LEGS: GLUTES / THIGHS - 22 Full Squat (Power Squat Machine)  
Back straight, head up, squat until backs of thighs touch calves. Keep abdominals tight and maintain weight on heels.

Do _2_ sets.  Complete 12-15 repetitions.

LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)  
Press forward until legs are just short of locked knee position.

Do _2_ sets.  Complete 12-15 repetitions.

CHEST - 40 Bench Press (Machine)  
Press to straight arms.

Do _2_ sets.  Complete 12-15 repetitions.

CHEST - 52 Fly (Machine)  
Bring handles together, keeping elbows slightly bent.

Do _2_ sets.  Complete 12-15 repetitions.

SHOULDERS - 8 Front Deltoid Press (Machine)  
Press handles to straight arms.

Do _2_ sets.  Complete 12-15 repetitions.

SHOULDERS - 21 Rear Deltoid Fly (Machine)  
Upper body firmly against pad, rotate arms backward as far as possible.

Do _2_ sets.  Complete 12-15 repetitions.

BACK: LATS - 12 Pull-Down: 45° Angle (Cable)  
Leaning back slightly, pull bar to upper chest.

Do _2_ sets.  Complete 12-15 repetitions.

ARMS: BICEPS - 19 Curl: Standing (Cable)  
Knees slightly bent, curl arms toward shoulders, keeping upper arms close to sides.

Do _2_ sets.  Complete 12-15 repetitions.

ARMS: TRICEPS - 18 Extension: Standing (Cable)  
Knees slightly bent, straighten arms, keeping upper arms close to sides of body.

Do _2_ sets.  Complete 12-15 repetitions.