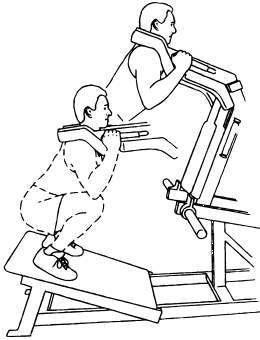


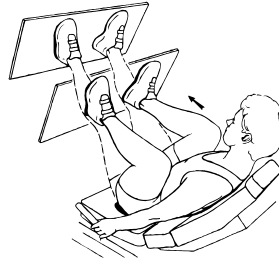
LEGS: GLUTES / THIGHS - 22 Full Squat  
 (Power Squat Machine)

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.

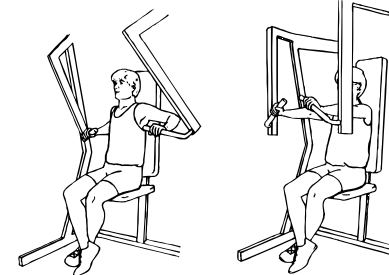
LEGS: GLUTES / THIGHS - 20 Leg Press: Incline  
 (Machine)



Press forward until legs are just short of locked knee  
 position.

Do 2 sets. Complete 12-15 repetitions.

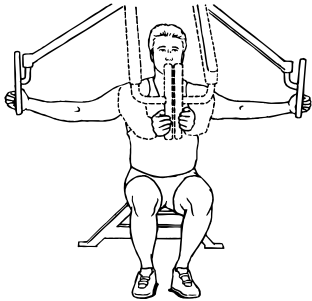
CHEST - 40 Bench Press (Machine)



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)

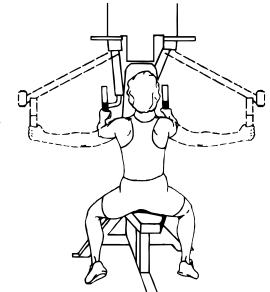


Press handles to straight arms.

Do 2 sets.  
 Complete 12-15 repetitions.

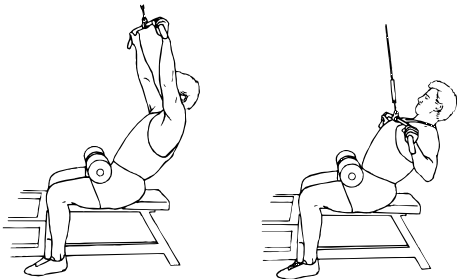
SHOULDERS - 21 Rear Deltoid Fly (Machine)

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)

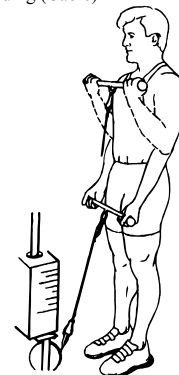


Leaning back slightly, pull bar to upper chest.

Do 2 sets. Complete 12-15 repetitions.

ARMS: BICEPS - 19 Curl: Standing (Cable)

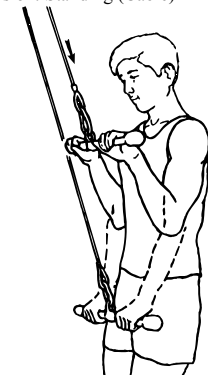
Knees slightly bent, curl arms  
 toward shoulders, keeping  
 upper arms close to sides.



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.