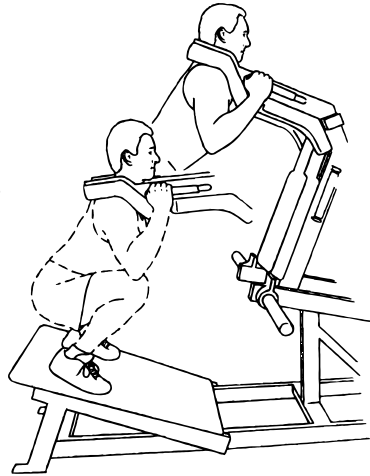


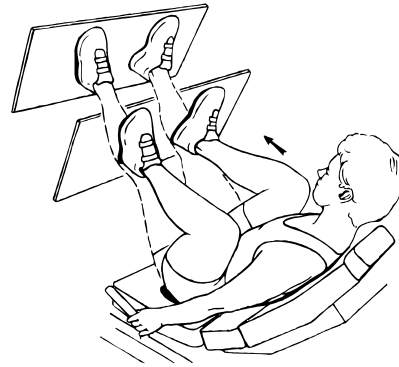
LEGS: GLUTES / THIGHS - 22 Full Squat  
(Power Squat Machine)

Back straight, head up,  
squat until backs of thighs  
touch calves. Keep  
abdominals tight  
and maintain  
weight on heels.



Do 3 sets.  
Complete 12  
repetitions.

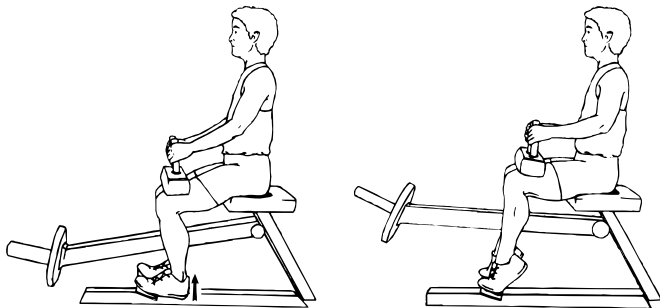
LEGS: GLUTES / THIGHS - 20 Leg Press: Incline  
(Machine)



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

Do 3 sets. Complete 12 repetitions.

LEGS: CALVES - 5 Heel Raise: Sitting (Machine)

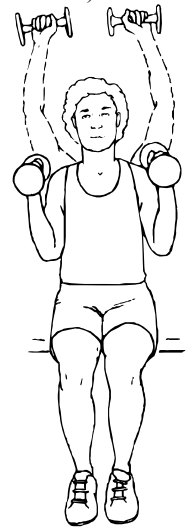


Weight on lower thighs, rise up on toes as high as possible.

Do 3 sets. Complete 12 repetitions.

SHOULDERS - 2 Press: Sitting (Dumbbell)

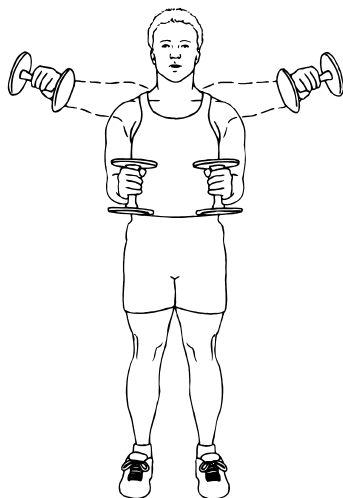
Palms in, press to straight  
arms, rotating to palms  
forward at end of movement.



Do 3 sets.  
Complete 12 repetitions.

SHOULDERS - 14 Lateral Deltoid Raise: Standing  
(Dumbbell)

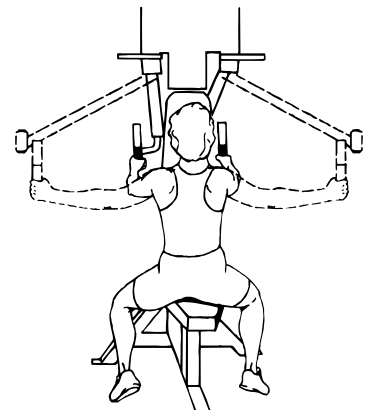
Knees slightly bent, hold  
elbows at 90° angle. Raise  
hands and elbows level with  
shoulders, rotating to palms  
down at beginning of  
motion. Lead with elbows.



Do 3 sets.  
Complete 12 repetitions.

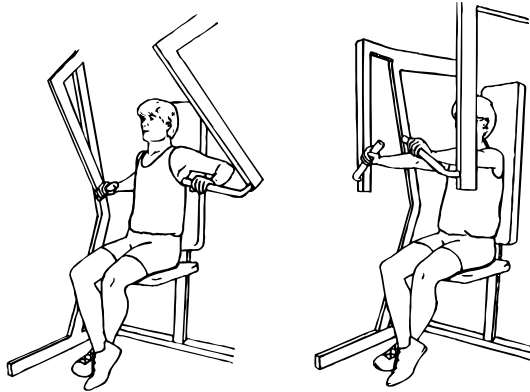
SHOULDERS - 21 Rear Deltoid Fly (Machine)

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



Do 3 sets.  
Complete 12 repetitions.

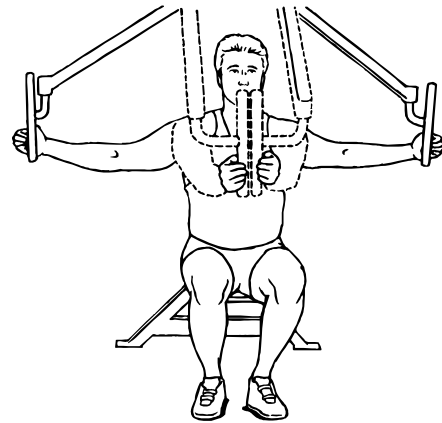
CHEST - 40 Bench Press (Machine)



Press to straight arms.

Do 3 sets. Complete 12 repetitions.

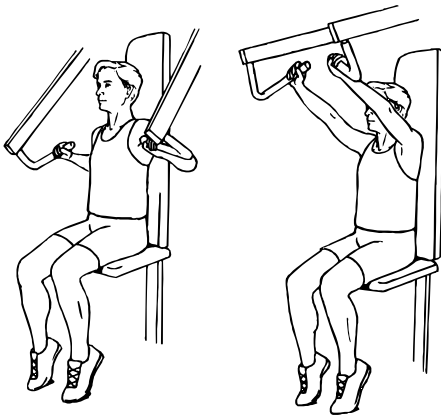
CHEST - 52 Fly (Machine)



Bring handles together, keeping elbows slightly bent.

Do 3 sets. Complete 12 repetitions.

CHEST - 41 Bench Press: Incline (Machine)



Press to straight arms.

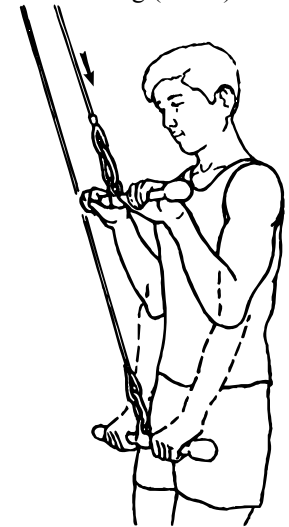
Do 3 sets. Complete 12 repetitions.

ARMS: TRICEPS - 18 Extension: Standing (Cable)

Knees slightly bent,  
straighten arms, keeping  
upper arms close to sides  
of body.

Do 3 sets.

Complete 12 repetitions.

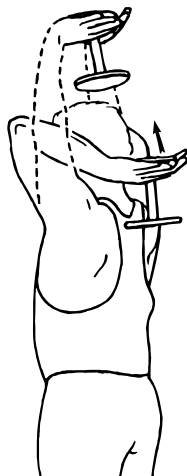


ARMS: TRICEPS - 5 Extension: Standing (Dumbbell)

Knees slightly bent,  
straighten arms, keeping  
upper arms close to sides  
of head.

Do 3 sets.

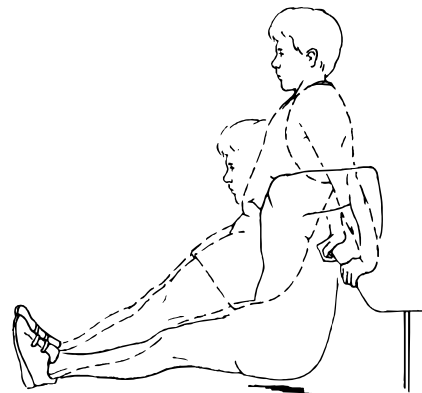
Complete 12 repetitions.



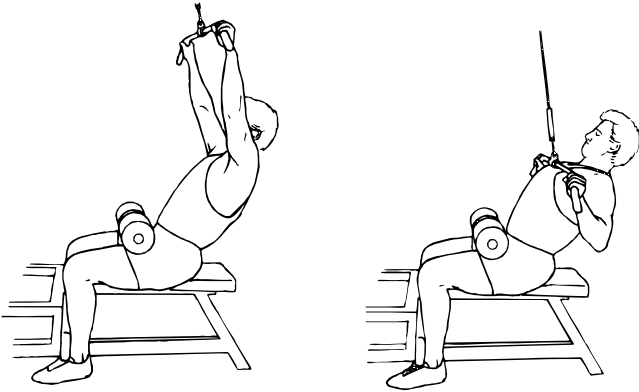
ARMS: TRICEPS - 32 Dip (Bench)

Body almost to floor, elbows close to sides, press upward  
until arms are straight.

Do 3 sets. Complete 20 repetitions.

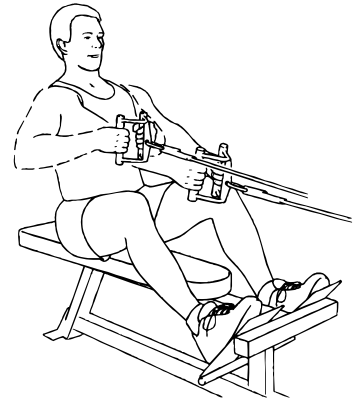


BACK: LATS - 12 Pull-Down: 45° Angle (Cable)



Leaning back slightly, pull bar to upper chest.  
Do 3 sets. Complete 12 repetitions.

BACK: LATS - 20 Row (V-Bar, Cable)

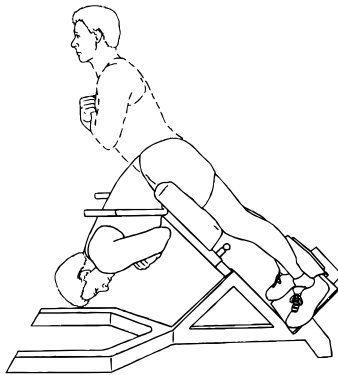


Torso erect,  
pull bar to chest.

Do 3 sets.  
Complete 12 repetitions.

BACK: LOW - 10 Extension: Incline

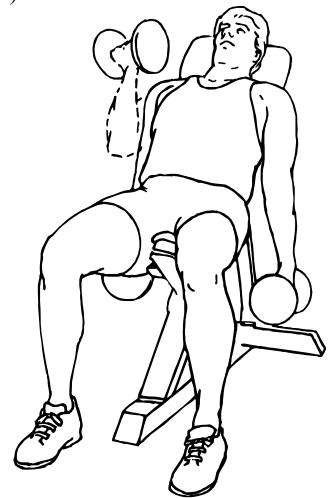
Bent at hips, back straight,  
hands crossed on chest,  
raise torso until  
in line with legs.



Do 3 sets.  
Complete 12 repetitions.

ARMS: BICEPS - 10 Curl: Sitting  
Incline, Alternating (Dumbbell)

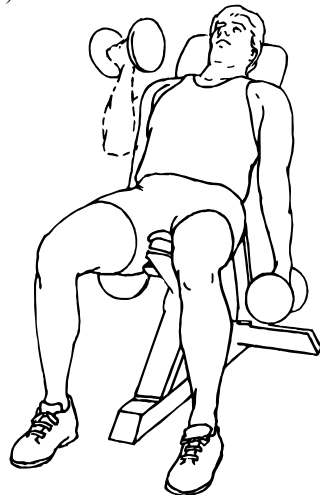
Hold weights at sides, palms  
in. Curl arm toward shoulder,  
rotating to palm up while  
beginning curl. Alternate  
arms.



Do 3 sets.  
Complete 12 repetitions.

ARMS: BICEPS - 10 Curl: Sitting  
Incline, Alternating (Dumbbell)

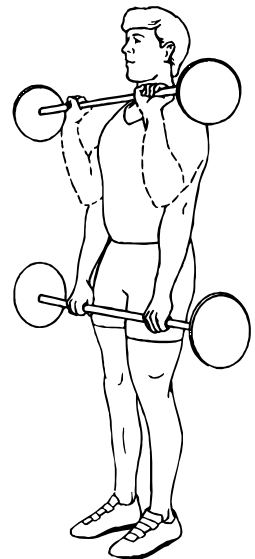
Hold weights at sides, palms  
in. Curl arm toward shoulder,  
rotating to palm up while  
beginning curl. Alternate  
arms.



Do 3 sets.  
Complete 12 repetitions.

ARMS: BICEPS - 4 Curl: Standing  
Medium Reverse Grip (Barbell)

Knees slightly bent,  
using medium reverse  
grip, curl arms  
toward shoulders.



Do 3 sets.  
Complete 12 repetitions.