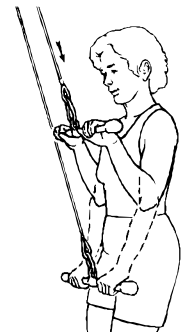
ARMS: BICEPS - 9 Standing Curl



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.