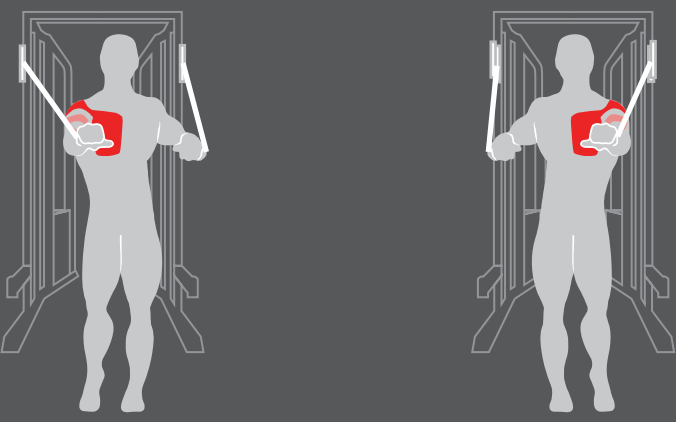
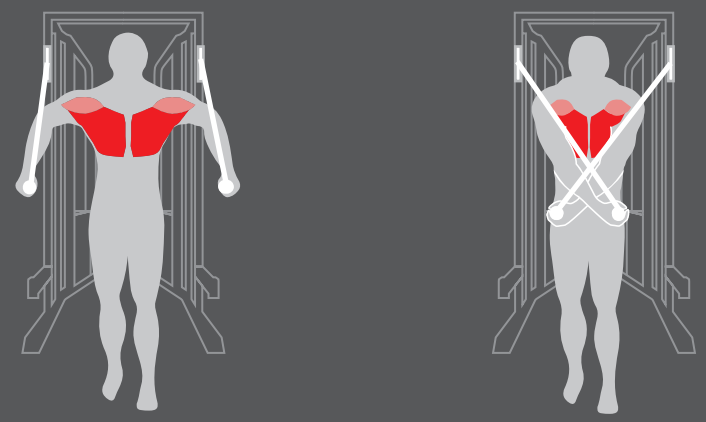


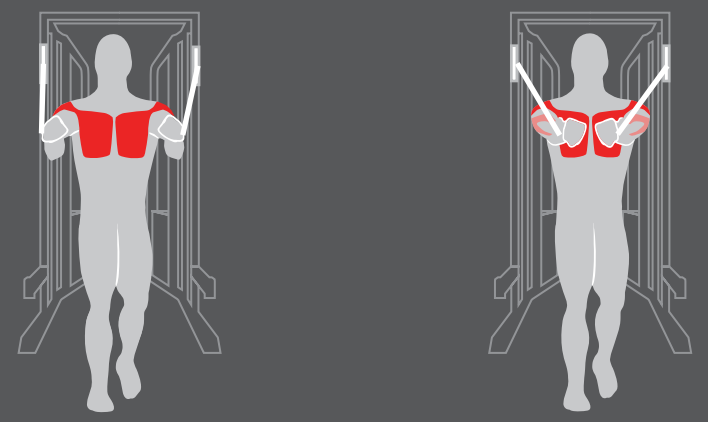
ALTERNATING CHEST PRESS



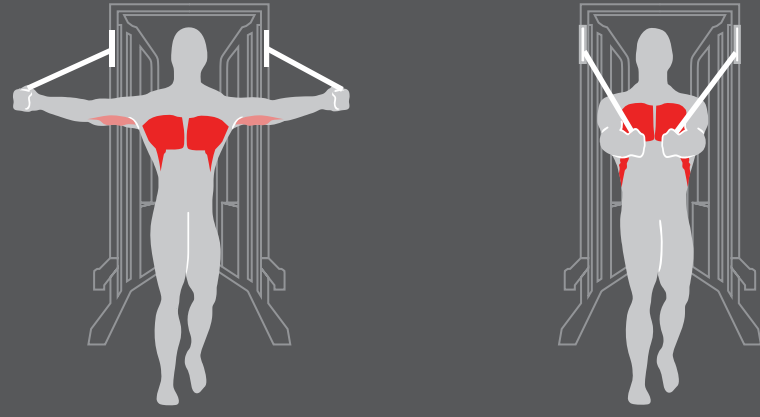
CABLE CROSSOVER



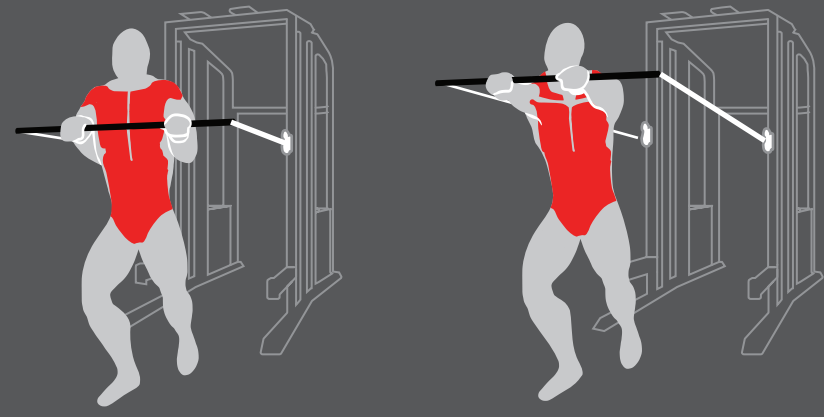
CHEST PRESS



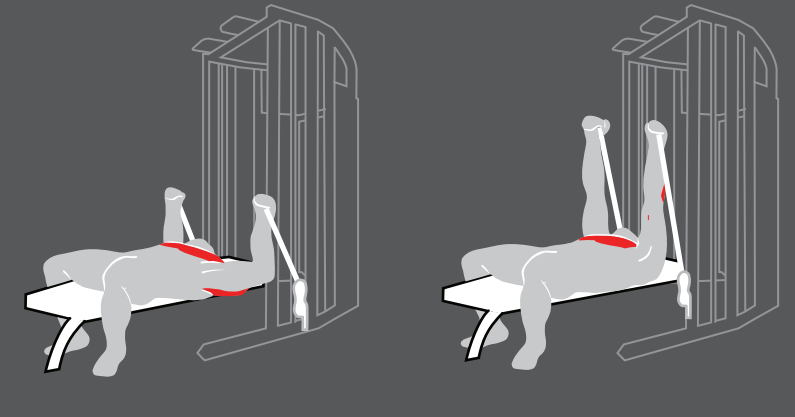
CHEST FLY



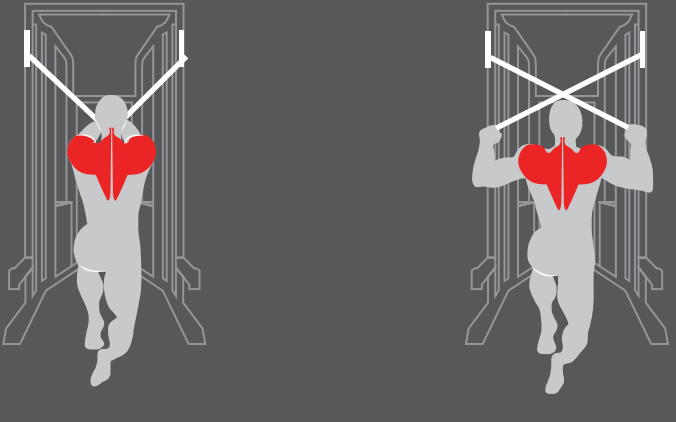
CHEST PRESS WITH BAR



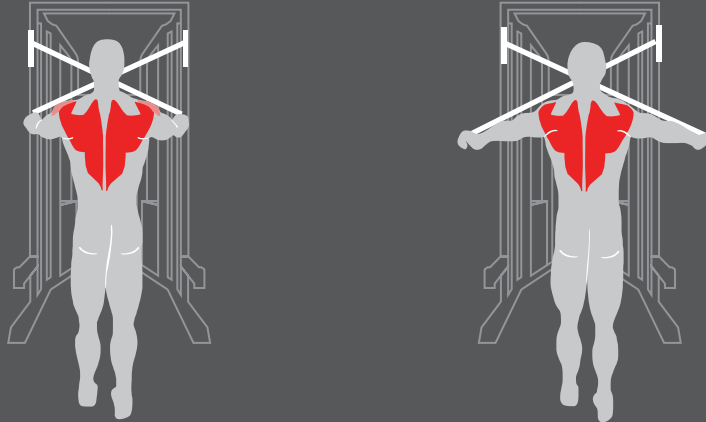
BENCH PRESS



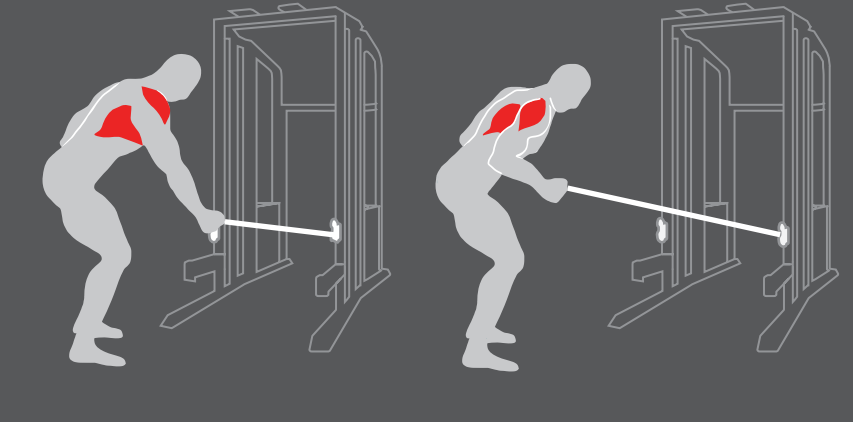
REVERSE CABLE CROSSOVER



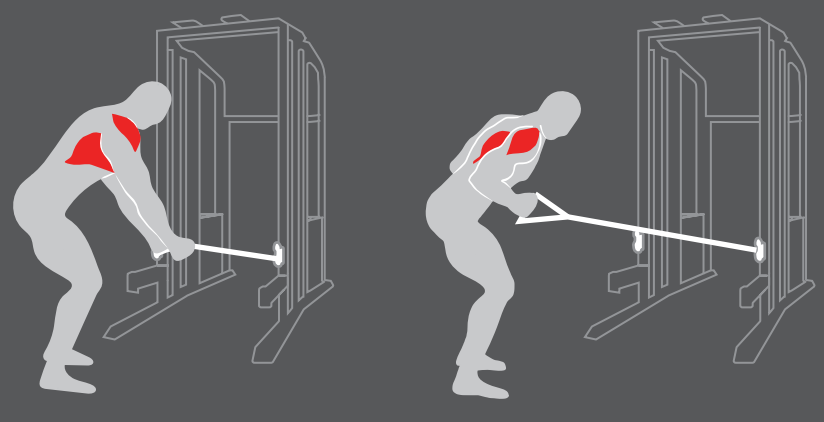
REVERSE FLY



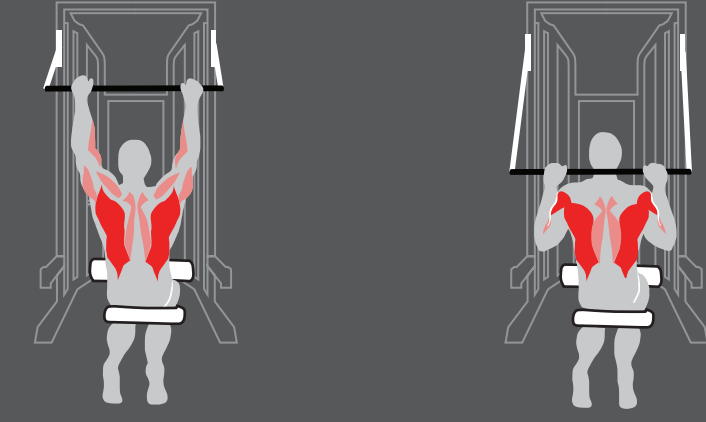
SINGLE ARM ROW



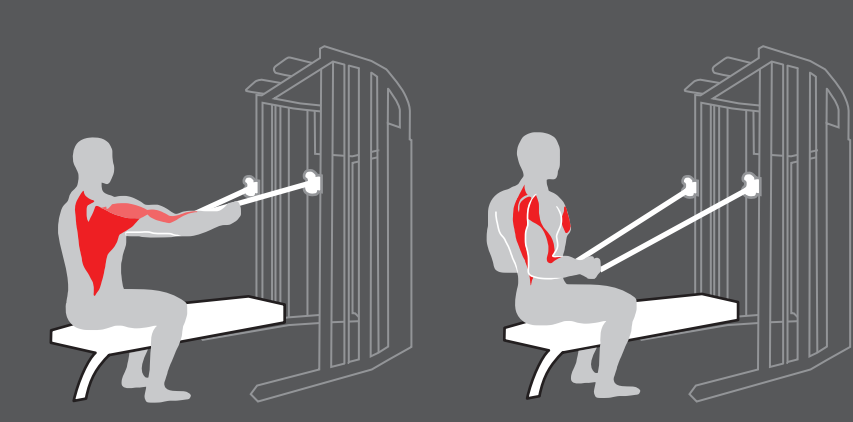
BENT OVER ROW



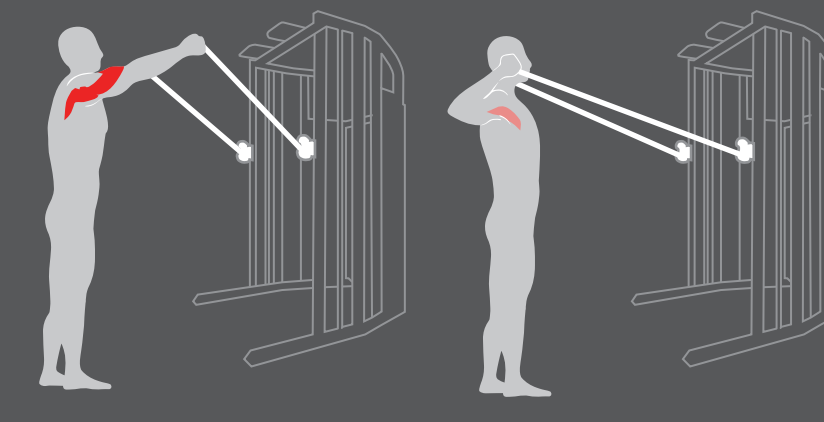
LAT PULLDOWN



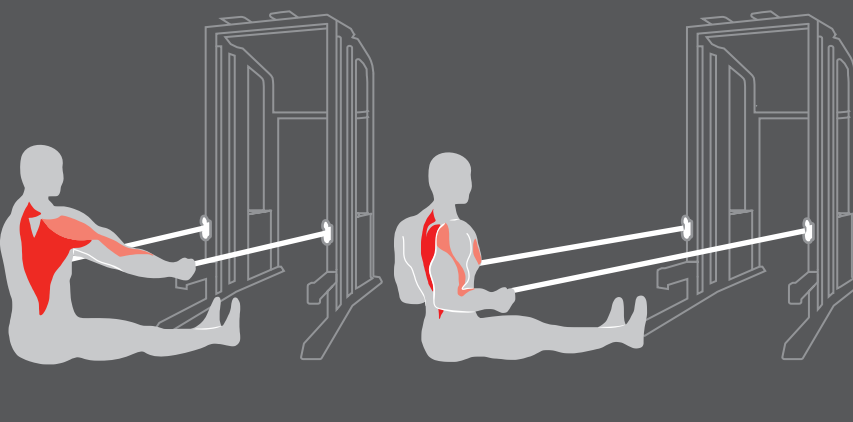
SEATED MID ROW



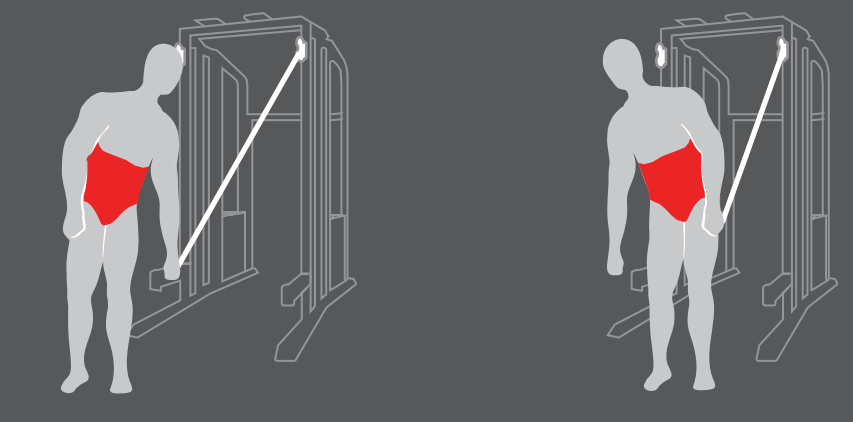
FACEPULL



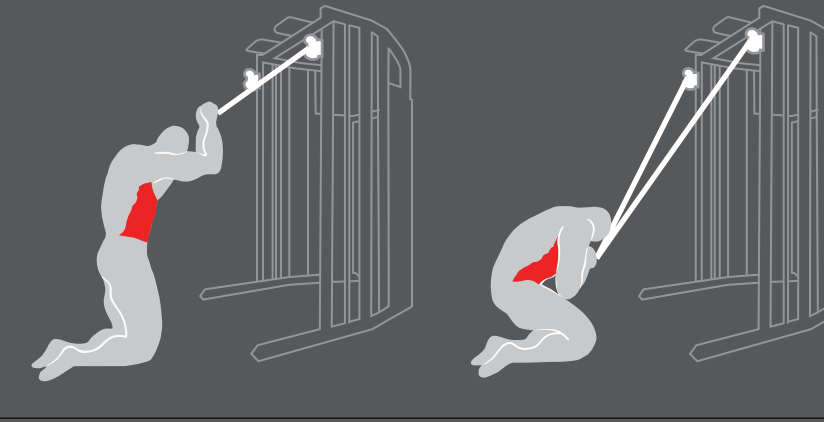
SEATED ROW



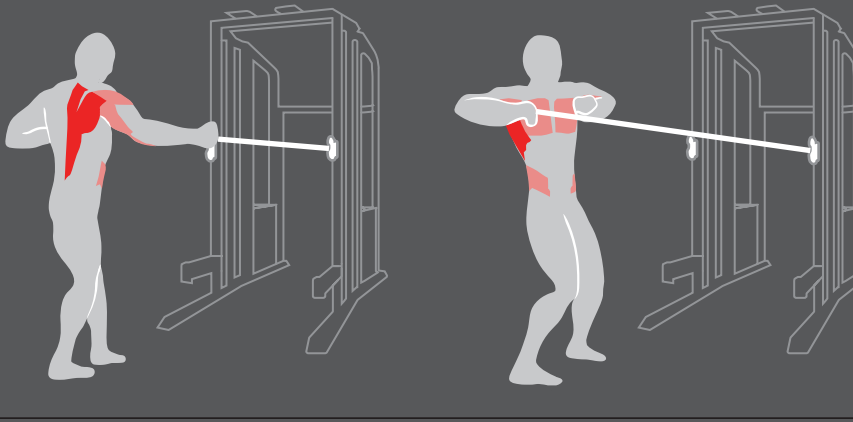
SIDE BEND



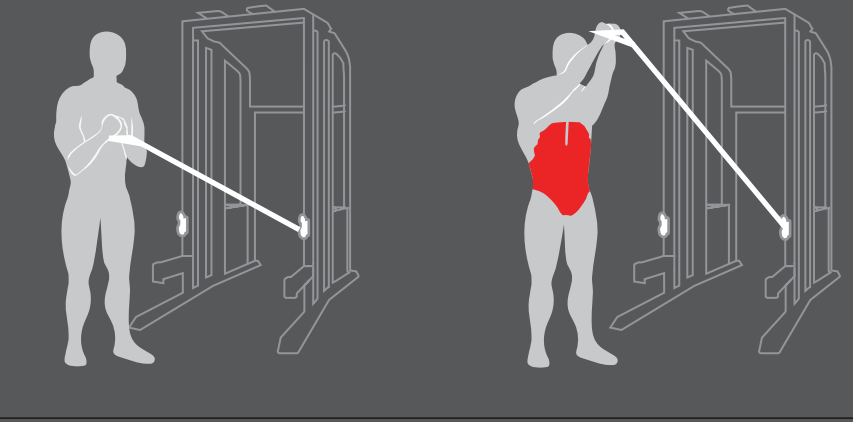
CRUNCH



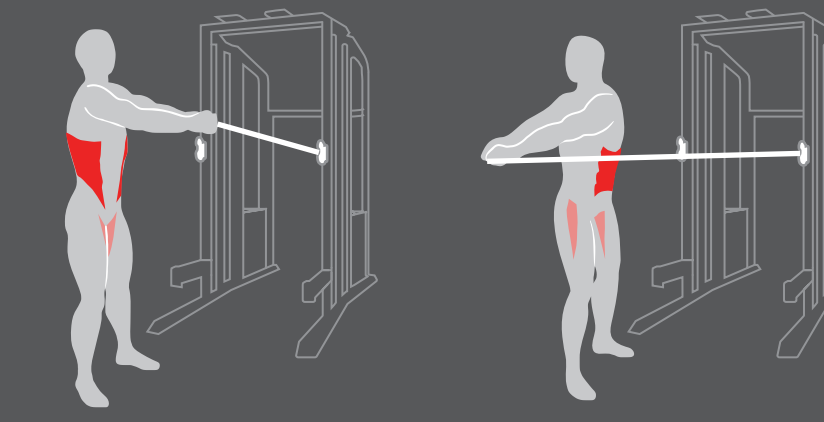
ROTATIONAL ROW



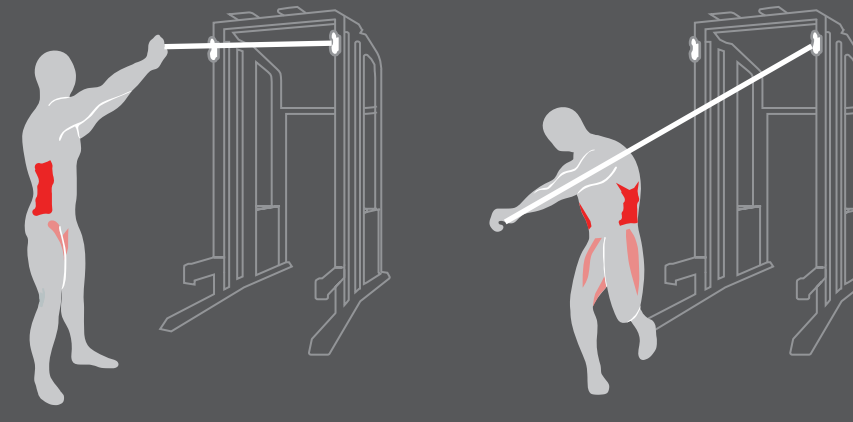
ANTI ROTATION



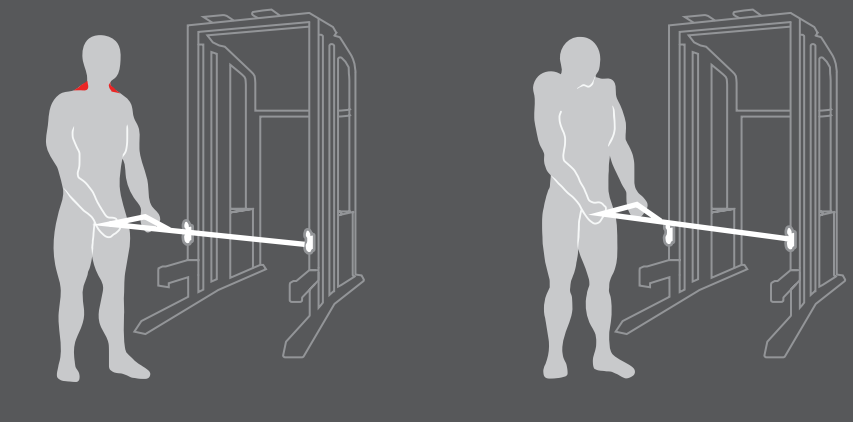
LATERAL WOODCHOP



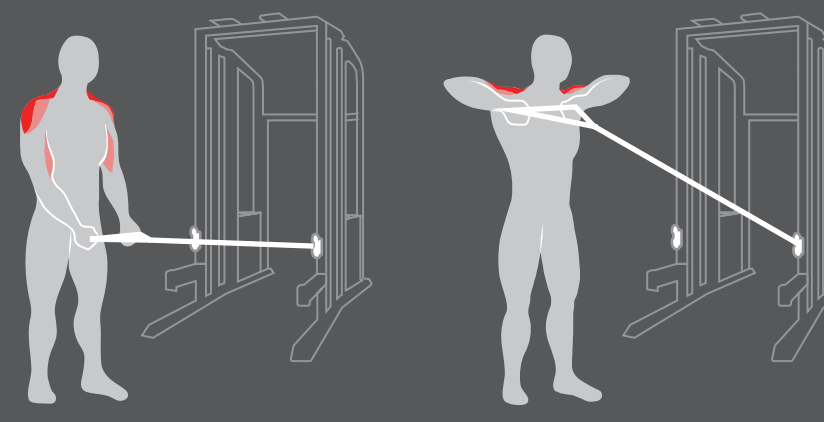
WOODCHOPPER



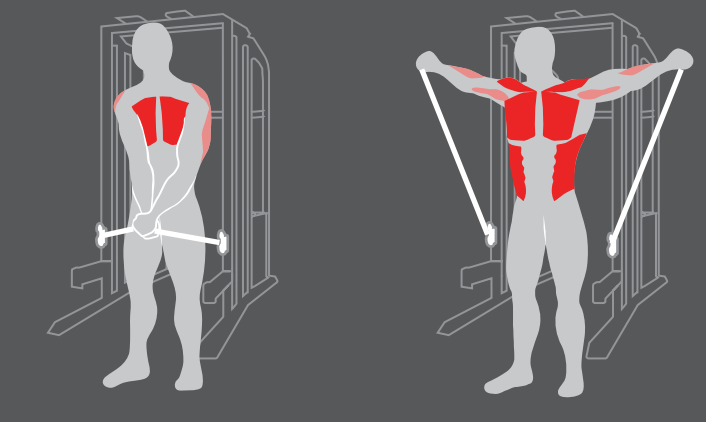
SHOULDER SHRUG



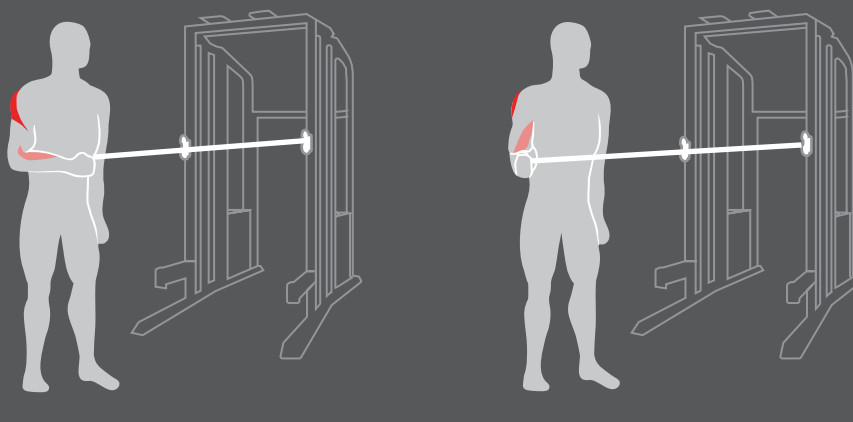
UPRIGHT ROW



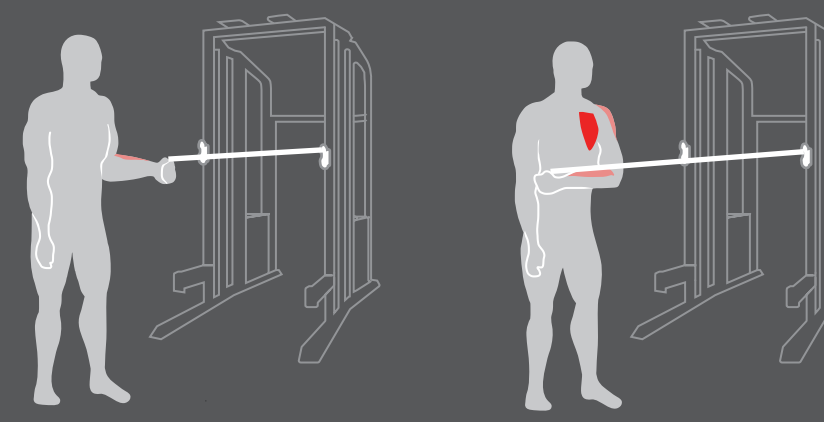
CROSSOVER LATERAL RAISE



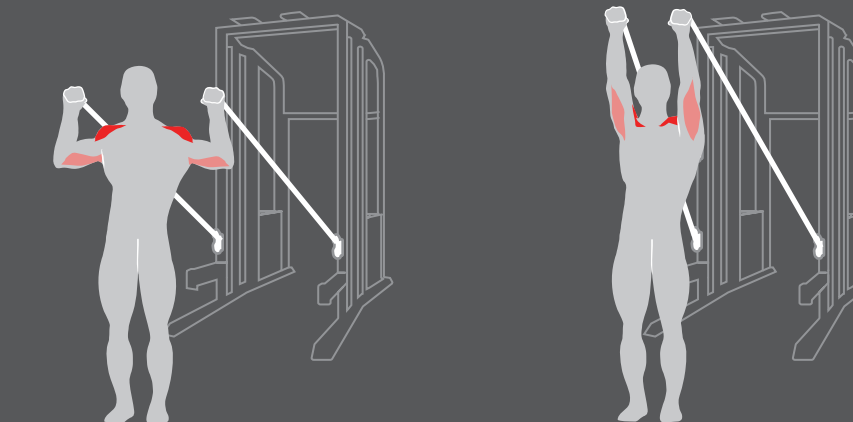
EXTERNAL ROTATION



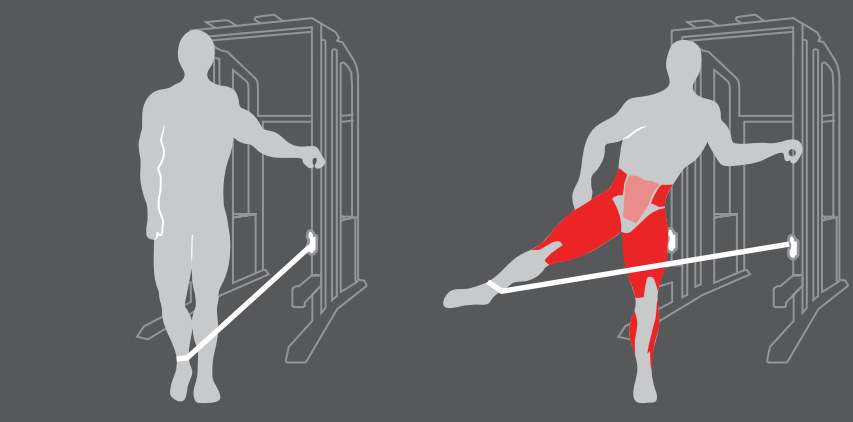
INTERNAL ROTATION



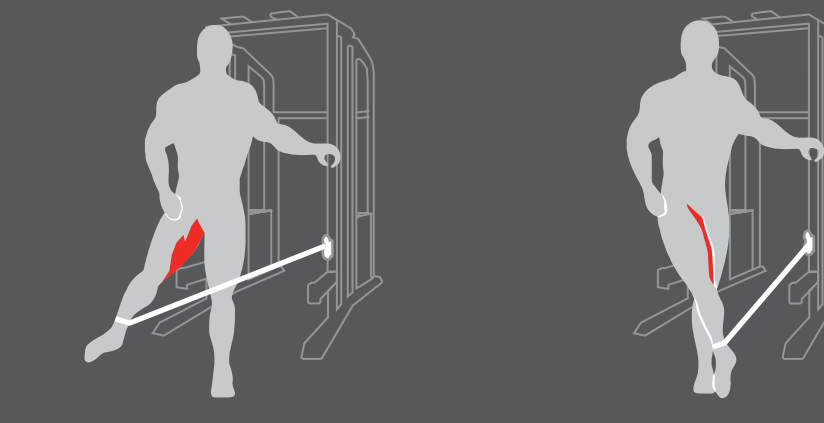
SHOULDER PRESS



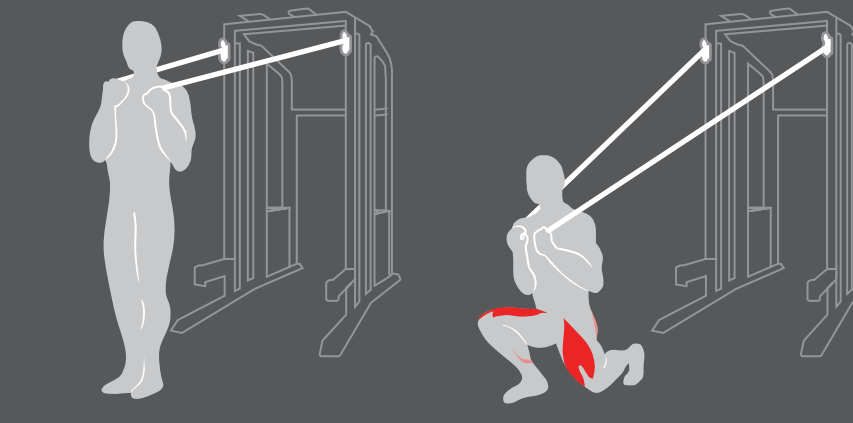
EXTERNAL HIP ABDUCTION



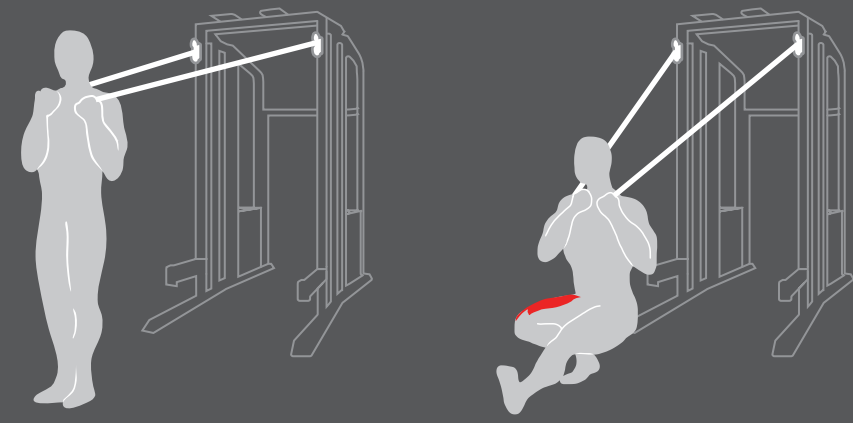
INTERNAL HIP ABDUCTION



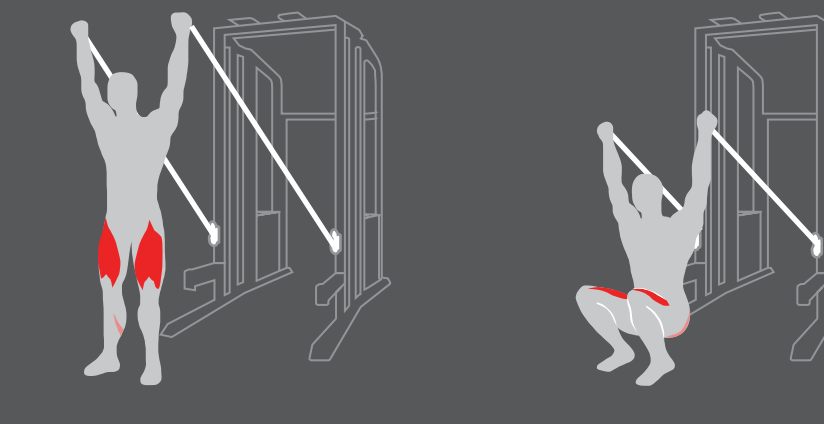
LUNGE



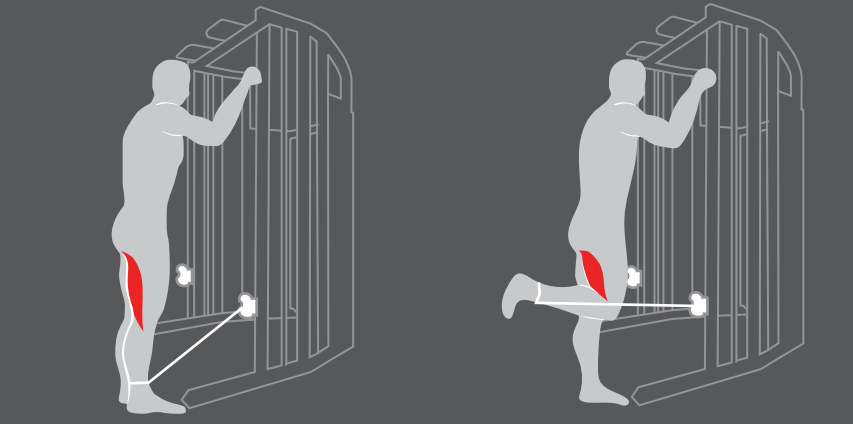
PISTOL SQUAT



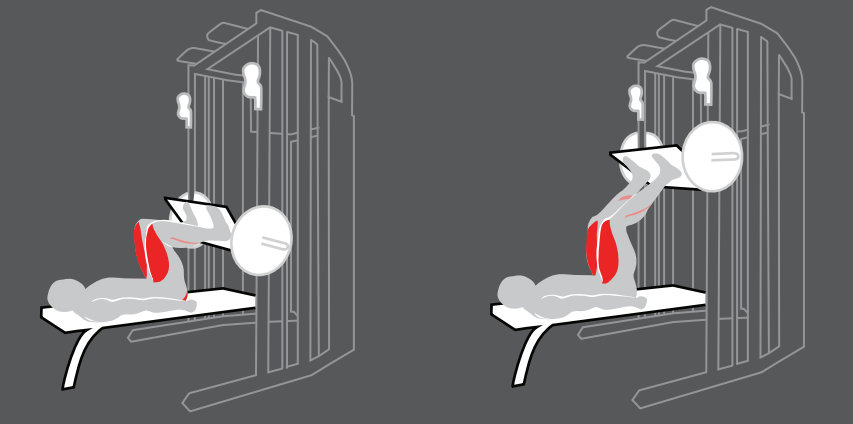
SQUAT



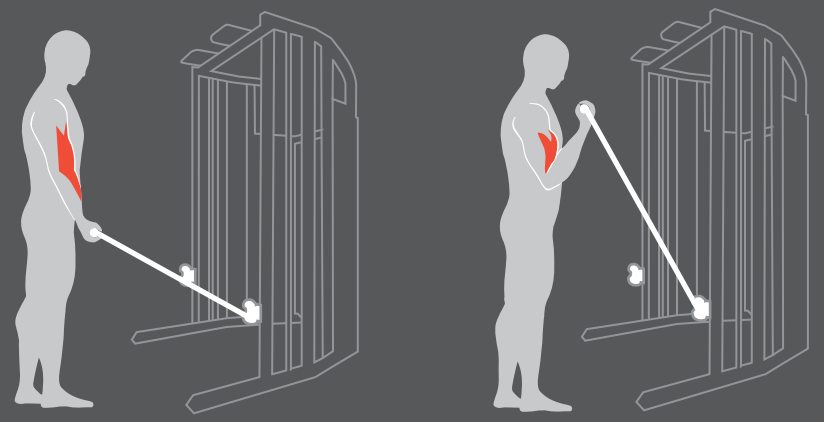
LEG CURL



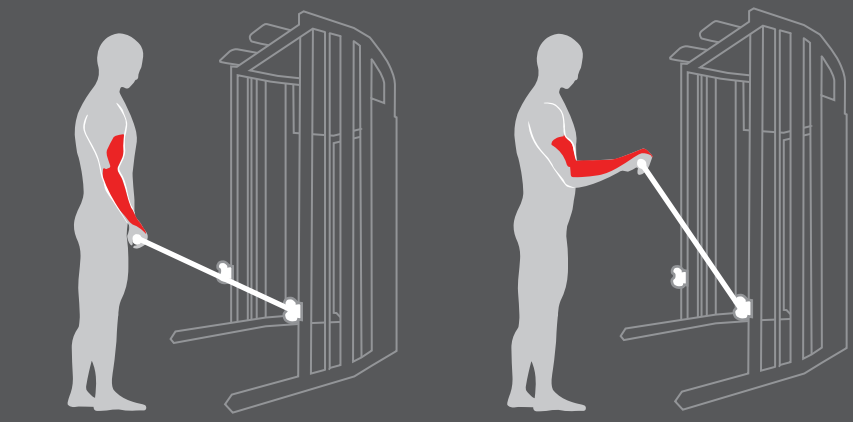
BENCH LEG PRESS



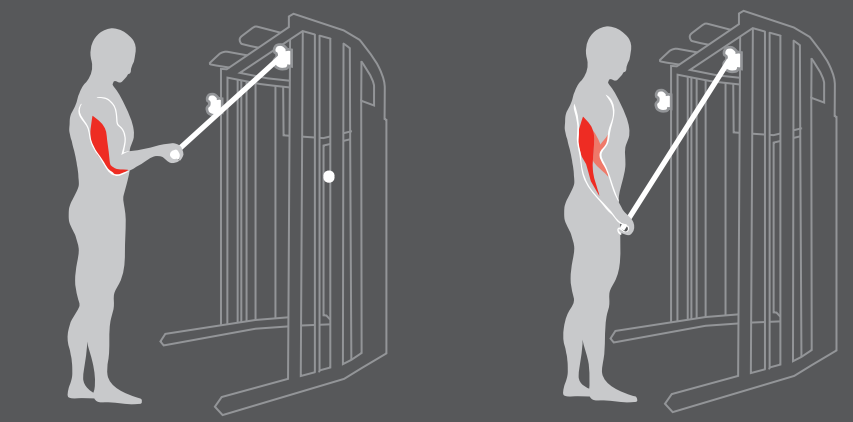
BICEP CURL



REVERSE BICEP CURL



TRICEP EXTENSION



TRICEP OVERHEAD EXTENSION

